



TRi KiDS Race Day Check List

- ✓ Get a good sleep and eat a good breakfast. You'll need fuel for your race.
- ✓ Pack your gear the night before the race. Don't forget:
 - Swimsuit - worn to the race
 - Goggles - optional
 - Helmet - properly fitted, with working chin strap
 - Bike or tricycle - training wheels are permitted
 - Running shoes and socks - sandals/crocs are not permitted in the race
 - Shirt that will be worn on the bike and run- with race bib pinned on the FRONT with colour and bib # showing. Torsos must be covered on the bike and run course.
 - Shorts
 - Towels
 - Hat for running in
 - Water bottle
 - Snacks, lunch - it's a long day and most venues do not have food vendors.
- ✓ Don't forget to apply sunscreen. Sunscreen may smudge your body marking however we can reapply your body mark again on race day.
- ✓ Plan to arrive EARLY – it is going to take time to park and walk to the race site. Check the Pre-Race Newsletter for set up times for each age group. Arrive before the cut off time for your age group.
- ✓ Check the back of your race bib for your start time and wave number.
- ✓ Pin your race bib to the FRONT of the shirt you are going to ride and run in. Colour facing out.
- ✓ **Arrive dressed (swim suit on) and ready to participate. There are limited change rooms and washrooms.**
- ✓ Head to the transition zone and set your bike and run gear up. Rack your bike. The bike racks will be marked by age.
- ✓ There will be a separate transition zone for 3-5 year olds. Look for the signs.
- ✓ Your gear should not take up too much space. Be respectful of others needing to set up on the same rack.
- ✓ Leave everything that you will need for the bike and run in the transition zone, you will not be permitted to go back in.
- ✓ Always WALK your bike in transition, even when setting up.
- ✓ The transition zone will close at a specific time – be sure you set up quickly. Everyone will be asked to leave well before the race starts.
- ✓ After attending an orientation session (the day prior at race kit pick up) you should be familiar with the swim chute, bike exit and run exit. Look for the flags - **swim : yellow**, **bike : red** and **run : blue**
- ✓ Look for the yellow SWiM flag. Arrive at the yellow SWiM flag 20 minutes prior to **your race start time printed on the back of your bib** and wait for your wave to be called. **Extra shoes and clothing worn to the yellow SWiM flag must be left with a parent before entering the pool.**
- ✓ Life jackets and timing chips will be given out on the pool deck.

- ✓ If you don't understand the course ask Tara or Brad during race kit pick up.
- ✓ Torsos must be covered on the bike and run.
- ✓ Always follow the directions of the volunteers in yellow shirts.
- ✓ Stay hydrated throughout the race and go at your own pace.
- ✓ **Post race snacks and refreshments will be available for the athletes only. Moms and Dads bring a snack or lunch for yourselves and siblings.**

Parents and Guardians

- **One parent or guardian MUST accompany athletes in the 3-5 age group IN THE POOL. Come ready to swim with your child. Even if your child can swim without assistance you must be in the pool at arm's length.**
- **Athletes 6 years and older race without parental assistance.** Athletes 6 years and older may **NOT** be accompanied anywhere on the race course and including in transition. Volunteers will assist all athletes whenever they are in need. This will ensure a safe and positive experience for everyone.
- **Parents are not permitted in transition during the race. This will be strictly enforced. Being in transition while the race is going on disrupts the athletes and is unsafe.**
- **Stay off the race course - this point cannot be emphasized enough. Spectators on the race course will disrupt the athletes during their race.**
- Athletes must count their loops on the bike and run course. Parents are to assist with the counting of loops.
- Loop and Lap charts will be handed out at race kit pick up. Keep track and tell your child how many loops are still required to complete the bike portion of their race. Be sure you know the designated area to stand on the bike course.
- Cheer on ALL the athletes - make some noise!
- Once your child has completed his/her race you may retrieve their bike(s) and gear from transition under the direction of a transition volunteer.

Finishing Times

- A link to finishing times will be posted on our website within 24 hours.

Race Photos

- A link to photos will be available on our website within 24 hours of race completion.
- Our Series Photographer is Lindsey Ryder - Visit [Ryder Photo](#) to view great pictures from the day.

Have a great race!

Tara and Brad Melville
Series Founders and Race Directors
SunRype TRi KiDS Triathlon Series