TRi KiDS™ TRIATHLON SERIES

POWERED BY pure flavor®

2025 BURLINGTON Race Weekend Guide

June 8, 2025

Nelson Park & Outdoor Pool
4235 New St., Burlington, ON

© 2025 Anthem Events Inc. All Rights Reserved. TRi KiDS & the TRi KiDS mark are registered trademarks.

Are you ready to SWiM, BiKE, and RUN?

TRi KiDS Burlington powered by Pure Flavor is this weekend! We can't wait to welcome you to our second race of the 2025 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

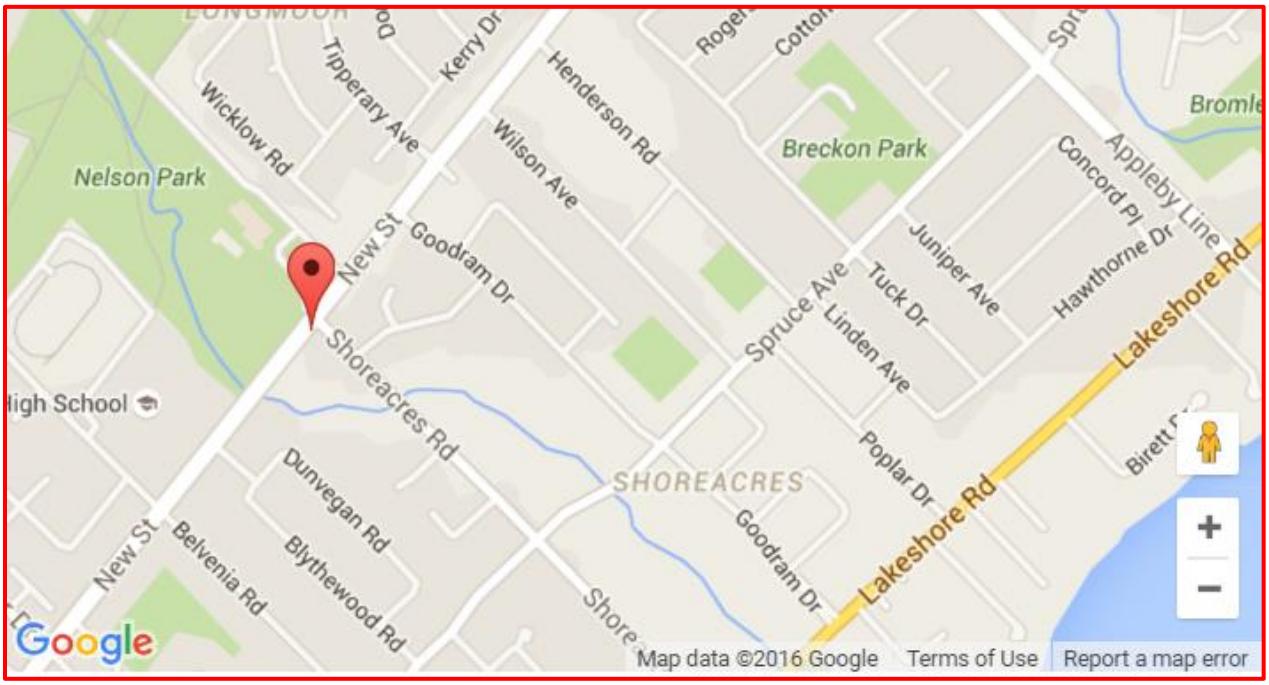
Distances & Age Groups

Post-Race Food

Tips for a Great Race

Sponsor Thank You

DIRECTIONS & PARKING



RACE KIT PICK UP – SATURDAY, JUNE 7

Nelson Area, 4235 New St., Burlington
Click here for directions via Google Maps

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

RACE DAY – SUNDAY, JUNE 8

Nelson Park & Outdoor Pool, 4235 New St., Burlington
Click here for directions via Google Maps

PARKING IS NOT AVAILABLE AT NELSON ARENA ON RACE DAY, AND THE PARKING LOT WILL BE CLOSED AT NEW ST. ALL PARTICIPANTS WILL BE REQUIRED TO PARK AT THE BASEBALL DIAMOND AND WALK TO THE SITE.

Park at Nelson Stadium, located on BELVENIA RD. Belvenia Rd. is WEST of Appleby Line, and EAST of Walkers Line. The lot will be on your right. Once parked follow the pathway to the baseball diamond. Head towards the race site over the small bridge. You will see red tents indicating the registration area.
Click here for directions to the parking lot.

RACE WEEKEND SCHEDULE

RACE KIT PICK UP – SATURDAY, JUNE 7

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 behind the arena.

Orientation Session Times:

12:00 PM

1:00 PM

Orientation sessions take place behind the arena. Follow the signs to the small red tent.

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, JUNE 8

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 8:40 am
8 - 9	set up in transition NO later than 9:50 am
10 - 11	set up in transition NO later than 11:45 am
12 - 13	set up in transition NO later than 1:30 pm
8 - 9 swim tests will be offered from 9:45 am to 10:00 am	
10 - 11 swim tests will be offered from 11:35 am to 11:55 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 year olds at 8:20 am.

The final wave for TRi KiDS Burlington for the 12-13 age group is at 2:49 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 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.

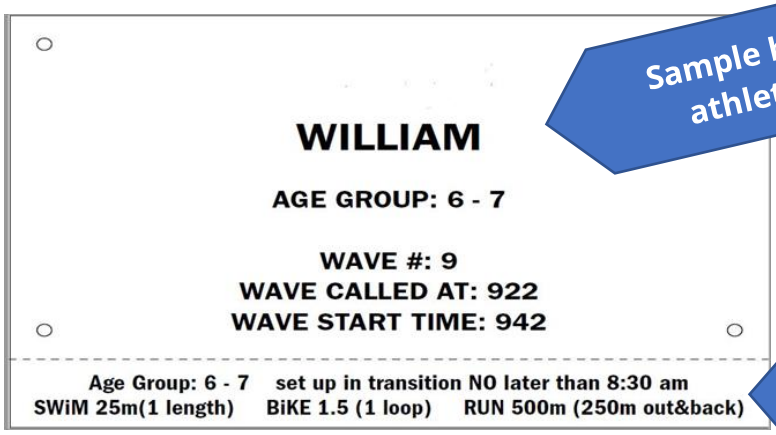
Head straight to transition and set up your gear before the closing time. Bike racks are labelled by colour/age group. Set up quickly and exit.

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 **<u>prior</u>** 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.

`



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. Water wings 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.

SWIM TESTING & LIFE JACKETS

There are important requirements imposed by the City of Burlington that you will need to be aware of before race day depending on your athlete's age group:

6 – 7 Year Olds	8 – 9 Year Olds	10 – 11 Year Olds	All other age groups
ALL athletes must wear a lifejacket; either provided by yourself or the City of Burlington	Athletes will be required to complete a swim test or wear a life jacket. **Swim tests will only be completed at the yellow wave calling tent from 9:45am to 10:00am**	Athletes will be required to complete a swim test or wear a life jacket. **Swim tests will only be completed at the yellow wave calling tent from 11:35am to 11:55am**	No requirements or adjustments from other races in the TRi KiDS Series

Please note that the above regulations are mandated by the City of Burlington and **EXCEPTIONS CANNOT BE MADE.** For athletes wishing to complete a swim test, you **MUST** arrive at the wave calling tent in the specified timeframes. Athletes who do not successfully complete a swim test, will be required to wear a lifejacket.

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. Athletes completing multiple loops will pass the water station on each loop.
- 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	125m
6 - 7	RED	25m (1/2 length)	1K (1 loop)	500m (1 lap of field)
8 - 9	BLUE	50m (1 length)	3K (3 loops)	1K (2 laps of field)
10 - 11	ORANGE	100m (2 lengths)	5K (5 loops)	2K (4 laps of field)
12 - 13	GREEN	200m (4 lengths)	7K (7 loops)	2.5K (5 laps of field)

AGE GROUP CHART

YEAR OF BIRTH	AGE GROUP	BIB COLOUR
2022	3 to 5	Yellow
2021	3 to 5	Yellow
2020	3 to 5	Yellow
2019	6 – 7	Red
2018	6 – 7	Red
2017	8 – 9	Blue
2016	8 – 9	Blue
2015	10 – 11	Orange
2014	10 – 11	Orange
2013	12 – 13	Green
2012	12 – 13	Green

** 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 posted this year. Click on the button below to view course maps for all age groups:

RACE 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 properly fitting your helmet 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 CREW member in a red t-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 our races this year!**

Brain Power Enrichment Programs is passionate about helping young minds reach their full potential through advanced programs in language arts, math, public speaking, and more. With a focus on critical thinking and creativity, Brain Power makes learning exciting and empowering for students of all ages. We're proud to have them join us at our Burlington race this season! **Be sure to stop by the Brain Power booth to learn more about their award-winning programs and how they're shaping the leaders of tomorrow.**

We're excited to have the support of **Fortinos Burlington New Street** at this year's Burlington race! As a proud community partner, Fortinos is helping our young athletes stay strong and energized by generously donating bananas and water for race day. Their commitment to promoting healthy, active lifestyles makes them a perfect fit for our event. From start to finish, Fortinos is helping to fuel the fun, and we're so grateful for their support in making the day a success for all our triathletes and their families!