

# 2024 WASA TRIKIDS Race Guide

**SUNDAY, June 9, 2024**

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.

**Parents:** We appreciate all you have done to support your child(ren) to take on the challenge of the sport of triathlon. For 2024 we have outlined a requirement for all Trikid participants to have a mandatory volunteer sign up in order for race day participation. Please ensure a family or friend has signed up as a volunteer and input Trikids name on the sign up as outlined on the vol page to ensure your Trikid gets to race! Other adaptations for 2024 are combined age groups as we are offering a condensed version of the event due to all events occurring on the Sunday. When you arrive to the event parent must be with Trikid to check-in and get their wrist band, timing chip, body marking before entering the venue.

For young racers age 4-8 yrs we usually have extra volunteers in transition to support them with helmets and shoes etc. There is allowance for a parent to assist their child if they feel their child will need the extra support due to anxiety or other concerns. The parent assisting will be required to have their name on a list and will be given a wristband to wear so volunteers and staff know they are approved to be in transition.

For Trikids age 6+ 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.

- 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 posted on our website.
- **Race Bag Pick-up** will be held the day prior to the event to allow the flow for the event to stay on schedule. The adult events will be in full swing all morning prior to the kids events. Kids can pick up their bags on Sat June 8 between 3-7pm 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 in need of volunteers and need your support!

The Wasa TriKids is as great as its volunteers. We have had challenges recruiting enough volunteers for the kids event so **we have mandated all kids to have a volunteer sign up in order for them to race**. It can be a parent or any family/friends, multiple can volunteer, please sign-up up online with this [LINK](#) . Those interested can sign up to be a POD GUIDE on this link as well. There is nothing better than supporting our young ones to have the most positive safe race experience – VOLUNTEERS are amazing!

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

**TriKids Schedule:** Sunday, JUNE 9, 2024 **NOTE: RACE START TIME 1:10pm**

### **2024 Trikids PODS and DISTANCES**

| Born                  | POD    | START  | SWIM | BIKE               | RUN  | POD LEADERS |
|-----------------------|--------|--------|------|--------------------|------|-------------|
| 2019-2020 (4/5 yrs)   | Purple | 1:15pm | 25m  | 500m (2laps)       | 100m | 1.          |
| 2015-2018 (6-9 yrs)   | Yellow | 1:30pm | 50m  | 1km                | 400m | 1.<br>2.    |
| 2011-2014 (10-13 yrs) | Blue   | 1:45pm | 150m | 4km (2 x 2km laps) | 1km  | 1.<br>2.    |

Sunday:

**12:15pm:** TriKids Check-in (Horseshoe Bay Transition Area)

**12:35pm:** TriKids stay in transition color POD area.

**12:55pm:** Transition closed to all non-racers.

**1:00pm:** Pre-Race briefing.

**1:15pm:** Races Start. Gear can be collected when safe to do so under the direction of the transition coordinator.

### **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.
- **NEW -** 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 12:15-12:50 pm 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 group 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 basic course info, provide tips, and address any concerns that athletes/parent may have.
- 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 12:55 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 Trikid PODS** walk/run their bike to the mount line, bike until they see their color sign to U-turn then at the dismount line get off bike, push their bike to their racking spot. Bikes must be racked before removing helmet. All racers 6-13 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. **NOTE:** **Blue** Pod does 2 laps of their bike course.
- Athletes are NOT allowed to wear IPOD's, MP3 players, etc...at any time during the race.
- Bike equipment: No Trikids 12 allowed to be clipped in to pedals.
- 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.

### **BIKE WRENCHERS:**

This year we will have bike wrenchers on hand in transition for those who may need a minor tire pump or simple adjustment 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 adult events will be taking place, cyclists will be on the road.

**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 only use Campers Beach parking lot if others are full as you will be driving through the adult event. We also 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 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!**