

KIDS TRI SCHEDULE

Advanced (11-14)

Step 1: Pick up packet

All participants must pick up their packet before the event.

Packet pick-up times are:

Friday, July 14th: 4pm-6pm @ R.W. Houser Family YMCA (Onalaska)

Saturday, July 15th (Race Day): before race starts at 8am



Step 2: Put equipment in transition area

Transition open from 7:20- 7:50 AM on race day for Advanced Triathletes.

The transition area is behind the YMCA, please follow signs and arrows around building of the R.W Houser YMCA. In transition, children need to put their bike, helmet, a shirt with the race number provided in their packet pinned on, and shoes. Towel and socks are optional. Each participant will have an area in transition marked by their wave number (they get this at registration). You can set up their bike in any spot in their designated wave area. There will be volunteers to help if you have any questions. **HELMET WITH STRAPS ARE MANDATORY.**

After completing the swim, your child will go to the Transition Area and retrieve his/her bike, bike helmet, shoes and then proceed to the bike course. Parents of children 7 years old or older are not allowed in the transition area.

Step 3: Attend the participant's meeting

7:50 Meeting for all Advanced Triathletes. Meet in Transition area. Parents are welcome and encouraged to attend this meeting with their children. We will be explaining the course and give tips on the best places for spectators. We encourage spectators, **but please limit ONE spectator per athlete in the pool area.** This helps keep the traffic flow less congested and safe for our athletes.

Step 4: Race

8:00 Advanced triathletes report to bleachers in pool area. Make sure you are in the bleacher area at least 5 minutes before the first wave goes out.

8:00- First wave of Advanced Triathletes

8:00-8:15 Following waves of Advanced Triathletes

*Waves will go off every 4 minutes. Your child will be told their wave at packet pick-up.

Children will be called off the bleachers when it is their turn to race. After the swim, kids will go outside to the transition area. Spectators are welcome and encouraged throughout the race, but PLEASE stay in the spectator areas for the safety of the participants. Thank you.

Transition open 9:00- 9:15

This is when bikes can be removed from the transition area. Please do not get bikes before then, because it is a safety hazard to have multiple people in the transition area.