TRi KiDS Race Day Check List

- ✓ Get a good sleep and eat a healthy 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 fully functioning chin strap.
  - Bike or tricycle - training wheels are permitted in all age groups
  - Running shoes and socks - sandals/crocs are not permitted in the race
  - Shirt – for the bike/run portion - with race bib pinned on the FRONT with colour and bib # showing **Torsos must be covered on the bike and run course (chest/stomach covered)**
  - Shorts
  - Towel
  - Hat for running in
  - Water bottle
  - Snacks, lunch - most venues do not have food vendors
  - Don't forget your race bib and pins!

- ✓ Plan to arrive EARLY – it is going to take time to park and walk to the race site. Be sure to know the transition closing times for your age group. Arrive well 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.**
- ✓ Head to the transition area 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 area 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.
- ✓ No riding in the transition area. Always walk your bike in transition, even when setting up.
- ✓ The transition area will close at a specific time – be sure you set up quickly. Everyone will be asked to leave before the race starts.
- ✓ After attending an orientation session (the day prior at race kit pick up) you should be familiar with the wave calling tent, swim chute, bike exit and run exit.

- ✓ Arrive at the yellow WAVE CALLING tent prior to the time posted on the back of your bib and wait for your wave # to be called**.** Extra shoes and clothing worn to the yellow wave calling tent can be left with a parent before entering the pool.
- ✓ There will be a wave list with athletes' times and wave #s posted at the wave calling tent.
- ✓ Life jackets and timing chips will be distributed on the pool deck.
- ✓ 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 athletes only.** Moms and Dads bring a snack or lunch for yourselves and siblings.

Parents and Guardians

- ➢ **One parent/guardian MUST accompany athletes in the 3-5 age group IN THE POOL.** Even if your child can swim without assistance you must be in the pool at arm's length. Parents will be able to walk across the width of the pool for the swim.
- ➢ **Athletes 6 years and older race without parental assistance.** Athletes 6 years and older are not accompanied by a parent on the race course including in the transition area. Volunteers will assist all athletes whenever they are in need.
- ➢ **Parents are not permitted in transition during the race for athletes 6 and older.**
- ➢ Parents are to assist with the counting of loops on the bike course and laps on the run (if applicable).
- ➢ Loop and Lap (distance) charts will be handed out at race kit pick up and available at the red tent.
- ➢ Cheer on ALL the athletes!
- ➢ 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.
- ➢ Please place garbage in the bins.

Finishing Times

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

Have a great race!

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