



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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## YMCA Kids Triathlon

### Frequently Asked Questions

#### 1. When is packet pickup?

Check-in and the packet pickup desk will be open from 7:00- 8:45 am.

#### 2. What will be in my race packet?

Your packet will include your race bib with safety pins, your kid's triathlon t-shirt and your helmet sticker.

#### 3. Where will I check in for the event?

Check-in will begin at 7:00 a.m. on the day of the event on the westside parking lot.

#### 4. Will I need a swim test?

Children ages 5-6 must take a swim test to participate in the race. If you do not pass the test, you can still participate in the swimming portion of the triathlon, however you will have to wear a US Coast guard approved flotation device, which we will provide. The swim test is optional for children ages 7 and up, depending on parent preference. Participants who do not pass may need to be assisted by a trained volunteer or certified lifeguard.

#### 5. If I need a swim test, where can I take it and what will I have to do?

You may take the swim test prior to the race weekdays with Alex Totura from 3:30-4:00 PM at Kerasotes. Contact Alex at [alex@spyswimmers.com](mailto:alex@spyswimmers.com). Or you can do a swim test the morning of the event from 7-8:45 am.

You must swim one length of the pool without hesitation.

You must jump into the pool, return to the surface, turn toward the instructor, and tread water for one minute with your ears out of the water.

#### 6. What are the steps for the day of the race?

Step 1: Check in and get your packet.

Step 2: You will step to the markings table where a volunteer will mark your arm and leg with your bib number.

Step 3: If you have not had your bike checked, (we highly encourage you to do this PRIOR to the event. The lines for the bike check can get very long. We do not want you to miss the race!) you will get your bike checked and the volunteer will place a bike tag on your bike, so we know your bike has been checked for safety.

Step 4: Go to the transition area. (if you are 5-6, your transition area is located on the east side of the competition pool deck). If you are 7-14, your transition will be located on the west side of the parking lot. Before you enter the transition area, a volunteer will ensure your helmet is safe. A colored sticker (which represents your age group) will be placed on your helmet.

### **7. Where can I get my bike checked?**

Bikes can be checked at Wheelfast. They are located at 17 Cottonwood Drive, Chatham, IL. During normal business hours. Monday -Friday 10am-6pm, Saturdays 10am-4pm and closed on Sundays.

### **8. Where will the race begin?**

We ask that all participants and spectators meet at north exterior side of the Kerasotes YMCA pool at 8:45 am. We will begin with a welcome from our CEO and the National Anthem. Race starts at 9:30 am

### **9. Can my mom or dad help me in the transition area?**

We ask that parents stay out of these areas. We will have plenty of volunteers on hand to assist you.

### **10. Do you have any tips on how to manage the transition area?**

- Have your shoes unlaced and laid out – ready to go!
- Have your helmet already unbuckled and, on your bike, so you can just place it on your head and strap it on!
- Make sure your bike is already in the gear you want it in.
- Bring all your items in a strong bucket. You can flip it over and use it as a chair when putting your shoes on!
- Have your bib already pinned to the front of your t-shirt.
- Have water near your area in case you need a water break!

### **11. Do I have to wear a mask?**

The YMCA is leaving the decision for triathlon athletes to wear a mask for this event at the discretion of their parent.

### **12. When will awards be presented?**

We will present awards after all participants are in from the race.

### **13. What is the different age ranges and distances a participant will be competing?**

HEROES LEVEL <i>Ages 5-6</i>	GIANTS LEVEL <i>Ages 7-10</i>	OLYMPIANS LEVEL <i>Ages 11-12</i>	TITANS LEVEL <i>Ages 13 - 14</i>
<ul style="list-style-type: none"><li>✓ 50 yard swim (1 Lap)</li><li>✓ 350 yard run</li></ul>	<ul style="list-style-type: none"><li>✓ 100 yard swim (2 Laps)</li><li>✓ 1.25 mile bike</li><li>✓ 0.5 mile run</li></ul>	<ul style="list-style-type: none"><li>✓ 200 yard swim (4 Laps)</li><li>✓ 2 mile bike</li><li>✓ 1.25 mile run</li></ul>	<ul style="list-style-type: none"><li>✓ 300 yard swim (6 Lap)</li><li>✓ 4 mile bike</li><li>✓ 1.25 mile run</li></ul>

