



## SWiM, BiKE, RUN!

TRi KiDS Milton, our largest Ontario race, is this weekend!

Please review the entire Race Weekend Guide. Everything you need to know to make your TRi KiDS race experience an awesome one can be found in this guide. Be sure to visit [www.trikids.ca](http://www.trikids.ca) for additional resources including [Age Group Assignments](#), the [FAQ](#) page and [Rules For Safety](#).



# TRi KiDS Milton Race Weekend Guide

June 29-30 2019

Milton Sports  
Centre

605 Santa Maria  
Blvd.  
Milton, ON

RUN WELL EVENTS INC  
rd@runwellevents.com

[www.trikids.ca](http://www.trikids.ca)



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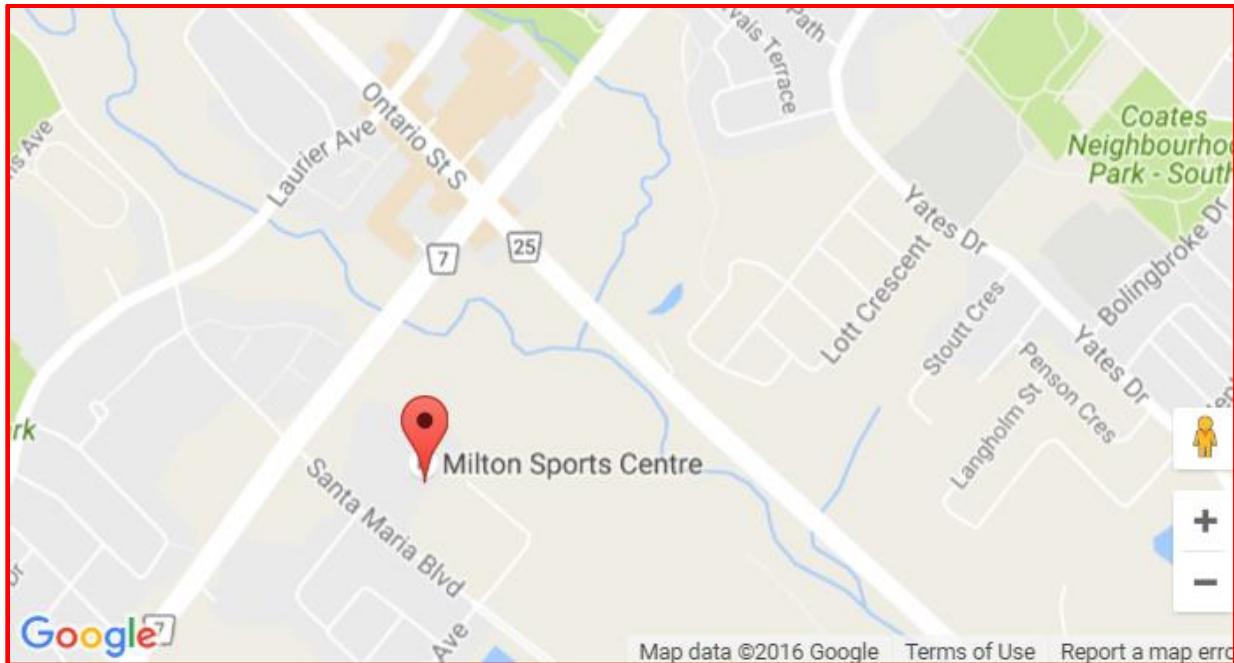
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# Getting to the Event



## Race Kit Pick Up:

Saturday, June 29, 2019

The Milton Sports Centre is located at 605 Santa Maria Blvd in Milton, ON. Directions to the Milton Sports Centre can be found on this [link](#).

Race kit pick up is in the gymnasium.

## Race Day:

Sunday, June 30, 2019

The Milton Sports Centre is located at 605 Santa Maria Blvd in Milton, ON. Directions to the Milton Sports Centre can be found on this [link](#).

Parking on race day is in the Sports Centre main lot.

# Race Weekend Schedule

## Race Kit Pick Up - Saturday, June 29, 2019

**10:00 am – 1:00 pm**

Race kit pick up is an open house/drop in where athletes will pick up their race kits and learn about the race. Plan for about an hour at race kit pick up so that you can attend an orientation session and collect your bib, shirt, kit etc.

**Race kit pick up is busy just prior to the orientation sessions.**

Upon arrival:

- 1) Line up by your last name to check in and receive your race bib.
- 2) Pick up your TRi KiDS bag and SunRype snack.
- 3) TRi KiDS t-shirts are handed out.
- 4) Get body marked. Body marking is also done on race day at the registration tent.
- 5) View course maps, wave lists. Course maps are also found [here](#).
- 6) Check out the TRi KiDS merchandise table.
- 7) Attend an orientation session of your choice. Orientation sessions take place outside.

### Orientation Session Times:

**10:30 am**

**12:00 pm**

**Is attending an orientation session mandatory?**

**While orientation sessions are not mandatory we strongly encourage all athletes and parents to attend a session of their choice. Orientations cover important information about race day including parking, preparation for race day, arrival times, setting up your gear in transition, race course layout and much more.**

# Race Day

## Sunday, June 30, 2019

Race day kit pick up for those unable to attend on Saturday opens at 7:00 am.

### Arrival Times:

Age Group	Set up in transition <b>COMPLETED</b> by:
3 to 5	set up in transition NO later than 8:00 am
6 - 7	set up in transition NO later than 8:30 am
8 - 9	set up in transition NO later than 10:00 am
10 - 11	set up in transition NO later than 11:30 am
12 - 13	set up in transition NO later than 12:30 pm
14 - 15	set up in transition NO later than 1:30 pm
TRi YOUTH	set up in transition NO later than 2:00 pm

**The above times are enforced. Please arrive at least 15 minutes before your age group transition area closes.** Set up times are enforced in order to maintain a safe transition\* area.

\*Transition is a large, secured area near the swim exit. It is where athletes transition between the swim and bike. Athletes will place (rack) their bikes, helmet on the designated rack, with their gear placed under their bike. The transition area is organized in sections by age group. Look for the sign that matches your athlete's bib colour. Each age group section must CLOSE before the first wave of that age group starts in order to maintain a safe transition area. Learn more about the 'transition area' [here](#).

The race starts with the first wave of 3 to 5 year olds in the water at 8:30 am. The race ends with the final wave start of TRi YOUTH at 2:40 pm.

Orientation for **TRi YOUTH** is at 2:30 pm. Please meet at wave calling tent.

Athletes receive their **wave #** and **wave called at time and wave start time** at race kit pick up. This information is printed on the back of their bibs and on the tear-off portion of the bib.

# Race Day Checklist

- ✓ Visit our website for FAQ, Rules for Safety & Equipment Rules.
- ✓ Swimsuit - worn to the race. Life jackets are supplied on deck.
- ✓ Goggles - optional
- ✓ Helmet – Check before race day for a **proper fit**, with working chin strap
- ✓ Bike or tricycle, training wheels are permitted in any age group

## General Bike Rules:

- Training wheels permitted in any age group
- **No scooters**
- Balance bikes permitted only in the 3-5 age group

- ✓ Running shoes - sandals/crocs are not permitted while riding or running in the race but may be worn while waiting to go into pool
- ✓ Shirt and shorts that will be worn while riding the bike and running, extra clothes to wear while waiting to race
- ✓ Race Bib – pinned to the **front** of the shirt you will be riding and running in, visible during the ride and run. Race bibs cannot be worn in the pool.

**Don't forget to tear off the bottom portion from the race bib for parents to refer to for BIB #, WAVE #, WAVE CALLED TIME, WAVE START TIME and DISTANCES/LOOPS**

- ✓ Towel
- ✓ Hat for running in
- ✓ Sunscreen
- ✓ Water bottle, snacks/lunch

# Arrival and SWiM Start

## Upon arrival at the race site

I attended race kit pick up on Saturday and have checked in and have my bib.

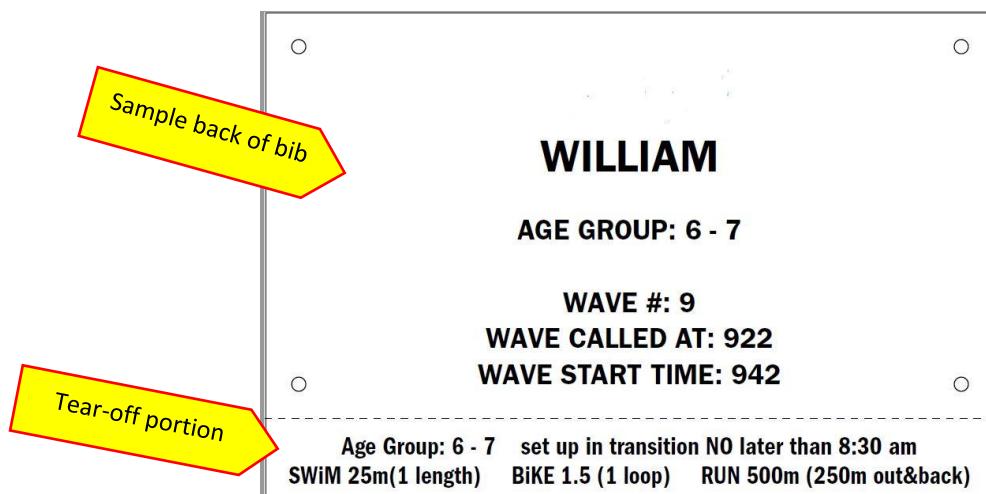
I did not attend race kit pick up. I need to check in and pick up my race bib.



Head straight to transition and set up your gear before the closing time. Bike racks are labelled by age group. Set up quickly and EXIT.

Look for the **red** registration tent. Race day kit pick up opens at **7:00 am**. Then head to transition to set up.

- ▶ Athletes should arrive in their swimsuits ready to race
- ▶ Look for the bike racks signs that match the colour of your bib and rack (park) your bike. Place your towel, runners, shirt/shorts under your bike. You can hang your helmet on your bike. Your bib should be pinned to the front of your shirt already.
- ▶ Transition is not a spectator area, once you are set up please exit.
- ▶ Race Crew and Volunteers will assist with set up in transition.
- ▶ Arrive at the **YELLOW WAVE CALLING** tent **prior** to the WAVE CALLED AT: time printed on the back of your bib.



- ▶ Bibs will have a thin timing chip attached to it. Bibs cannot be worn in the pool.
- ▶ Listen for your wave # to be called. All athletes in the wave will be escorted to the deck together.
- ▶ Spectators will be directed to the entrance of the pool building and will watch from the viewing gallery. Spectators will EXIT the same way they came in.
- ▶ **Athletes in the 3 to 5 age group MUST be accompanied by an adult in the water.** Come prepared to get in the pool with your athlete. You must be within arm's length regardless of their swimming ability. Adults will be able to walk across the width of the pool in the shallow end.
- ▶ Life jackets will be available and handed out on deck for those athletes who would like one. Life jackets are the only permitted floatation devices. No noodles, fins or flutter boards. Water wings are permitted **ONLY** in the 3 to 5 age group.
- ▶ 'In water' start, no jumping or diving. All athletes will finish their swim in the shallow end.
- ▶ Athletes are responsible for counting their own laps.
- ▶ TRi KiDS Swim Captain, Lifeguards and Volunteers will be on deck at all times.

## BiKE and RUN

- ▶ After the swim athletes head to the transition area to dry off, put on their shirt/shorts, socks and runners. Volunteers are in transition to offer as much assistance as needed. **ONLY ATHLETES AND VOLUNTEERS** are permitted in the transition area while the race is on (except 3 to 5 age group).
- ▶ Helmets must be fastened securely before athletes can touch their bikes. Volunteers will 'unrack' the bikes and ensure the helmet is fastened.
- ▶ **NO HELMET = NO RACE**
- ▶ **NO SHIRT = NO RACE.** Athletes must have their torso (chest and stomach) covered for the bike and run portions of the race.
- ▶ Visit our [website](#) for equipment (bikes) rules. Triathlon Canada sets out restrictions and guidelines which are followed at all TRi KiDS races.
- ▶ Athletes will walk/run with their bikes to the **ON MY BIKE** sign and head off on the bike course.
- ▶ Older athletes will be completing multiple loops of the bike course. Be sure your athlete understands the looping process and where you will be standing to help them count loops.
- ▶ Upon completion of the required loop(s) the athlete will dismount (**OFF MY BIKE**) and bring their bike and helmet to the **DROP TRANSITION**. This transition is separate from the main transition. Athletes hand their bikes and helmets to volunteers and then head off on the run.
- ▶ There will be one water station on the run course.

# DISTANCES

Race course distances for the swim, bike and run are printed on the tear-off portion of the athlete's race bib.

Age Group	Bib Color	SWiM	BiKE	RUN
3 to 5	YELLOW	20m (1 width)	600m	150m
6 - 7	RED	25m (1 length)	1.5K (1 loop)	500m
8 - 9	BLUE	75m (3 lengths)	3K (2 loops)	1K
10 - 11	ORANGE	100m (4 lengths)	4.5K (3 loops)	1.5K
12 - 13	GREEN	200m (8 lengths)	6K (4 loops)	2K
14 - 15	BLACK	300m (12 lengths)	7.5K (5 loops)	2K
TRI YOUTH	LIME	350m (14 lengths)	10.5K (7 loops)	2.5K

## AGE GROUP CHART

YEAR OF BIRTH	AGE GROUP	BIB COLOUR
2016	3 to 5	Yellow
2015	3 to 5	Yellow
2014	3 to 5	Yellow
2013	6 - 7	Red
2012	6 - 7	Red
2011	8 - 9	Blue
2010	8 - 9	Blue
2009	10 - 11	Orange
2008	10 - 11	Orange
2007	12 - 13	Green
2006	12 - 13	Green
2005	14 - 15	Black
2004	14 - 15	Black

\* Athletes are assigned to an age group based on their YEAR OF BIRTH. Their age on race day is not used to assign age groups. As an example, all athletes turning 8 this year, whether their birthday is in January or December, will participate in the 8 - 9 age group. See the [website](#) for details.



# PRE-ORDER PHOTO OPPORTUNITY

**Pre-order your race photos now and SAVE with the FinisherPix Photo Pack in digital format**

Order pre-race for \$14.99 + GST and save over 60% (Reg. \$39.99) – click [HERE](#)

The FinisherPix Photo Pack includes all photos we identify of your athlete in all digital formats. A link to all images will automatically be emailed to you when photos are available online.

For more information, and to view the terms and conditions of this service, please visit our website at [www.finisherpix.com](http://www.finisherpix.com). Note: there will not be an Early Bird discount on photos as in previous years so take advantage of the huge savings by preordering your athletes' photos.

# POST RACE

- ▶ Time for celebration! Visit the post race tent for SunRype juice, fruit snacks, water, fruit and cookies.
- ▶ Post-race snacks are for athletes only. Gluten free cookies are available – please ask.
- ▶ Don't forget to stand in front of the photo wall for a great picture.
- ▶ Pick up gear in both transition areas (bike, helmet and towel, swim gear). All items left will be left at the Sports Centre in their lost and found bin.
- ▶ Please be sure to thank the volunteers as you leave. We couldn't do it without them!
- ▶ Finishing times will be posted shortly after the race [Chiptime Results](#)
- ▶ Photos taken at the finish will be posted to the [FinisherPix](#) site within 48 hours.

# TiPS FOR A GREAT RACE

- Inspect your bike (tire pressure, functioning brakes, etc.) and helmet for proper fit.
- Spokes N Slopes will be on site race day for last minute minor bike repairs. Matt invites you to drop in during race week to make sure your bike is in safe racing condition! Visit their [website](#) for stores, hours and directions.



- Attend an orientation session during race kit pick up
- Pack everything the night before and be sure to know what time you must be set up in transition by
- Arrive early, it will take time to park, walk to the race site and set up
- Protect yourself from the sun, stay hydrated
- Course questions? Ask a CREW member in grey shirts
- Look around and get acquainted with the course, look for flags and signs and watch the race
- For the safety and enjoyment of all athletes **please stay off of the race course, especially the bike course.**
- Enjoy TRi KiDS! We are celebrating participation!



### **Tornado Triathlon Club Summer Camp - 2019**

Tornado Triathlon Summer Camp is back! Outdoors at Milton Sports Centre, Milton, ON

Swim, bike, run and traditional fun & crazy camp games! No official triathlon experience necessary. We will help you prepare for your 1<sup>st</sup> triathlon or help you improve your current triathlon skills!

**July 22 to July 26 – Monday to Friday from 9 am to 4 pm (July 22 to July 26)**

**Items required for the camp:** swimsuit, cap, goggles, fins or pool buoy if you have them; bike (road or mountain fine), helmet, bike lock, 2 towels, packed peanut free lunch each day, water bottle, rain gear, clothing layers for possible inclement weather, hat and sunscreen.

Pizza lunch provided on Friday!

#### **Camp Cost:**

\$200 per camper, with 10% discount for families of 2 or more

\$10 Tri ON membership fee for non-Triathlon Ontario members

Contact [info@tornadotriathlon.ca](mailto:info@tornadotriathlon.ca) for more information.