TRi KiDS™ TRIATHLON SERIES

POWERED BY pure flavor®

2023 London Race Weekend Guide

May 27 - 28, 2023

Carling Heights Optimist Community Centre
656 Elizabeth St., London, ON

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Are you ready to SWiM, BiKE, and RUN?

TRi KiDS London powered by Pure Flavor is this weekend! We can't wait to welcome you to the Carling Heights Optimist Community Centre for our first race of the 2023 season.

Please review the entire Race Weekend Guide. Everything you need to know to make your TRi KiDS race the best possible experience can be found in this guide.

Be sure to visit www.trikids.ca for additional resources including Age Group Assignments, the FAQ page and Rules For Safety.

This guide includes...

Directions & Parking

Weekend Schedule

Race Day Checklist

Arrival & SWiM Start

BiKE & RUN Courses

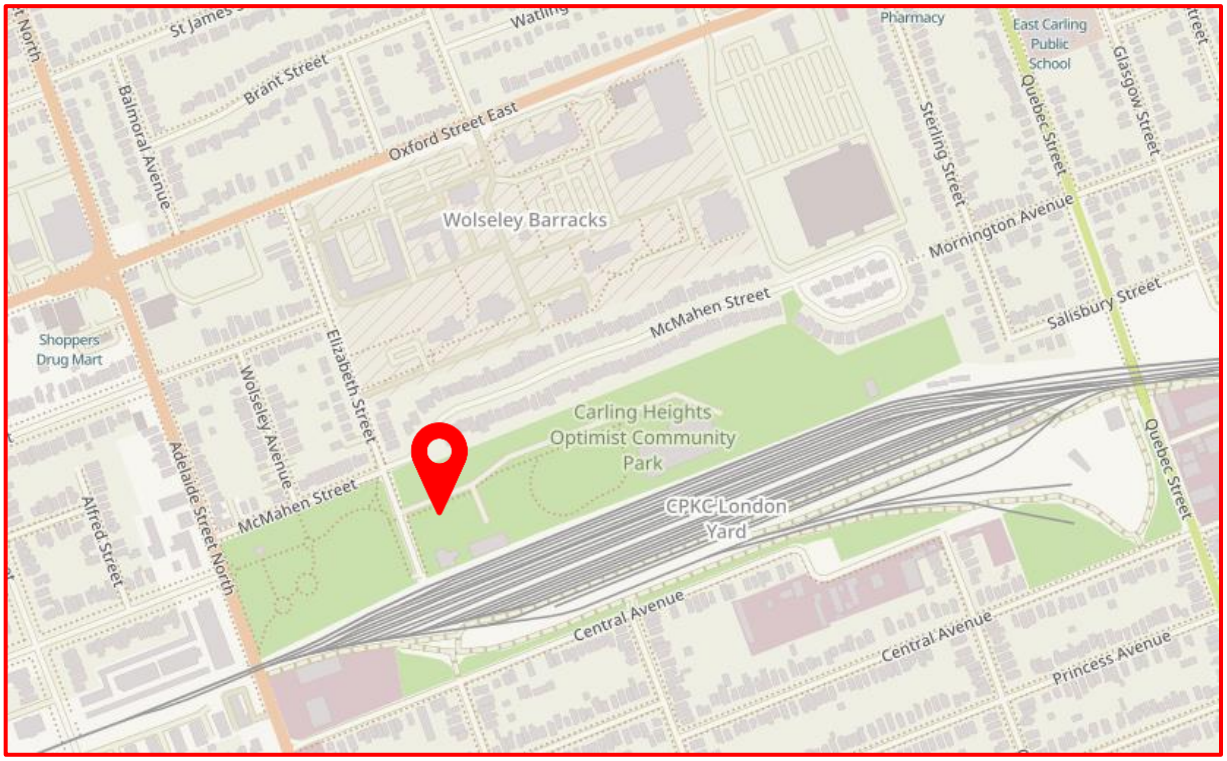
Distances & Age Groups

Post-Race Food

Tips for a Great Race

Sponsor Thank You

DIRECTIONS & PARKING



RACE KIT PICK UP – SATURDAY, MAY 27

Gymnasium inside Carling Heights Optimist CC, 656 Elizabeth St., London
Click here for directions via Google Maps

Parking for Race Kit Pick Up is Located in the Main Parking Lot in Front of the Centre

RACE DAY – SUNDAY, MAY 28

Carling Heights Optimist CC, 656 Elizabeth St., London
Click here for directions via Google Maps

Parking for Race Day is ONLY AVAILABLE AT REAL CANADIAN SUPERSTORE

IMPORTANT:

There will be **NO PARKING** at Carling Heights on race day. Elizabeth St at McMahen St will be CLOSED at all traffic. Please park in the southwest corner of Real Canadian Superstore, 825 Oxford St E. Follow the path and signage to the race site. Allow yourself enough time to park and walk to the race site.

Race day parking map can be found here.

RACE WEEKEND SCHEDULE

RACE KIT PICK UP – SATURDAY, MAY 27

11:30 AM – 2:00 PM

Race kit pick up is an open house/drop-in experience where athletes will pick up their race kits and learn about the race. Plan for about an hour at race kit pick up so that you can attend an orientation session and collect your bib, shirt, kit, etc. Race kit pick up is busy just prior to each orientation session.

Upon arrival:

1. Line up by your last name to check in and receive your race bib.
2. Pick up your TRi KiDS bag and accompanying goodies.
3. Pick up your TRi KiDS racer t-shirt.
4. Get body marked. Body marking can also be done on race day.
5. View course maps, wave lists. Course maps are also found here.
6. Check out the TRi KiDS merchandise table.
7. Attend an orientation session. Orientation sessions take place just outside the facility doors, on the basketball court.

Orientation Session Time:

12:30 PM

Orientation sessions take place just outside the facility doors, on the basketball court.

Is attending an orientation session mandatory?

While orientation sessions are not mandatory we strongly encourage all athletes and parents to attend a session of their choice. Orientations cover important information about race day including parking, preparation for race day, arrival times, setting up your gear in transition, race course layout and much more.

RACE KIT PICK UP – SUNDAY, MAY 28

Kit pick up for those unable to attend on Saturday opens at 7:30 am

Important Arrival Times:

Age Group	Set up in transition COMPLETED by:
3 to 5	set up in transition NO later than 7:50 am
6 - 7	set up in transition NO later than 8:30 am
8 - 9	set up in transition NO later than 8:45 am
10 - 11	set up in transition NO later than 9:45 am
12 - 13	set up in transition NO later than 10:30 am
14 - 15	set up in transition NO later than 11:00 am

*Set up times are enforced in order to maintain a safe **transition** area.*

Transition is a large, secured area where athletes transition between the run and bike. Athletes will place (rack) their bikes, helmet on the designated rack, with their gear placed under their bike. The transition area is organized in sections by age group. Look for the sign that matches your athlete's bib colour. Each age group section must CLOSE before the first wave of that age group starts in order to maintain a safe transition area. Learn more about the 'transition area' here.

The race starts with the first wave of 3 to 5 age group is at 8:30 am.

The final wave for TRi KiDS London for the 14 - 15 age group is at 12:07 pm.

Athletes receive their **wave #** and **wave start time** at race kit pick up. This information is printed on the back of their bibs and on the tear-off portion of the bib. Remember to tear off the bottom portion of the race bib for reference during the race.

BIBS & WAVE LIST

BIB SEARCH

STEP 1: Click on **BIB SEARCH** box above to search for your athlete's bib number on Race Roster based on name or email address.

WAVE LIST

STEP 2: Then, click on **WAVE LIST** box above to search the wave list via BIB NUMBER (found on the first button). All pre-registered athletes will have their information listed in age group WITH BIB #, wave #, wave called time and wave start time are found on this chart. This information is also printed on the back of the bib and on the tear-off portion of the bib.

RACE DAY CHECKLIST

- ✓ Swimsuit – worn to the race
- ✓ Helmet – CHECK for proper fit and ensure you have a working chin strap
- ✓ Bike (training wheels are acceptable in every age group). Balance Bikes are permitted in the 3 to 5 age group only; **NO scooters**.
- ✓ Race Bib – pinned to the front of the shirt you will be riding and running in, visible during the ride and run. **DO NOT WEAR THE BIB IN THE POOL.**
- ✓ Running shoes – sandals/CROCS® are not permitted while riding or running in the race
- ✓ Shirt and shorts that will be worn while riding the bike and running, extra clothes to wear while waiting to race
- ✓ Towel
- ✓ Goggles, swim cap (optional)
- ✓ Lifejacket – if you need one, the City of London will also provide lifejackets
- ✓ Hat for running in, sunscreen
- ✓ Water bottle, snacks, lunch

Don't forget to tear off the bottom portion from the race bib to refer to for:

BIB # (for body marking)
WAVE #
WAVE CALLED TIME
WAVE START TIME
RACE DISTANCES/# of LOOPS

ARRIVAL & SWiM START

What should you do when arriving at the race site on Sunday?

I **attended** Race Kit Pick Up on Saturday and have checked in and have my bib.

Head straight to transition and set up your gear before the closing time. Bike racks are labelled by colour/age group. Set up quickly and exit.

I **did not attend** Race Kit Pick Up on Saturday. I need to check in and pick up my race bib.

Look for the **red registration tent**. Race day kit pick up opens at 7:30 am. Then head to transition to set up quickly and exit.

- Athletes should arrive ready to race.
- Look for the bike racks signs that match the colour of your bib and rack (park) your bike with your helmet. Hang your helmet on your bike.
- Your bib should be pinned to the front of your shirt.
- Transition is not a spectator area, once you are set-up please exit.
- Race Crew and Volunteers will assist with set up in transition.
- Arrive at the yellow 'WAVE CALLING' tent **prior** to the **WAVE CALLED AT:** time printed on the back of your bib. The wave list will be posted at the wave calling tent as well.

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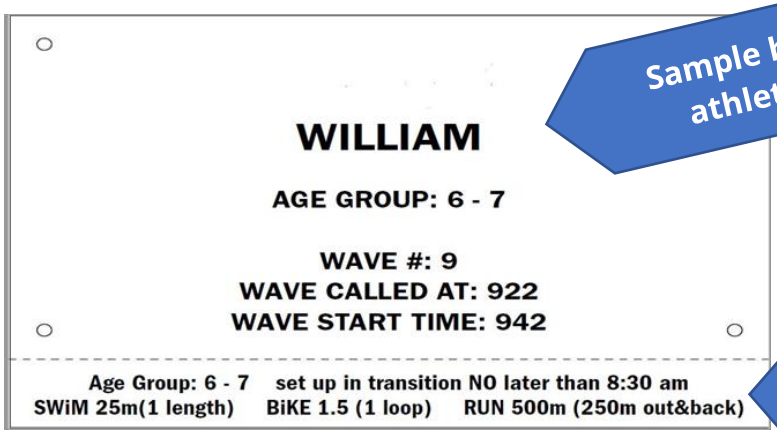

Sample back of athlete bib

Tear-off portion

Bibs will have a thin timing chip attached to the back. **Bibs cannot be worn in the pool.**

- Listen for your wave # to be called. All athletes in the wave will be escorted to the pool deck as a group.
- Spectators will be directed to the pool deck after the athletes and will view from the spectators section.
- Athletes in the 3 to 5 age group **MUST** be accompanied by an adult in the water. Come prepared to get in the pool with your athlete. You must be within arm's length regardless of their swimming ability. Adults will be able to walk across the width of the pool in the shallow end.
- Life jackets will be available and handed out on deck for those athletes who would like one. Life jackets are the only permitted floatation devices. No noodles, fins or flutter boards. Puddle jumpers are permitted **ONLY** in the 3 to 5 age group.
- 'In water' start, no jumping or diving. All athletes will finish their swim in the shallow end.
- Athletes are responsible for counting their own laps in the pool.
- The TRi KiDS Swim Captain, Lifeguards and Volunteers will be on deck.

BiKE & RUN

- After the swim athletes and one parent head to the transition area to dry off, put on their shirt/shorts, socks, and runners. Parent can assist as much as needed. **ONLY ATHLETES AND ONE PARENT** are permitted in the transition area while the race is on. No spectating within the transition area.
- Helmets must be fastened securely before athletes can touch their bikes
- **NO HELMET = NO RACE, NO SHIRT = NO RACE**. Athletes must have their torso (chest and stomach) covered for the bike and run portions of the race.
- Visit our website for equipment (bikes) rules. Triathlon Ontario sets out restrictions and guidelines which are followed at all TRi KiDS races.
- Athletes will walk/run with their bikes to the ON MY BIKE sign and head off on the bike course. Assisting parent exits the course at this point.

- Older athletes will be completing multiple loops of the bike course. Be sure your athlete understands the looping process and where you will be standing to help them count loops.
- Upon completion of the required loop(s) the athlete will dismount and bring their bike and helmet to the DROP TRANSITION. This transition is separate from the main transition. Athletes leave their bikes and helmets and head off on the run.
- There will be one water station on the run course.
- Older athletes will complete multiple laps of the run course before finishing. It is the responsibility of the athletes and parents to count laps on the run course.

DISTANCES

Distances for the swim, bike and run are printed on the tear-off portion of the race bib.

Age Group	Bib Colour	SWiM	BiKE	RUN
3 to 5	YELLOW	15m (1 width)	500m	100m
6 - 7	RED	25m (1 length)	1.5K (1 loop)	500m (out 250m & back 250m)
8 - 9	BLUE	75m (3 lengths)	3K (2 loops)	1K (out 500m & back 500m)
10 - 11	ORANGE	100m (4 lengths)	4.5K (3 loops)	1.5K (out 750m & back 750m)
12 - 13	GREEN	200m (8 lengths)	6K (4 loops)	2K (out/back & 2 loops of park)
14 – 15	BLACK	300m (12 lengths)	7.5K (5 loops)	2K (out/back & 2 loops of park)

AGE GROUP CHART

YEAR OF BIRTH	AGE GROUP	BIB COLOUR
2020	3 to 5	Yellow
2019	3 to 5	Yellow
2018	3 to 5	Yellow
2017	6 – 7	Red
2016	6 – 7	Red
2015	8 – 9	Blue
2014	8 – 9	Blue
2013	10 – 11	Orange
2012	10 – 11	Orange
2011	12 – 13	Green
2010	12 – 13	Green
2009	14 – 15	Black
2008	14 – 15	Black

** Athletes are assigned to an age group based on their YEAR OF BIRTH. Their age on race day is not used to assign age groups. As an example, all athletes turning 8 this year, whether their birthday is in January or December, will participate in the 8 - 9 age group. See the website for details.*

MAPS

Course maps will not be printed or posted at the race this year. Click on the button below to view course maps for all age groups:

VIEW COURSE MAPS

POST RACE

- ► Time for celebration! Visit the post-race tent for Pure Flavor® veggies, water, fruit, and cookies.
- ► Post-race snacks are for athletes only.
- ► Don't forget to stand in front of the photo wall for a great picture.
- ► Pick up gear in both transition areas. Lost and found is left at the facility.
- ► Please be sure to thank a volunteer (or two) as you leave.
- ► Finishing times will be posted within 12 hours and can be found on this link.

TiPS FOR A GREAT RACE

- Inspect your bike (tire pressure, functioning brakes, etc.) and helmet for proper fit – guidelines for proper fit can be found here
- Attend an orientation session during race kit pick up
- Pack everything the night before and be sure to know what time you must be set up in transition
- Arrive early, it will take time to park, walk to the race site and set up
- Protect yourself from the sun, stay hydrated
- Course questions? Ask a RACE CREW member in a red shirt
- Look around and get acquainted with the course, look for flags and signs and watch the race
- For the safety and enjoyment of all athletes **please stay off of the race course**. If crossing is necessary look once, twice, even three times before you cross the course.
- Stay relaxed – enjoy TRi KiDS! We are celebrating participation!
- Pick up your belongings from both transition zones.

HAVE A GREAT TIME. THANK YOU FOR JOINING US!

OUR SPONSORS

With over 4 generations of experiencing growing vegetables, Pure Flavor helps make eating veggies more fun for the entire family! Their Mini Munchies® Snack Sized Veggies aim to promote a healthy, active lifestyle to both children and their parents alike. The perfect healthy snack combination makes it easy for a grab and go snack! Pure Flavor already supports kids' triathlons in Ontario with their PureKids Triathlon Series, we are excited to join their family. **You will find Pure Flavor veggies at the finish lines for all of our races this year!**