



Northfield Y Kids Tri

Frequently Asked Questions

What is a triathlon?

A triathlon is a swim, bike, and run event, completed in that order. Participants will swim, go to their transition area to prepare for the bike, complete the bike course, return to the transition area to drop off their bike, and head to their run. This triathlon is a non-competitive event that's all about having FUN and feeling GREAT about crossing the finish line!

What are the distances for each age division?

Age Group*	Swim Distance	Bike Distance	Run Distance
Ages 6-7	50 meters (zero depth entry)	1 mile (1 lap)	¼ mile
Ages 8-10	50 meters (one length in lap lanes)	2 miles (2 laps)	½ mile
Ages 11-14	100 meters (one lap in lap lanes)	4 miles (4 laps)	1 mile

* based on age as of the date of the Y Kids Tri

Where do the participants swim?

The swim portion of the event will take place at Northfield's Outdoor Pool (Old Memorial Park) located at 801 Seventh Street East, Northfield, MN 55057.

How deep is the water for the swim?

Ages 8-14 will swim in the standard 50 meter lanes at the pool. The water depth will range from 3'7" to over 7'.

Ages 6-7 will swim a horseshoe-shaped course, entering in the zero-depth entry portion of the pool. Their deepest depth will be 3'7". They will exit on the opposite side of the zero-depth area of the pool. Note that safety is our top priority. Volunteers will be in the pool with the young group for their entire swim distance. Lifeguards will also be on deck for the entire event. See the Northfield YMCA website for a map of the course and pool.

Can kids wear a swim vest?

Swim vests are allowed. However, arm floats and other flotation devices are not permitted. The 6-7 year olds will also be swimming along the pool edge during 90% of their course and volunteers will be in the water with this group. Practice prior to the event is encouraged so all kids have a positive and confidence-building experience.

Can I be in the transition area during the event to help my young athlete?

For the safety of the youth participants and to reduce congestion in the transition zone, we strongly encourage parents to cheer their child on from the outside of the transition zone. Ample and qualified volunteers will be present in the transition zone to assist your child as needed. Practicing the transition before the event will help your child become more confident in their ability on race day. That being said, **one adult** will be allowed in the transition zone if necessary.

What kind of bike can kids ride?

All bikes that are in safe, working condition are allowed. Training wheels are allowed if necessary. **A bike helmet is required.**

What is the bike route?

Kids will exit the pool area onto 7th Street East, heading West to College Street. They'll turn right (North) onto Winona St., then right (East) onto 5th St. E. They'll turn right (South) onto Prairie Street S. and right again onto 7th Street East.

Will there be traffic on the bike route?

No. The course will be closed to traffic and we'll have volunteers along the entire bike course (your child will never be out of sight of a volunteer). Safety is our top priority!

Will the event be timed?

No, this event focuses on fitness, fun and the individual achievement of each young athlete.

Is there early-packet pickup available?

Yes! On Friday night before the event, the Y Tri committee will be out near the pool from 6:30 – 7:30 PM. This is a great time to pick up your packets and give your child an opportunity to see the course or ask questions. At 7:00 PM we will do a brief presentation explaining the flow of the next morning so kids and parents know what to expect. If your child has any anxiety about the event, this is a GREAT way to help them feel more comfortable!

When does the event start?

Check-In begins at 8:00 AM and a start time of 9:00 AM. New this year and for the safety of the athletes, each age group will complete the swim and bike portions of the event prior to the start of the next age group. We anticipate wave start times on the half hour; however, start times are fluid. Once most of the athletes from an age group are off the bike route, we will start the next wave. The event will start with Blue Sharks, then Yellow Sunnies, and then Red Minnows.

When does the event end?

We cannot predict a precise end time, but we anticipate the event to run approximately 1.5-2 hours. **Athletes will be allowed to remove their bikes from the transition zone once all athletes have completed the event.** In the spirit of community support, we encourage all athletes to stay and cheer on the younger athletes as they cross the finish line.

Where should we park?

The swimming pool parking lot will not be accessible. You may park on any of the side streets. Fareway Drive, Park Drive or Prairie Street, Elm Street & Oak Street are recommended.

Where can we watch and cheer on our young athlete?

Ideal spots are any grassy areas on the pool property, the sidewalk along 7th street or anywhere along the bike route.

What do we need to bring?

- Swimsuit (come with this on)
- Towel
- Swim Goggles
- Running shoes and socks
- Bike and **Bike helmet- required to ride!**
- Biking and running clothes (kids will want to keep their swimsuit on- bring shorts and/or a t-shirt to put on over suits after the swim if desired)
- Water bottle
- Sunscreen
- Parents, bring a camera to capture the excitement of the day!
- Lots of friends, family, and neighbors to cheer everyone on!

*Swim caps will be provided for each participant at check-in in the registration packet.

What about inclement weather?

The event will go on, rain or shine. In the event of severe weather or lightening, we will follow established protocol and delay the event as necessary. After each audible thunder or visible lightening event, the triathlon will be delayed 30 minutes. If the triathlon is delayed more than one hour, it will be cancelled. Registrants will still receive their t-shirt, swim cap and medal. We regret that refunds cannot be issued.

Will children be safe on the course?

Safety is our highest priority. Lifeguards will be on duty throughout the swim event, and volunteers will be in the water with the younger age group. Volunteers will be stationed along the entire bike course to ensure that kids will ALWAYS be in sight of a volunteer. And the same goes for the transition area and run. In addition, parents and spectators will be able to watch the kids along the entire course! Our goal is for kids to have a safe, fun & confidence-building experience!

Can I bring my pet?

Please note that if you choose to bring your pet, you must remain outside of the pool area per Northfield Pool's policy. In addition, any pets along the bike or run route must be on a leash at all times. Thank you!