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## **EVENT DIRECTIONS & DETAILS FOR ATHLETES**

We are so very excited for the **15th** annual Kid's Triathlon. In order to help make the event safe and fun for everyone, we have put together this packet to help parents and triathletes prepare for race day. If you have any questions, please do not hesitate to contact Aileen – (910) 251-9622 x266 or [Aileen.Sutton@ymcasenc.org](mailto:Aileen.Sutton@ymcasenc.org)

### **Packet Pick Up**

Due to construction at our facility at 2710 Market Street, we have some important changes to packet pickup and parking for the YMCA Kids Triathlon.

Packet Pickup & Equipment Drop Off  
Friday, July 21st  
4p-6p  
**ON THE FIELD at 2710 MARKET STREET!**

### **EQUIPMENT DROP OFF**

Friday, July 21st participants are asked to drop off their bikes overnight. You can also drop off chairs and any other items that you do not want to shuttle on Saturday morning.

We will have a security guard on duty overnight.

Although not "required" this option is **STRONGLY** encouraged to ensure we start the event on time on Saturday.

### **RACE DAY PARKING AND SHUTTLE**

All parking on Saturday, July 22nd will be at Forest Hills Elementary School. We will provide shuttles before the race between 6am-7:30am and shuttles will resume when the last triathlete has finished their biking portion of the triathlon (approx. 10am)

The shuttle will drop off at the main entrance to the YMCA on Market Street. There is a pedestrian walking area available through the construction zone. Be prepared to walk mile on race day to and from the shuttle area.

There is **NO PARKING** at the YMCA at 2710 Market Street.

If you need an accessible parking option, please contact [Aileen.Sutton@ymcasenc.org](mailto:Aileen.Sutton@ymcasenc.org) ASAP!

Anyone trying to enter 2710 Market Street from 29th Street before 8am or before the last athlete is finished with their event will be turned away.

Once the last triathlete has finished the race, 29th street will be open and families may use our summer camp/afterschool drop off lane closer to the field to retrieve bikes, chairs, and family members.

The event is typically over by 10:00am, so plan on staying for the whole event – even if your child is the first to finish.

We will have Kona Ice, the YMCA Concession Stand open, AND two inflatables open to keep the kiddos entertained.

If you must leave the event early, you may utilize the drop off & pick up lane at the front of the YMCA off of Market Street. There will not be a shuttle back to Forest Hills Elementary until the last triathlete has finished their biking leg of the triathlon, so you may opt to utilize street parking on Colonial Dr. Please do not park at Indochine/Ivy Cottage as the walk in that direction while the race is happening is very distracting to our athletes and adds a hazard to the course.

Even if you attend packet pickup on Friday, you must check in Race Morning to get body markings & your timing chip.

You must be checked in by 7:30AM  
Transition area must be set up and CLEAR by 7:45am



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### **Age Categories and Colors:**

- 5-6 year olds- race number and wrist band is green
- 7-8 year olds- race number and wrist band is red
- 9-10 year olds- race number and wrist band is blue
- 11-13 year olds- race number and wrist band is orange

**It is mandatory that the athletes wear these colored wrist bands on their left arm throughout the entire race. BIB must be visible so volunteers can more easily direct racers.**

### Race Day Timeline

7:45am: Begin race announcements at the transition area/finish line

7:50am: Begin staging/lining up for the swim start

8:00am: Race starts with the 11-13 year old age group swimming first. 9-10 year olds follow, then 7-8, then 5-6.

Everyone must be out of the transition area and in the staging area by 8am. The 7-8 & 5-6 year olds will be with “age group parents” and staged the YMCA classrooms adjacent to the pool. This keeps them out of the heat, keeps them entertained, and keeps them from wandering before their time to swim.

### **Post Race & Awards**

- There will be snacks, cornhole, slide, and other activities for athletes and their family to partake in while they are waiting for the awards ceremony..
- As soon as all racers have finished we will begin the awards. 1<sup>st</sup> – 3<sup>rd</sup> place trophies will be presented to boys and girls in each age group. All athletes receive a finisher’s medal.

### **Volunteers**

- We need lots of volunteers (over 75 of them) to make the event safe and fun for all! If you, or someone you know, would like to volunteer, please have them contact Aileen.

### **Race Etiquette – for Parents**

#### Pool –

- Please make sure your child is in the swimming staging area at their designated time ready to swim. This time will be given to you when you pick up your chip. It is good to use the bathroom prior to coming to the swim area.
- Space in the parent viewing area is limited, so only parents of the age group swimming area allowed in the viewing area. A volunteer will be helping to manage the parent viewing area, but we ask that parents self-regulate.

#### Transition Area -

- Only one parent of 5-6 yr olds allowed in the transition area to assist with the transition.
- No other parents allowed in the transition area during the race. Volunteers will be available to assist with some of the trickier things like buckling helmets

#### Finish –

- Please keep space for the kids to race through the finish line (don’t crowd!)



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- Please help make sure the volunteers have cut off your child's timing chip
- Please do not re-enter the transition area until the entire race is finished.

**General –**

- There are lots of opportunities for racers and bystanders to cross paths. Please be cautious of racers & listen to our wonderful volunteers!

**Food –**

- Kona Ice is available for sale. A percentage of proceeds go back to the YMCA Youth Scholarship Fund. Kona Ice is \$2-\$5 and they do accept debit/credit.

**Race Etiquette – for Kids**

**Swim**

- Yes! It is okay to pass another swimmer, but please try not to kick or splash too hard!

**Bike**

- You must wear a helmet!!!
- Please stay to the right and keep a look out for cones. Be very careful around turns, especially on the really busy street.

**Run**

- Run on the sidewalk! This keeps runners & bikers from crashing into one another!

**Transition**

- Do your best to tie your own shoes & buckle your own helmet. **DO NOT RIDE YOUR BIKE IN THE TRANSITION AREA.** An adult will tell you when you are allowed to get on your bike (at the pavement) and when to get off your bike. You will not be riding your bike at all on grass or gravel – pavement only!

**Finish**

- Make sure a volunteer adult cuts off your timing chip!
- Please don't crowd the finish area – leave lots of space for other runners to sprint to the finish!