



# Kids' Triathlon – Race Package Information (2026)

Updated to align with the 2026 website and official Race Day Checklist



## About the Kids' Triathlon

The Kids' Triathlon is a fun, confidence-building event for young athletes. Participants swim, run, and bike on safe, age-appropriate routes supported by staff and volunteers. The focus is on participation, accomplishment, and having fun.

Children in the 5-year-old category must have one parent or guardian accompany them throughout the entire race, including being in the water within arm's reach during the swim. Participants aged 6 and older complete the race independently.

## Heats & Course Navigation

All participants are placed in heats according to their age category. Each age group follows a clearly marked course identified by animal symbols (Bunny, Moose, Bear, Fox).

Families are strongly encouraged to review their course maps in advance of race day.

📍 **Visual course maps and full race descriptions are available online:**  
[whitehorse.ca/kidstriathlon](http://whitehorse.ca/kidstriathlon)

## Age Categories & Distances

Age 5 (with parent): Swim: 1 lap around Leisure Pool, Run: 500 m, Bike: 500m

Age 6–7: Swim: 50 m, Run: 500 m, Bike: 1.8 km

Age 8–10: Swim: 100 m, Run: 1 km, Bike: 2.7 km

Age 11–14: Swim: 200 m, Run: 3 km, Bike: 5 km

## Mandatory Race Package Pick-Up

All participants must pick up their race package before race day. Participants may not race without completing pick-up.

Dates & Times:

Friday, May 29 — 6:00–7:30 PM

Saturday, May 30 — 12:00–1:30 PM

Location: Canada Games Centre —  
Leisure Ice Dry Floor | Photo ID required

## Your Race Package Includes

- Race bib
- Bike number sticker
- Buff
- Race Day Checklist

# Race Day Quick Guide (Parents & Caregivers)

Race Day: **Saturday, June 6, 2026**

Bike Drop-Off: **7:30–8:45 AM ONLY** (Stadium Transition Area – T2)

Bikes cannot be dropped off after 8:45 AM.

Please arrive at least **15 minutes before your child's heat time**.

Athletes should arrive wearing their swimsuit.

## Race Day Guidelines

### Course Expectations

- Volunteers are stationed throughout the course to support participant safety.
- Athletes must follow age-category signage marked with animal symbols.
- When overtaking another runner or rider, pass on the left and call out “on your left.”
- 5-year-olds must be accompanied by a support person for the full course.
- Participants in all other age categories must complete the course independently; however, brief assistance (e.g., tying shoes) is permitted in the transition area T1.
- Volunteers will count bike laps where multiple laps are required.

### Swim Guidelines

- 5-year-olds swim in the Leisure Pool within arm's reach of their adult.
- Ages 6–14 swim in lanes in the lap pool.
- Lifejackets / PFDs are allowed; personal PFDs may be used.
- Flippers or propulsive devices are not permitted.
- Any swim stroke is allowed; stopping is permitted.

### Transition Area T1 (Swim → Run)

- Running gear must be placed in the transition bag before the swim.
- Transition bags can remain with an adult or be placed on a deck chair then carried out to T1 after the swim.
- Adults may assist swimmers with changing but must not impede other racers or block the race path.

### Transition Area T2 (Run → Bike)

- Only participants and volunteers may enter the transition area.
- Bike and helmet drop-off is between 7:30–8:45 AM ONLY.
- A CSA-approved helmet is required (no helmet = no race).
- Bikes must be walked within the transition area.
- Participants finish the race with their bikes and may proceed directly to vehicles.

**Safety & Check-Out Policy:** Participants must complete the entire course. Any participant who does not cross the finish line is considered a missing child. If your child cannot finish, you must check out at the finish line before leaving.



## Volunteer



This event relies on community support. Volunteers assist with transitions, course marshaling, finish line, cheering, and racecourse take down!

Sign up online or email  
[volunteer@whitehorse.ca](mailto:volunteer@whitehorse.ca)

## Course Maps & Race Details



Scan for course maps, race descriptions, and updates

[whitehorse.ca/kidstriathlon](http://whitehorse.ca/kidstriathlon)