



## Kids' Triathlon – Race Day Fun Guide

For racers! Simple, friendly, and easy to follow

Swim → Bike → Run → FINISH!

Go at *your own pace* and **have fun**

 Important

 **Saturday, June 6, 2026**

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

 Be on site at **least 15 minutes before your heat** \_\_\_\_\_ (enter heat time)

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### Race Day Basics

- Come early
- Wear your swimsuit when you arrive
- Listen to volunteers — they're here to help!

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### Swim Time

- You may wear a **lifejacket (PFD)** if you want
- Goggles are optional**
- If you are 5 years old**, a grown-up will help you in the swim

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### Bike Time

- Wear your **helmet** (it must be buckled!)
- Ride safely and follow the course
- If you fall or need help, **raise your hand**

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### Run Time

- Run, jog, or walk — **you choose!**
- Head to the finish line where people will cheer for you

### My Packing Checklist

#### What I MUST Bring

- Swimsuit
- Race bib (number for my shirt)
- Running shoes (no Crocs or sandals)
- Bicycle
- Helmet (snaps closed)
- Bike number sticker

#### Nice to Have

- Towel
- Water bottle
- Hat
- Sunscreen
- Warm clothes (toque / mitts if cold)

### Safety First!

- Finish the whole course
- If I can't finish, I stay with my grown-up and tell a volunteer
- Bikes and helmets must work properly

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You Did It! High-fives! Big smiles! You are a **TRIATHLETE!**

 Parents: This page is designed to be printed and checked off by kids before race day.

