

YMCA Kids Triathlon FAQs

- **When is the 2025 Kids Tri at the Y?**

Sunday, Aug. 17th

- **Who can participate in the Kids Triathlon?**

Any boys and girls ages 6-14 (on race day) who are proficient in swimming, biking (without training wheels) and running. All triathletes 12 & under must have a green band based off an assessment of swimming 25 yds without stopping and treading water for one minute. This assessment should be completed before the race. Not required at time of registration.

- **Registration dates:**

May 15-30: \$45

June 1-30: \$50

July 1-31: \$55

Aug. 1-8: \$60

**Maximum capacity – 175 athletes total, registration will close and begin age-group specific waitlists*

- **What are the age groups and distances?**

AGE GROUP	SWIM DISTANCE	BIKE DISTANCE	RUN DISTANCE
6-8	50 yards	One mile	Half mile
9-10	100 yards	Two miles	3/4 mile
11-12	200 yards	Three miles	1 mile
13-14	200 yards	Three miles	1 mile

- **How are athletes seeded for the Kids Triathlon?**

50yd swim times must be submitted for each child. These can be provided from a swim meet, your own timing system, or timing events held at the Y throughout the summer. To get your child's most accurate time have them enter any YMCA or CKY lap pool, give them a countdown of 3, 2, 1 – then start the timer. Diving should not be permitted as there is no diving start at the triathlon.

- **What time do participants need to check-in on race day?**

Check-in opens at 6 a.m., all participants must be checked in and find their heat leader at the pavilion by 7 a.m.

- **What time is the pre-race meeting?**

All participants and at least one (1) adult must attend the pre-race meeting at the pavilion at 7:10 a.m.

- **What time does the race begin?**

The triathlon will begin promptly at 7:30 a.m. and will run multiple heats. Heats 1 and 2 participants and spectators will enter the outdoor pool area first. Upon completion of heat 2, heats 3 & 4 will enter. After completion of heat 4, heats 5 & 6 will enter the pool area. All spectators should plan on arriving by 7 a.m.

- **What is provided in the race packet and when/where do I pick it up?**

Packet pick-up will be held at the C.M. Gatton Beaumont YMCA, 3251 Beaumont Centre Circle Lexington, KY 40513 on Friday, 8/15 from 4:30-8:45 p.m. and Saturday, 8/16 from 8 a.m.-5:45 p.m. Packets include color-coordinated swim cap and race t-shirt, 4 safety pins, a race bib to pin on shirt and a bike plate (*ALL required to use on race day*).

- **When and how should my child begin preparation?**

The best time to start preparation for the triathlon is NOW!

Participants can get race-ready and stay active all summer long through a variety of YMCA programs. We offer kids triathlon trainings and course previews, youth fitness classes, athletes-in-training programs, and family fun runs - providing young athletes with plenty of ways to build confidence, strength, and endurance in a supportive, encouraging environment.

Race Day Details

ARRIVAL TIME/PARKING

- Athlete check-in will be open from 6-7 a.m. ALL athletes need to be checked in before 7 a.m.
- Parking will be available in the YMCA lot and directional signage will lead you further into our lot for parking.
- If you choose to park in the YMCA lot, you will not be permitted to leave until the Lexington police have deemed it safe to reopen Beaumont Centre Circle. You are welcome to park at CLS behind J. Renders if you need to leave earlier.

CHECK-IN

- Athlete Check-in: 6-7 a.m.
- Check-in is held on the front lawn of the Beaumont Y, and a line of athletes will form down the sidewalk in front of our playground. As you arrive, please enter that line for check-in
- Athletes should arrive in swim gear and warm/comfortable top layer, and be prepared for body marking, by removing any sweatshirt or pants while in check-in line. Athletes' numbers will be written on their right arm and back of right calf.
- The bike *does not* have to come through check-in line; it can head straight to transition.
- Athletes will receive chip timer to be worn on their **left ankle** – this is to be left on throughout the race.
- Once check-in is complete you are welcome to set-up in the transition area. This will be sectioned off by age groups. Please refer to the gear checklist at the end of this document.

CREATING TRANSITION LAYOUT

- You will need to create your athletes' transition layout beside their bike for an easy, efficient transition during the race.
- The transition area will be arranged by age groups so the first large section will be for the 6-8yo in green, the middle for 9-10 in red, and the 11-14 in the back in blue.
- Bike racks will be available for athletes without a kickstand
- Volunteers will be in the space to assist.
- Only leave items that will be utilized during the race in transition area, so it is not cluttered. The following items are all that may be needed:
 - Bike
 - Helmet
 - Towel to lay everything on
 - Small Hand Towel
 - Race Shirt (with bib attached)
 - Shorts (if preferred)
 - Socks (if preferred)
 - Shoes (that can be easily slipped on and not have to tie)
 - Water Bottle

PRE-RACE MEETING

- Once your athlete has been checked-in and the transition area is set up, you can head towards the pavilion, which is near the end of our parking lot past the Outdoor Pool.
- Restrooms and water will be available for athletes at the pavilion.
- Athletes may begin to hang out in their predesignated heat areas, I recommend they find a picnic table to sit and relax while waiting. Any snacks they might enjoy may be beneficial during this time.
- Families are welcome to bring lawn chairs, especially if you have multiple athletes or older athletes participating.
- Nikki will begin the pre-race meeting by 7:10 a.m. and review the course distances and reminders for athletes and families, and a prayer for safety and fun for all participating will follow.

RACE START - SWIM

- Kids will be split up into heats of 25-30 athletes
- Heats 1-2: 6-8yo - Will begin at 7:30 a.m.
- Heats 3-4: 9-10yo
- Heats 5-6: 11-14yo
- When their heat is called, they will line up in numerical order and line outdoor pool gate then enter the pool deck and will wait on the right side of the pool, near the zero-depth entry.
- Parents for the designated heat will also be welcome to enter the grassy area by the pool. Parents may exit the pool area when it is clear and okayed by volunteers to do so or when that heat is finished.
- When athletes arrive at their lane the starter will have them sit on their bottom and tell them when they are ready to get in. Then a countdown will begin.
- Athletes can begin a regular swim start or go under and kick off the wall for a faster start.
- All athletes must swim on the RIGHT side of their lane.
 - 6-8: 1 lap, down and back on right side
 - 9-10: 2 laps - down and back, under to next lane, down and back, exit
 - 11-14: 4 laps - down and back, under to next lane x4laps down and back
- If an athlete needs to pass a slower swimmer, please tap their foot or back of calf, swim faster and proceed with passing. If your athlete gets tapped on the foot or back of calf they should let the other swimmer pass. Athletes should also check ahead and make sure it is safe and clear to make a pass, though we shouldn't deal with too much passing.
- Once athletes have finished their swim they will exit through pool gate into parking lot and head towards transition area for T1
- We will allow a short time in between heats to leave adequate space for all athletes on the course.

Transition 1

- As athletes exit the pool gate, they will run through the front of the parking lot and enter the designated 'SWIM IN' into the transition area.
- Once they arrive to their equipment they will:
 - Step on towel and dry hand/feet with a hand towel
 - Shirt/Shorts

- Socks/Shoes
- Helmet
- Grab bike and walk/run to mount area, located on Beaumont Centre Circle

BIKE

- Athletes will walk/run with their bike all the way to Beaumont Centre Circle to the mount station where they can get on their bike and begin to ride, they will turn LEFT.
- Will ride the inner loop of Beaumont Centre Circle, clockwise
 - 6-8: 1 lap = 1 mile
 - 9-10: 2 laps = 2 miles
 - 11-14: 3 laps = 3 miles
- When they finish their final lap, they will use the turn lane and get directed to dismount location and will run/walk their bike all the way back to their station in transition.
- Volunteers will communicate with riders when they have completed their final lap, but athletes should be aware of how many laps they are riding ahead of time and be able to keep track.

Transition 2

- Athletes will put their bike back, remove helmet and head towards the back of the transition area and the 'RUN OUT' zone

RUN

- Athletes will turn left near the back of the parking lot to exit right through the Kids-R-Kids side
- They will then make a right and run on the sidewalk to their posted turnaround area (the sign will correlate with their shirt/swim cap color)
 - 6-8: .5mi
 - 9-10: .75mi
 - 11-14: 1mi
- A water station will be available on the run course, right past Snaffle.
- Advise your child to pace themselves as they begin the run and not to sprint until the end. A volunteer will tell them when they are close enough to sprint!
- Finish line is located within in the first row of parking inside the Y
- As each athlete finishes, they will be given a medal, and a volunteer will need to get their timing chip from their ankle
- Water and snacks will be provided by sponsor - White, Greer & Maggard Orthodontics
- Photo opportunities will be available at the finish line.
- Times will be posted by Bluegrass Timing as they become available for each age group
- Awards for the top 3 male/female finishers in each age category will be presented

Kids Tri at the Y

Race Day Gear Checklist

- ☐ Swim Cap (provided)
- ☐ Goggles
- ☐ Swimsuit (arrive wearing this)
- ☐ Sweatpants/zip-up jacket (to wear over swim, remove for body marking)
- ☐ Slides
- ☐ Provided Race T-shirt
- ☐ Bib attached to shirt
- ☐ Shorts (not required, but may be preferred)
- ☐ Socks (not required, but may be preferred)
- ☐ Tennis Shoes (will be left in transition area - tied loosely for easy transitioning)
- ☐ Bike helmet
- ☐ Bike
- ☐ Towel
- ☐ Hand towel (not required, but may be helpful to dry off hands & face during T1)
- ☐ Water Bottle
- ☐ Light snack (granola bar, piece of fruit (particularly for older kids who will be waiting longer to begin their race))
- ☐ Lawn chairs for before/after race
- ☐ Fun signs to cheer athletes on!