

Overview

1st Annual Wadsworth Youth Triathlon (Wadsworth Y-Tri) will be held August 3rd, 2025. Registration is open to Members and Non-Members ages 6-14 starting May 27th, 2025. Registration price is \$40 for Members and \$55 for Non-Members.

Swim Test Required

Racers must show they have passed a YMCA approved swim test. Jump in the deep end of the pool, Tread water for 30 seconds, Back float for 20 seconds, Swim the pool length, on front, correct form and breath control and exit the pool without using the ladder. All tasks must be performed without stopping, touching the wall or showing signs of struggle.

Age Divisions:

- **12-14 Years**
- **9-11 Years**
- **6-8 Years**

Race Distances and times:

Ages 12-14 Years 4:30 Race start time

- **Swim: 200 Yards**
- **Bike: 3 Miles**
- **Run: 1 Mile**

Ages 9-11 Years 4:30 Race start time

- **Swim: 100 Yards**
- **Bike: 2 Miles**
- **Run: .5 Miles**

Ages 6-8 Years 4:30 Race start time

- **Swim: 50 Yards**
- **Bike: 1 Miles**
- **Run: .25 Miles**

Course Description

Participants will start indoors in the Lap Pool transitioning through the Exit door on the pool deck (door 32), Bikes will be staged in the parking lot in front of the HS doors. The course will flow counterclockwise around the HS. The run course will follow the path Counterclockwise around the parking lots.

What To Bring

- Helmets ‘not provided’-mandatory
- Swim Suit, Towel, Bike-non motorized, socks and shoes for Bike/Run
- Snacks, water, dinner
 - Please be aware of eating times prior to the start of your race. In the event of vomit in the pool the pool will need to be shut down for cleaning and treatment that could last 30 min and delaying the event.
- Optional: Goggles, Swim Cap, Shorts/Shirt for Bike/Run (please label all your belongings)

Guardian Assist Area-Wristband required to enter

Transitioning from the swim to the bike can be a little confusing for younger/new to triathlon kids, so there will be an area adjacent to the pool where we encourage all participants to stage everything they will need before getting on to their bike (see list above). One Guardian will be able to assist kids with drying off, getting socks/shoes/helmet on, and, of course, the all-important high fives! These guardians will be required to wear wrist bands to allow them to be on the pool deck and in the transition area with racers.

All portions of the course will be viewable from sidewalks or grassy areas. **FOR THE SAFETY OF ALL PARTICIPANTS, NO PARENTS/SPECTATORS WILL BE ALLOWED IN TRANSITION AREAS OR ON THE RACE COURSE AT ANY TIME.** Thank you in advance for your cooperation. (no one except racers and helper can be in transition areas, all other spectators need to be in designated viewing areas.)

	Arrival Times			Distances		
Age Group	Packet Pick up by	Bike drop off by	Race start time	Swim	Bike	Run
12-14	3:45 PM	4:00 PM	4:30 PM	200 yards	3 miles	1 mile
9-11	3:45 PM	4:00 PM	4:30 PM	100 yards	2 miles	.5 miles
6-8	3:45 PM	4:00 PM	4:30 PM	50 yards	1 mile	.25 miles

Packet Pickup

Packet pickup will begin at 3:00 PM. Included in your bag will be a; Timing chip, shirt, bibs, zip ties, water, banana, stickers, temporary tattoos and instructions.

Body/bike Marking and Timing Chip

We encourage participants to use a permanent marker or grease pencil to make your upper arm with your bib number. Your bib can be placed on your shirt and bike handlebars to help locate it in the bike corral area.

Bike Check In

Bike check in will be from 3:00 pm -4:00 pm. Bikes will be separated by age category. One row of the parking lot will be assigned to an age group. Look for your bib number lot on the ground in front of the parking spaces to find where to place your bike. Be aware of other racers on the course to not interfere with their time. You may have to cross the course to get to and from the bike corral. Do not cut in front of a racer, **RACER HAS THE RIGHT AWAY**. Please consider having a kickstand on your bike to help limit the storage space needed for bikes.

Race Start

Please be on the Lap Pool deck 10-15 min prior to your race start time. Bleachers will be on the deck for racers and guardian helpers to stage. Racers will start one at a time and the next will follow 20-30 seconds after to keep a continuous line going. Depending on your swim speed you may pass someone or someone may pass you. Please be courteous to your fellow racers.

Race Finish/Awards

Awards will be given for the First, Second, Third Male and Female places of each age grouping (6-8, 9-11, 12-14). There are podium boxes for first, second and third place finishes if you'd like to get your picture taken on the podium!

Results will be sent to everyone's email, live on the race website and displayed at the finish line.

Be safe, have fun, and good luck!