

THES KIDS TRIATHLON

How to Prepare and What to Expect on Race Day



Event Summary

- **Date:** Sunday, May 18th, 2025
- **Location:** Big Stacy Pool and Blunn Creek Trail
- **Bike drop off:** 8:30-9 AM
- **Race Start Time:** 9:30 AM (6 and under)
- **Total Participants:** 66 children (ages 5-11)

We'll continue to add details to this document, make sure to check the document periodically. If you don't see a question addressed please email theskidstri@gmail.com

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Pre-Race Prep

USA Triathlon Waiver

For additional safety coverage, we are working with the USA Triathlon Association to [sanction](#) the race. You should have received a filled out waiver via email from theskidstri@gmail.com, also available [here](#). **Please sign the waiver and bring it with you when you pick up your Race Packet** (pickup details below). We will also have printed forms available on Friday.

Race Packet Pick Up

We will hand out race packets with bib and t-shirt **during drop-off on Friday, May 16**. We will be at the red picnic tables by the Cafeteria. Alternatively, you can pick up your race packet at check-in no later than 9 am during race day but we encourage everyone to have their packets before Sunday.

Items needed before race day

You will need to have the following items ready:

- | | |
|---|--|
| <input type="checkbox"/> Race Packet (includes bib and t-shirt) | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Bike & helmet |
| <input type="checkbox"/> Bathing suit | <input type="checkbox"/> Running shoes & socks |
| <input type="checkbox"/> Goggles | <input type="checkbox"/> Extra t-shirt |

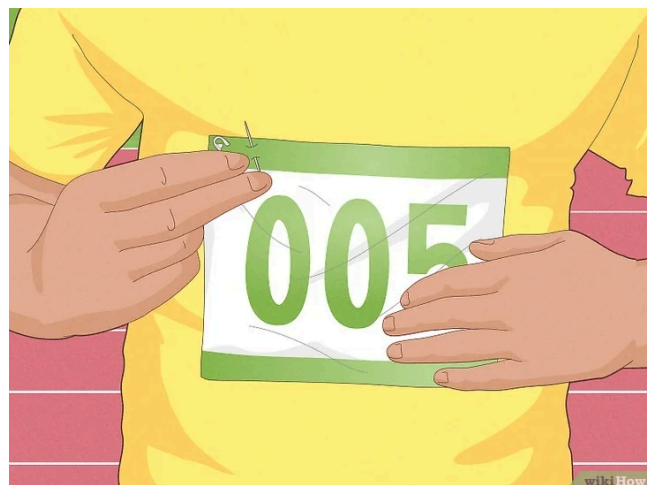
Preparation before race day

Inside the Race Packet, you will find:

- 1 T-shirt
- 1 Race Bib
- 1 Bike Number
- 4 Safety Pins
- 3 Paper Twist Tie

Before Race day you should:

1. **Pin bib to T-shirt.** You are free to use other options but Bib needs to be visible as illustrated.
See [step by step instructions](#).
2. **Attach your bike number to the bike.** To properly attach a bike race number, use the paper twist tie provided, ensuring each pin goes through the number and the jersey fabric, then back through the number.



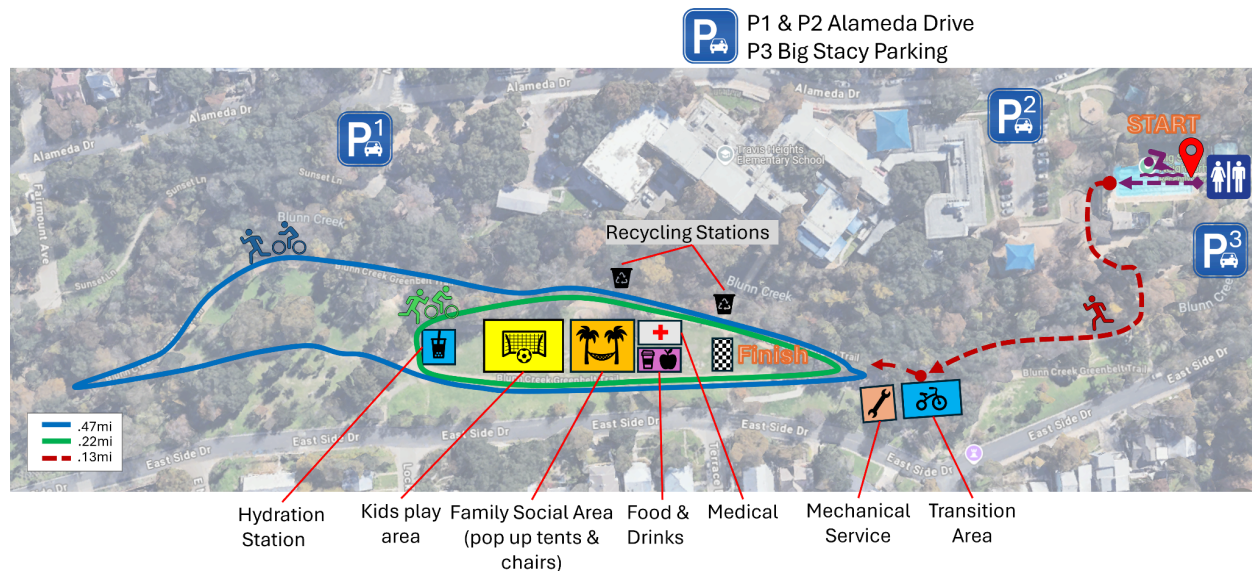
Race Day Information

Schedule

Time	Event	Location
8:15am	Volunteers check in	Base Station
8:30 - 9:00 am	Bike drop off**	Transition Area
9:10	Opening Ceremony	Base Station
9:30	6 and under Swim Start	Big Stacy Pool
10:00	7-8 Swim Start	Big Stacy Pool
11:00	9+ Swim Start	Big Stacy Pool
12:00	Medals & Group Photo	Finish Line

**All participants should drop-off their bike during this time window, even if their start time is later. This will help minimize traffic in the transition zone.

Event Map



Age Groups and Distances

Age Group	Swim yds (length)	Bike mi (loops)	Run mi (loops)
6 & under	33 (1)	0.22 (1 Green)	0.35 (1 Green)
7 & 8	33 (1)	1.9 (4 Blue)	0.6 (1 Blue)
9 & above	66 (2)	2.8 (6 Blue)	1.1 (2 Blue)



Estimated completion time:

- **6 & under:** 15-20 min
- **7 & 8:** 20-30 min
- **9 & above:** 25-45 min

Parking

We encourage parents to use the 3 designated parking areas. Upon arrival, please check in bikes at the Transition Area.

- **P1:** Mariposa Drive
- **P2:** Staff parking - Alameda Drive
- **P3:** Big Stacy Parking



Transition Area

Each participant is expected to drop off his bike and helmet during the drop-off window. There will be volunteers supporting all kids with transition, if your kid needs extra help you can be there to assist but we encourage parents to let their kids, to the extent possible, be independent to avoid crowding the transition area.



Swimming

Participants should report to the swimming pool at the time outlined [above](#). They should bring their t-shirt with *bib*, **running shoes**, goggles and towel. Before the start they will leave their belongings at a designated area and get them after completing the swimming portion. A volunteer will guide them to the designated area. Kids in the **age 6 & under group** are allowed to **swim with a noodle** and can be accompanied by parents **WITHOUT** pushing them.



Running

Make sure your kid has socks that are easy to put on. Kids feet will be wet when they exit the pool so having a towel to dry off will be helpful to make this transition easier. There will be volunteers helping all participants. Kids shall remain on the trail, blue or green, and be aware of any danger signs such as: sand, narrow path, u-turn.



Biking

Make sure that your kid has a helmet and can put it on independently, you can practice doing so before race day. TREK South Lamar will be providing mechanical assistance during the event. They are also able to fine tune/check your kids' bike prior to the event for a cost/tip at 517 S Lamar Blvd, Austin, TX 78704, make sure to mention you will be participating in the Travis Heights Triathlon.



Bathrooms

Big Stacy Pool bathrooms will be available for use throughout the event.



Water & Food

We will have water stations but please plan to bring a water bottle for your kid.

We will also have snacks and food for all participants at no cost.



- | | |
|--------------------------|--|
| 1- Hydration/Aid Station | 6 - Medical |
| 2-DJ | 7 - Volunteer/Info Desk/Lost & Found |
| 3-Food | 8 - Registration/Check in |
| 4-Drinks | 9 - Finish Line: medals and food for finishers |
| 5- Raffles | |

Family Social Area

Bring your chairs and pop up tents and hang out with the community while cheering our athletes!

Athlete Support

Unlock that creativity and make some fun support posters such as 🙌

Participation Tokens

The event is *not* timed. All participants will receive a token for completing the triathlon.





Code of Conduct

All participants must:

- Be respectful to fellow athletes, volunteers, and officials
- Follow all race rules and safety instructions
- Stay on the designated course
- Wear required safety equipment properly
- Listen to and follow staff and volunteers directions

Event organizers have authority to remove participants from the event if behavior endangers others or significantly disrupts the event. By participating in the Kids Triathlon, athletes and their families agree to follow this Code of Conduct.

We're committed to creating a safe, fair, and fun environment for all our THES athletes!

Emergency Plan

In collaboration with Austin Parks and Recreation, no major risks have been identified provided the event will take place outdoors within the boundaries of Big Stacy Park, without utilizing public roads. To ensure maximum safety of participants at the pool, there will be a team of 7 lifeguards on duty in direct communication with **Swim Director, Mr. Sean Murray**.

Organizers will closely monitor weather conditions and shall, in case of need, cancel the event for safety reasons, communicating via email to the emails provided upon registration.

Closest hospitals:

- Dell Seton Medical Center
 - (512)324-7000
 - 1500 Red River St, Austin, TX 78701
- St Davids South Austin Medical Center
 - (512)447-2211
 - 901 W Ben White Blvd, Austin, TX 78704

Fire Station

- Austin Fire Station 6
 - 1705 S Congress Ave, Austin, TX 78704
 - (512)974-0130

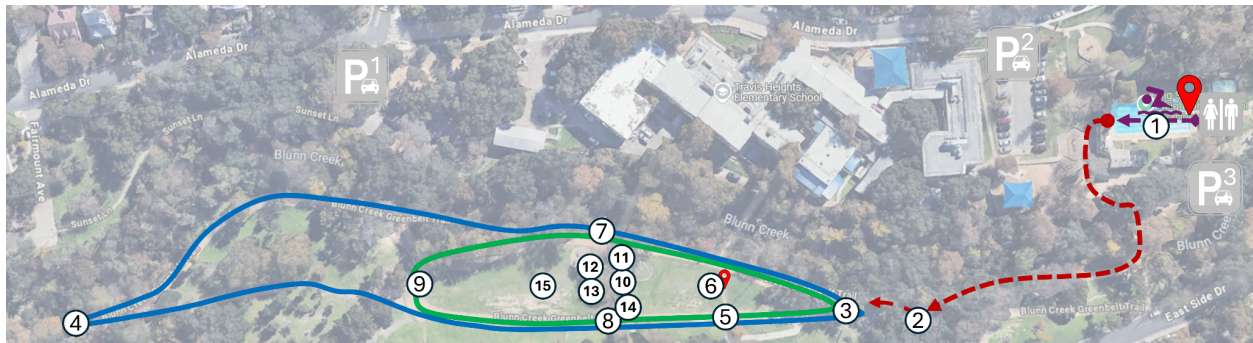
DO, MS Andy Jones is the Medical Director of the event and he will be staffing the Medical Tent. First aid kits to treat injuries such as sprains, strains and blisters will be available to participants. MS Jones is also the event's **Emergency Director**.

If you indicated during registration that your son or daughter has asthma, please make sure to bring his/her inhaler. Medical staff will also have one unit available for emergencies.

In case of emergency please call 911

Volunteers

There are 15 Volunteer stations located strategically throughout the event venue and “floaters” that shall be circulating and supporting wherever necessary.



ID	Station
1	Swim Start
2	Transition
3	U Turn A
4	U Turn B
5	Turn to Finish

ID	Station
6	Finish Line
7	Bike Course Support
8	Run Course Support
9	Aid/Hydration
10	Registration/Check in

ID	Station
11	Volunteer/Lost&Found
12	Food/Beverages
13	Sales & Raffles
14	Medical Station
15	Family & Game Zone

Raffle

Participate in the Triathlon Raffle through [Zeffy](#). There are amazing prizes at \$5 per ticket. All proceeds from the raffle will go directly to the [THES PTA](#) for future school investment and projects. Winners will be selected Friday May 23rd and contacted via text and/or email. Good luck and thank you! 😊