

2nd Annual Wadsworth YMCA YOUTH TRIATHLON

Family Event Guide
Sunday • August 2, 2026
Swim • Bike • Run • Celebrate!

“Every child deserves the chance to discover what
they're capable of.”



Welcome

Welcome to the Wadsworth YMCA Youth Triathlon! Whether your athlete is participating in their first triathlon or returning for another year, our goal is to provide a safe, encouraging, and unforgettable experience centered on the YMCA values of Caring, Honesty, Respect, and Responsibility.

Event at a Glance

Item	Details
Date	Sunday, August 2, 2026
Location	Wadsworth YMCA
Ages	6–18 (through graduating seniors)
Packet Pickup	Friday, July 31 • 5–7 PM or Race Day at 3 PM
Helmet/Shirt	Required
Awards	Finisher medal for every athlete

Race Day Timeline

- 3:00 PM – Packet Pickup Opens
- 3:00–4:00 PM – Bike Check-In
- 4:30 PM – Ages 6–8
- 5:30 PM – Ages 9–11
- 6:30 PM – Ages 12–14 & 15–18
- Awards presented shortly after each division finishes

Swim Test Requirement

All participants must complete a YMCA-approved swim test before race day.

- Jump into deep water
- Tread water for 30 seconds
- Back float for 20 seconds
- Swim one pool length with proper form
- Exit the pool without using the ladder

Race Distances

Age	Swim	Bike	Run
6–8	25 yd	1 mile	¼ mile
9–11	100 yd	2 miles	½ mile
12–14	200 yd	3 miles	1 mile
15–18	400 yd	5 miles	2 miles

First Triathlon? Here's What to Expect

- Transition time is **NOT** timed.
- One wristbanded parent/guardian may help younger athletes in transition.
- Volunteers will guide athletes throughout the course.
- Every athlete is encouraged to race at their own pace.
- Sportsmanship is more important than finishing place.

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. Times from the 3 segments of the course will be totaled together for a cumulative event time.

****Guardian Assist Area-Wristband for Guardian and Racer required****

Transitioning from the swim to the bike can be a little confusing for younger/new to triathlon kids, so the bike corral and area outside the pool will be where we will have all participants to stage everything they will need before getting on to their bike. There will be a table with a designated spot (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 (in packet) to allow them to be on the pool deck and in the transition area with racers.

Inside the transition area from swim to bike and bike to run **WILL NOT BE TIMED**. Racers can take their time drying off getting their shoes and clothes on. Tables will be placed outside door 32 of the Lap Pool for belongings to be staged, racers can then move to the benches to get prepared for the next stage. Shirts with Bibs should be placed on bikes.

Course & Spectator Information

Families may cheer from designated sidewalks and viewing areas. For athlete safety, only racers and approved wristbanded helpers are permitted inside transition areas. Racers always have the right-of-way on the course.

Packet Pickup

Packet pickup will be available Friday July 31 from 5:00 PM-7 PM. We will also have packet pickup the day of the race at 3PM, but to make sure the race starts on time please come on the 31st if possible. Included in your bag will be a; Bib timing chip, 2 wrist bands (Guardian & Racer), shirt, safety pins, stickers, temporary tattoo and more!

Body/bike Marking and Timing Chip

Participants can use a permanent marker or grease pencil to make your upper arm with your bib number. However, shirts are required to be worn for bike/run with Bib clearly visible. Your bib needs to be placed on your shirt so race officials and photographer can clearly see it. The timing chip will be part of the Bib.

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. Please have your bib attached to your shirt and placed on your bike. **Bibs need to be visible to race officials.**

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 officials will start each racer individually and will manually start their time.

Race Laps

If your race includes laps for biking there will be an official on the course just before the last turn by the bike corral. Letting you know how many laps you have left. Please be on the lookout for that information. This may be a confusing point for some if multiple racers are passing at the same time. Racers are encouraged to keep track of their laps. In the event of a lap being missed a disqualification for placement could occur.

Race Finish/Awards

Everyone will receive a finishers medal, Awards will be given for the First, Second, Third place for Male and Female of each age grouping (6-8, 9-11, 12-14, 15-18). First, Second and Third place awards will be presented shortly after the last racer for that heat crosses the finish line. Waters and snacks will be provided at the finish line.

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

Race Day Packing List

- ☐ Bike
- ☐ Helmet
- ☐ Swimsuit
- ☐ Towel
- ☐ Running shoes
- ☐ Socks
- ☐ Water bottle
- ☐ Healthy snack
- ☐ Optional: Goggles, swim cap, sunscreen

Frequently Asked Questions

Can my child use any bike?

Yes. Any safe, non-motorized bicycle is acceptable.

Does transition count toward race time?

No. Transition is not timed.

Can parents help?

Yes, one wristbanded guardian may assist younger athletes during swim-to-bike transition.

What if it rains?

Please watch YMCA communications for weather updates and event information.

Thank You

Thank you for being part of the Wadsworth YMCA Youth Triathlon. Every participant is a winner for accepting the challenge. We look forward to celebrating courage, perseverance, healthy lifestyles, and community with your family.

ONE WAY TRAFFIC ONLY

EVENT AREA

1 MILE BIKE COURSE

1 MILE RUN COURSE

.5 MILE RUN COURSE

.25 MILE RUN COURSE

BIKE CORALE

ACCESS TO
GRIZZLY
POOL ONLY

Entrance
Closed

EVENT PARKING

Water

Bike Drop Off/
Transition Area

Registration
in Lobby
Start in pool

EVENT / YMCA
ENTRANCE



