



2026 Athlete Guide



Dear Parents:

Thank you for registering your children for our Waconia Kids Triathlon! We are excited for a fun and positive race day of outdoor fitness.

This athlete guide contains all the information your child will need to logistically be prepared to compete in our event. Please take time to carefully read the athlete guide together. There will be a pre-race meeting before the start of the swim portion of our event, on the pool deck, at 8:50am, to go over any remaining questions.

This is a non-limited event so there will be no need to pick up a timing chip. Check-ins will take place from 7:30-8:30am at Safari Island Community Center (1600 Community Drive, Waconia). Please arrive early to give your child plenty of time to pick up supplies and get organized before the race.

On behalf of our race staff and volunteers, thank you again for racing with us. We are excited that your child will be part of our triathlon – and good luck!

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Race Day Schedule of Events

7:30am	Check-in/transition area opens.
8:50am	Pre-race meeting outside pool area
9:00am	First swim wave: 10-12 years, 3 lengths of pool, starting on north side of pool deck.
9:15am	Second swim wave: 7-9 years, 2 lengths of pool, starting on south side of pool deck.
9:30am	Third swim wave: 4-6 years, 1 length of pool, starting on north side of pool deck. After swimming, racers continue to bike and then run portions of race.
10:15am	Post-race snacks
10:30am	Approximate conclusion of Waconia Kids Triathlon

Preparation

Gear:

You don't need fancy equipment to get your kids started in the world of triathlons – whatever items your child is familiar with, such as the bicycle they regularly ride and their favorite sneakers, are perfect! If your child wants to wear shorts or a t-shirt over their swimsuit during the bike or run, they absolutely can. If they choose to continue the race in their swimsuit, that works too!

Suggested Gear:

- Swim goggles
- Swimsuit
- Towel
- Bicycle
- Bike helmet
- Running shoes
- Socks
- Clothing (athletic shorts/shirt)
- Water bottle
- Sun protection (hat, sunscreen, or sunglasses)

Training:

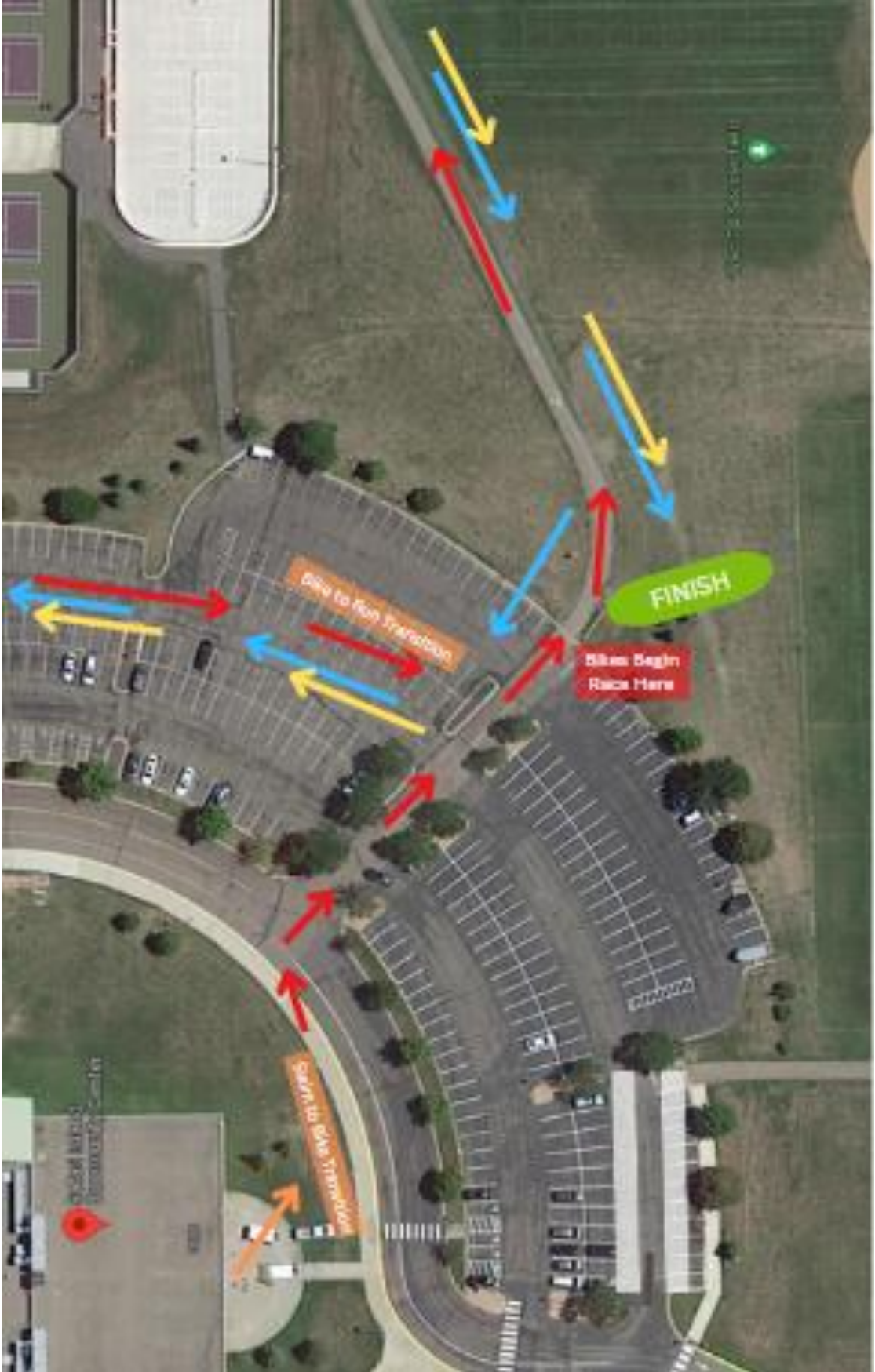
A triathlon is a great way to get the body moving and try your kid's hand at new fitness activities – especially if they get to practice alongside you!

- For many triathletes, the swimming leg can be the most nerve-wracking. Practice getting in the pool to do a few practice swims, practice with the goggles they plan on using, and practice the distance they will be completing.
- The bike leg usually comes naturally to most kids, but it can be helpful to build up to the distance of our triathlon.
- The same applies to the running leg. It is important to get a few runs in, of the same distance as the race, to help your child learn how to pace themselves and not run out of energy too early.
- Practice the transition a few times – switching from swim to bike and bike to run. It is helpful to think through how you will lay out race supplies and what order they will use them in.

Course Information

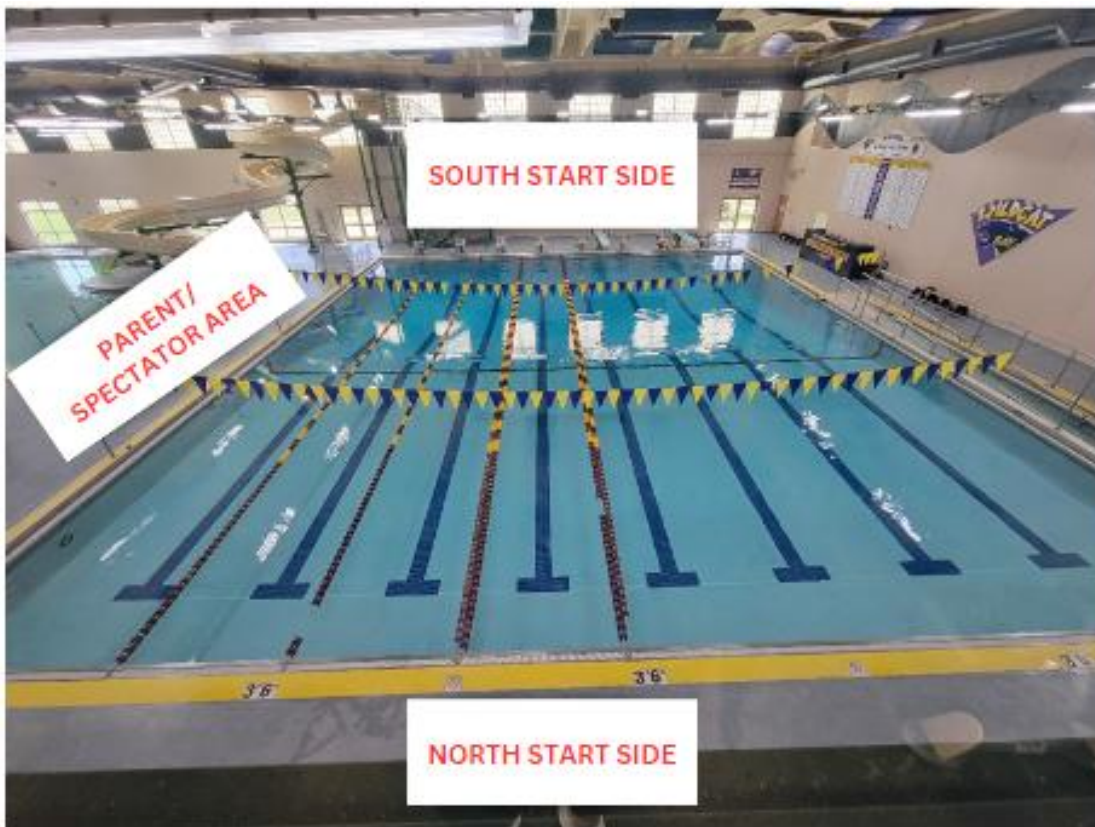
Transition Area:

- The transition area in a triathlon is the area for changing from swim to bike and bike to run.
- Transition opens at 7:30am and will close at 8:45am.
- Only **one** parent is allowed into the transition to reduce confusion.
- Labeling your belongings and racer:
 - At registration, all racers will receive a bib number and sticker number.
 - Your child must have their arm marked with body paint and bike labeled with sticker number to participate in the race.
- **There is no riding of bikes in and out of transition.** Riders must mount at the designated area outside of transition. Those continuing laps in between the transition areas may continue to ride carefully.
- After the race, you will be able to go into transition to collect bikes and belongings. Please show your number to race staff so that we can confirm you are taking the right bicycle. Do not remove bike sticker until after you leave transition to head home.



Leg 1: Swim Course:

- The swim course will begin with ages 10-12 years first (3 lengths), 7-9 years second (2 lengths), and 4-6 years last (1 length). When waiting for your wave, please have your child remain with you in the parent/spectator area on the pool deck until their age group is called.
- There will be only two swimmers per lane for the 10-12 and 7-9-year-olds and only one swimmer per lane for the 4-6-year-olds. We will run continuous heats until all children have started the race safely.
- Ages 10-12 years will swim 3 lengths beginning at the north end of the pool, ages 7-9 years will swim 2 lengths beginning at the south end of the pool, and ages 4-6 years will swim 1 length beginning at the north end of the pool.
- All athletes will exit the south side of the pool. There are stairs at the exit end of the pool, in lane one, for those who need assistance getting out of the water. Athletes can also exit in their lane if they do not need stairs. *Lifejackets or floaties are allowed for all age groups.*
- To run the race smoothly and prevent crowding, parents must stay in the spectator area and are not allowed on the North/South side of the pool deck. Volunteers will help line your child up in heats.
- Pool deck and sidewalk will be slick, so use caution when running to transition area.

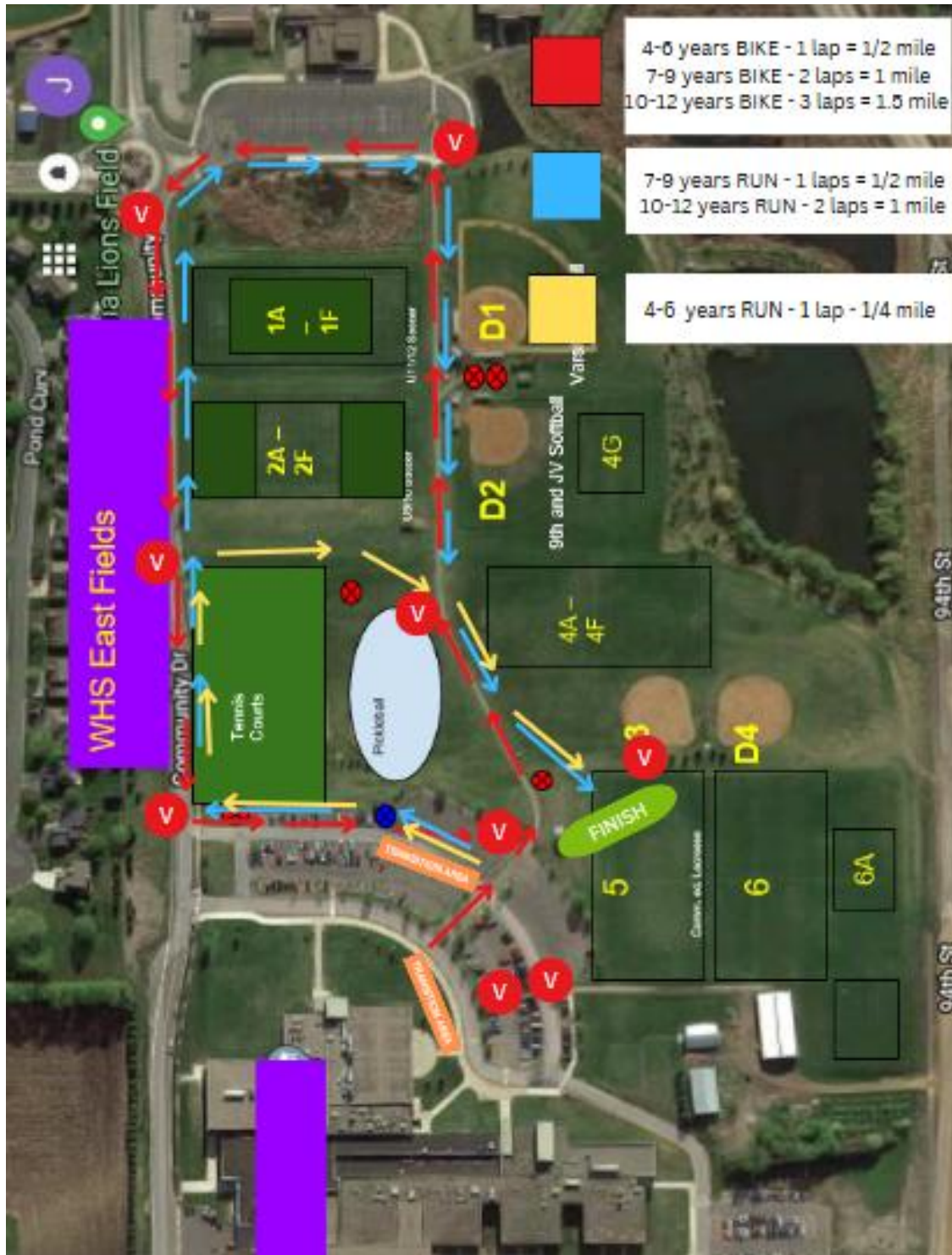


Leg 2: Bike Course:

- Volunteers will not be responsible for keeping track of completed laps. Please make sure your child knows how many laps they are supposed to run prior to the race and remind them to keep track.
- Participants will exit the east end of the transition area and head to the sidewalk that runs through the soccer fields.
 - Children ages 4-6 years will complete 1 counterclockwise lap around the soccer fields and tennis courts, then proceed back to the transition area. *Training wheels are allowed for the 4-6 age group only.*
 - Children ages 7-9 years will complete 2 counterclockwise laps around the soccer fields and tennis courts, then proceed back to the transition area.
 - Children ages 10-12 years will complete 3 counterclockwise laps around the soccer fields and tennis courts, then proceed back to the transition area.
- Please use caution around the transition area as people will be coming and going for the bike and run course. Please inform your child to use caution. Volunteers will be on the course to keep it safe.
- Bike helmets are mandatory for all participants.
- Bikes and helmets must be supplied by participants.

Leg 3: Run Course:

- Volunteers will not be responsible for keeping track of completed laps. Please make sure your child knows how many laps they are supposed to run prior to the race and remind them to keep track.
- Participants will exit the east end of the transition area and will run on the inside grass of the sidewalk around the tennis courts and soccer fields.
 - Children ages 4-6 years will complete ½ clockwise lap around the tennis courts and soccer fields, then proceed back to transition area.
 - Children ages 7-9 years will complete 1 clockwise lap around the tennis courts and soccer fields, then proceed back to the transition area.
 - Children ages 10-12 years will complete 2 clockwise laps around the tennis courts and soccer fields, then proceed back to the transition area.
- Runners will stay on the grass around the paths. The course will be clearly marked and volunteers will be monitoring the course for safety.



Additional Race Information:

- All children who complete the race will receive a finisher medal.
- We will also have snacks for all to enjoy!