

2023 WASA TRIKIDS Race Guide

SATURDAY, June 10, 2023

Thank you for registering for the Wasa TriKids Event!

This **GUIDE** outlines important information you will need prior to and for race day. Such as: race-bag pickup, POD Groups, parking, race schedule, course maps, volunteering and **athlete safety**. Please read carefully. There is a bit more info than usual, we are required to address specific protocol and there are a few changes made in 2021 you need to be aware of. Thank you for your patience and understanding!

Parents: We appreciate all you have done to support your child(ren) to take on the challenge of the sport of triathlon. For 2023 we will continue to allow for a few adaptations and taking extra precautions to ensure we provide a safe environment for our young racers as we did in 2022. When you arrive to the event parent and Trikid will be required to check-in and get their wrist band before entering the venue.

For young racers age 4-7 yrs we usually have extra volunteers in transition to support them with helmets and shoes etc. This year, as we did for 2022 we will allow a parent to assist their child if they feel their child will need the extra support. The parent assisting will be required to have their name on a list and will be given a band to wear so volunteers and staff know they are approved to be in transition.

For Trikids age 8-15 yrs, the goal is to have these racers be as self-sufficient as possible. Some who may require assistance due to physical challenges or other limitations can request to be supported by a parent. This parent will be required to go through check-in, put name on a list and receive a required wrist band to enter transition.

Any parent or adult assisting our young racers will be expected to be mindful of the safety and flow of the event and not impede any other participant.

We appreciate your understanding and cooperation in helping to ensure a safe transition zone and racecourse for all our athletes.

- We encourage you to volunteer to be up close to the action and support the racers!
- There are great view areas outside of transition that allow for great photos and cheering.
- We ask that **no one** enters Transition to take finish line photos. We will have a photographer on hand taking great photos of all the kids throughout the event and will upload them for participants to access. After all the races are completed, you are free to take athlete photos with their medals at the finish line.
- All Trikids will receive a medal for finishing!
- **Prior to race day**, please discuss with your child about POD group & color, how to set up gear, the racecourse route, turn-around points, stay safe and stay with Pod Group, etc. Maps are being revised and will be posted on our website soon.
- **Race Bag Pick-up** will be held prior to the event to allow the flow for the event to stay on schedule, as we have another event occurring that morning. Kids can pick up their bags on Fri June 10 between 4-8:30pm at [Just Liquid Sports](#) in Cranbrook located on the strip beside the Tim Hortons on the North end of town. **No Race Day bag pick up!**

VOLUNTEER HELP !!! We are still in need of volunteers and need your support!

The Wasa TriKids is as great as its volunteers. If you or any family/friends can volunteer, please sign-up up online with this [LINK](#) . Volunteers receive volunteer shirt, snacks, beverages and entered to win draw prizes! Those interested can sign up to be a POD GUIDE on this link as well.

MAPS – GO to LIVE LINKS on Event Website [CLICK HERE](#)

TriKids Schedule: Saturday, JUNE 10, 2023 **NOTE: RACE START TIME 1:00pm**

- 09:00 – 11:30 am Wasa Lions Community Pancake Breakfast (refer to emails).
- 12:00 – 12:40 pm Athlete Check-in (**NO** race bag pickup or race day registration).
- 12:45 pm Trikids remain in transition in their POD zone and set up to race.
- 12:45 pm Pre-Race welcome/announcements by Race Director in transition.
- **1:00 pm** TriKids first **RACE STARTS** other PODS follow POD Guide to grass
- 12:40 pm - race start Athletes/Parent stay with their POD group.

2023 Trikids PODS and DISTANCES

<u>Born</u>	<u>POD</u>	<u>START</u>	<u>SWIM</u>	<u>BIKE</u>	<u>RUN</u>
2018-2019	Purple	1:00pm	25m	500m (2laps)	100m
2016-2017	Yellow	1:20pm	50m	1km	400m
2012-2013	Orange	1:30pm	150m	4km	1km
2014-2015	Blue	1:40pm	100m	2km	600m
2008-2009	White	1:50pm	300m	12km (3 laps)	3km
2010-2011	Green	2:00pm	200m	8km (2 laps)	2km

Athlete Check-in

- Trikids and Parent must check in then you will be issued a wrist band. Only those with the band can proceed into the venue.
- Masks (optional) and sanitizer will be available for use.
- **NEW as of 2021 -** Set up in transition zone and remain in transition zone until POD Guide leads you out. **TriKids in ALL POD GROUPS must set up in transition in their assigned POD COLOR AREA.** Rack your bike and organize your gear *after* you check-in.
- Check-in from 12:00-11:40 am NO entry earlier to Check-in/Transition as Adult event in play.
- Each racer needs to bring their race bag and ensure you have your swim cap and race bib.
- Racers will be guided to the "Body Marking" to have their race # marked on arms and legs.
- Athletes then are to immediately proceed to the Timing Chip pick-up table.
- The timing chip is to be velcro-ed to the racer's ankle and remain on them until after crossing the finish line.

Transition Area and Race Information & Rules:

- ALL TriKids will stay with their POD in transition until first POD groups is asked to proceed to the beach to start their race. Volunteers will be adapting the courses from the adult event, and we may have a few adult racers still coming through as kids begin to set up in transition. Each POD will have a guide who will explain the racecourse on site, provide tips, and address any concerns that athletes/parent may have.(note for 2023 it will be a toned-down version of Pod Leaders to minimize volunteer contact with the kids as it was for 2022).
- TriKids race bibs are colored according to their POD group. The race bib must be pinned to their shirt - or secured around their waist with a race belt. The race bib must be worn during bike & run portions of race and be visible from the front.
- At 12:45 am transition is closed (secured) - TriKids and checked-in parents will not be able to wander about transition, please stay with your group.
- The following should be set up with the athlete's bike in their **POD colored** transition area:
 - ~ Cycling helmet – mandatory
 - ~ Race number – on front of shirt or race belt
 - ~ Towel or small mat - to keep feet clean
 - ~ Hat & Sunglasses - optional for run
 - ~ Running shoes & (socks optional)
 - ~ Water bottle - water or sports drink
 - ~ Shorts - optional, to pull over swim suit

Note → *Trikids need their goggles & swim caps (and wetsuit if they opt to wear one) with them as they move to the grass area with the POD Guide as they proceed to the beach next.*
FOR SAFETY REASONS – Racers are not to leave POD group unless informed your Pod Guide of why and where!

- Swimmers may stop and stand during the swim to rest, but they must NOT move forward while touching the bottom. ALL racers are expected to **SWIM, NOT RUN.**
NOTE: For younger POD groups water depth will be between armpit and chest deep.
- No lifejackets, swim aids or floatation devices permitted for Trikids 7-15 yrs (unless special circumstance and approved by race director), wetsuits are allowed if weather permits (temperature dependant). Swimmers ages 4-6 are permitted to wear an approved personal floatation device (no water wings or other non PFD items). At Check-in, please ask for a **RED** swim cap if you have a serious concern with a racer during the swim.
- All **PURPLE** POD Trikids will do 2 laps of cycling in the transition area. They are to mount & dismount their bikes in the biking lane near their POD colored zone.
- **All other Trikids** push their bike to the mount line, and at the dismount line get off bike, push their bike to their racking spot. Bikes must be racked before removing helmet. All racers 6-15 yrs will ride outside of the transition area, except for **Yellow** POD racers with training wheels will ride 4 laps in transition, for safety reasons.
- Athletes are NOT allowed to wear IPOD's, MP3 players, etc...at any time during their race.
- Bike equipment: for ages 14 and up, draft-legal aero bars and all clip-less pedal systems are permitted. Cage pedals are not permitted at any age. Platform pedals are permitted. Refer to <https://www.tribc.org/wp-content/uploads/2019/03/PSO-Rules-APPENDIX-X-For-Web.pdf> for more details.
- If a TriKid is unable to complete their event, please report to the race director or staff.

ATHLETE TIPS: WE DO NOT WANT KIDS **HOT** or **COLD** WHILE WAITING TO RACE!

- ❖ **Bring appropriate clothing to wear over your swim clothes if need.** – bins available on beach to drop clothing into, parents or racers can claim clothing after the race.
- ❖ Have water to sip on and healthy snacks with you prior to the event.

- ❖ Bike tires should be pumped and checked, as well as ensuring your bike is in safe condition and set up properly for the racer's body size. Check seat height and lubricate the chain.
- ❖ Set up bike in the racks in an easy gear to allow for a smooth departure.
- ❖ ALL TRIKIDS should be able to race the distances outlined for their POD group – practice!
- ❖ Practice swimming in a lake too .. prepare for lake conditions. Wetsuits may not be permitted if temperatures remain high.
- ❖ With the event occurring mid-day wear sunscreen and bring a hat!
- ❖ Use the washroom before the race meeting!
- ❖ **HAVE FUN and CHEER FOR OTHERS TOO!**

Finish Line Food:

There will be snacks at the FINISH LINE for the Trikids consisting of fresh fruit, cookies, treats water & F2C nutrition available immediately after their race. There is no 'meal or brunch provided, but the Wasa Lions Club is hosting a community pancake breakfast, anyone can attend and purchase a breakfast in support of the Lions and all they do for the Wasa Community! (refer to emails for more details)

BIKE WRENCHERS:

This year we will have bike wrenchers on hand in transition for those who may need an emergency/minor fix with their bike. They will not be providing major service work, please ensure you have bikes serviced prior to race day!

PARKING: Enter WASA Park at the NORTH entrance as SPRINT event will be taking place.

Parents/spectators are to park in the Wasa Lake parking lots set for the event. Please do not park on any of the roads or driveways, these are 'Tow away' zones. **Grey Change and Main Beach parking lots located North of transition are the expected areas for you to park.** Please avoid Campers Beach parking lot, as we need to allow for Park use by park users, recreationist and volunteers to minimize the impact from the event during the Park's open season. Parking maps are being revised and will be posted soon on the webpage.

BC Parks: provide us with this opportunity to recreate and celebrate in a very beautiful area of BC. For us to host this event at Wasa we have had to agree to be considerate to the park visitors and community. The event requires a Special Park Use Permit to operate at Wasa. No permit, no race. Thank you all for respecting the following guidelines:

- **Please leave your dog at home,** or keep it away from the event venue, beaches, Day-Use areas, other than the specified dog beach at Campers beach. Fines will be in effect.
- Late campground check-out: you MUST notify staff if you plan on vacating your site past your check-out time. Do this when you check-in.
- Noise: thanks for respecting the quiet hours in the Park.
- Park your vehicle only in designated parking lots.
- No littering please: treat the Community of Wasa and the Provincial Park like you treat your own property. It's a privilege to race at such a beautiful venue!

HAVE A WONDERFUL RACE DAY! - A positive fun experience is our goal for all TriKids 😊

THANK YOU FOR BEING A PART OF OUR EVENT...THANK YOU TO EVERYONE WHO VOLUNTEERS AND SUPPORTS THIS EVENT FOR OUR AMAZING TRIKIDS!