



JUNE
20,
2026

ALFA

KIDS

9:00 A.M.

TRIATHLON



Athlete Guide for Parents

ALFA KIDS



TRIATHLON

BIG SMILES, BIG MILES.

Welcome to the ALFA Kids Triathlon!

We're so excited to see you on June 20th! Before race day, please review this packet of information, which will help the event run smoothly, and for you to get the most of your triathlon experience.

SCHEDULE

Saturday, June 20

8:00-8:40 a.m. Arrival, Check-in, Transition set-up

*Note: Check-in will close at 8:40 and all athletes MUST be checked in by then. Please be respectful to race organizers and volunteers by arriving within this check-in window. Tardiness creates unneeded stress on both staff and athletes. We strongly recommend giving your athlete at least 15 minutes to set up their transition area.

8:45 a.m. National Anthem

8:50 a.m. Pre-race meeting for all athletes

9:00 a.m. Race begins!

10-13 age group first, followed by 6-9 age group

10:30 a.m.
(approx.)

Awards, snacks, and pictures!

We hope you'll stick around to see all of our athletes finish, and to watch the awards ceremony!



LOCATION & PARKING

The race will take place at the Meadville Area Recreation Complex, located at 800 Thurston Rd., Meadville, Pa. 16335.

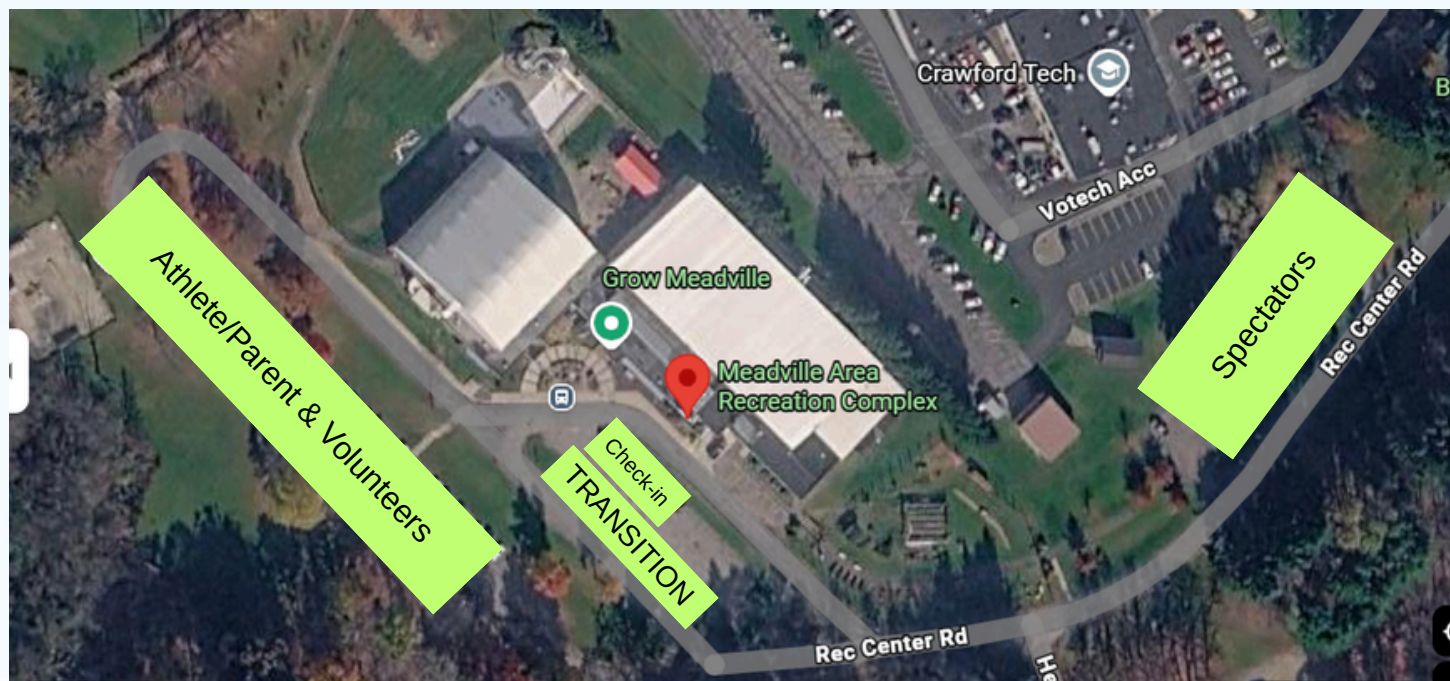
Athlete/Parent/Volunteer parking:

Lower level of the MARC. No vehicles permitted in the main level lot, which is reserved for Transition.

**Note: Cars in the lower lot may NOT leave the MARC until the conclusion of the race.*

Spectator Parking:

Upper level lot (on the right, upon turning into the MARC). If you have family/friends coming to watch your child(ren), we ask that they NOT park in the lower lot, which is reserved for athletes/parents and volunteers.



CHECK-IN

Upon arriving at the MARC, please come directly to the check-in tent located in the main parking lot.

Athletes will receive their timing chip, color-coded wrist band, and T-shirt (if purchased at registration).

Timing chips should be immediately placed on the left ankle, worn for the entire race, and turned back in after finishing.

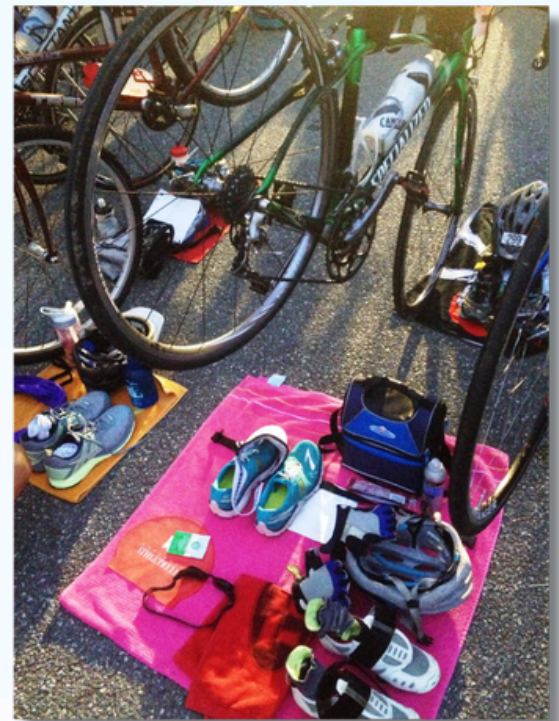


(Example)

TRANSITION

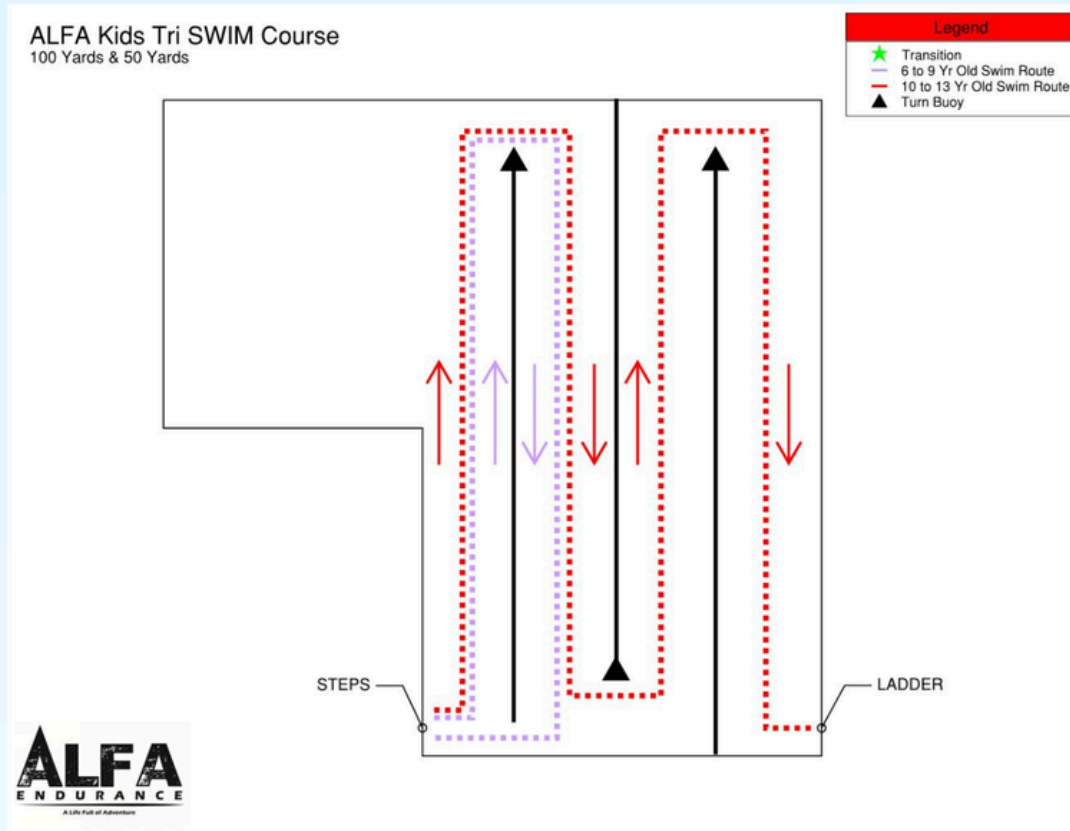
A triathlon transition area is a designated space where athletes change equipment between the swim-to-bike (T1) and bike-to-run (T2) disciplines.

- After check-in, you and your athlete should set up their transition area. Lay your equipment out in your designated area for a quick change.
 - Please note: There are no private changing spaces during the race. Athletes may use the locker room prior to and following the race.
- Athletes will exit the pool, run outside to transition, and prepare for the bike ride. Upon returning from the bike portion, they will re-enter transition to drop their bike and take off on the run.
- Transition will be visibly marked with in/out signs/tape, as well as volunteers so athletes know where to go.
- Athletes are permitted to have ONE adult with them in transition.
- There will be one hydration station located in transition.



Example transition photos. We hope your kiddo(s) will be the stars of next year's Athlete Guide!

SWIM COURSE

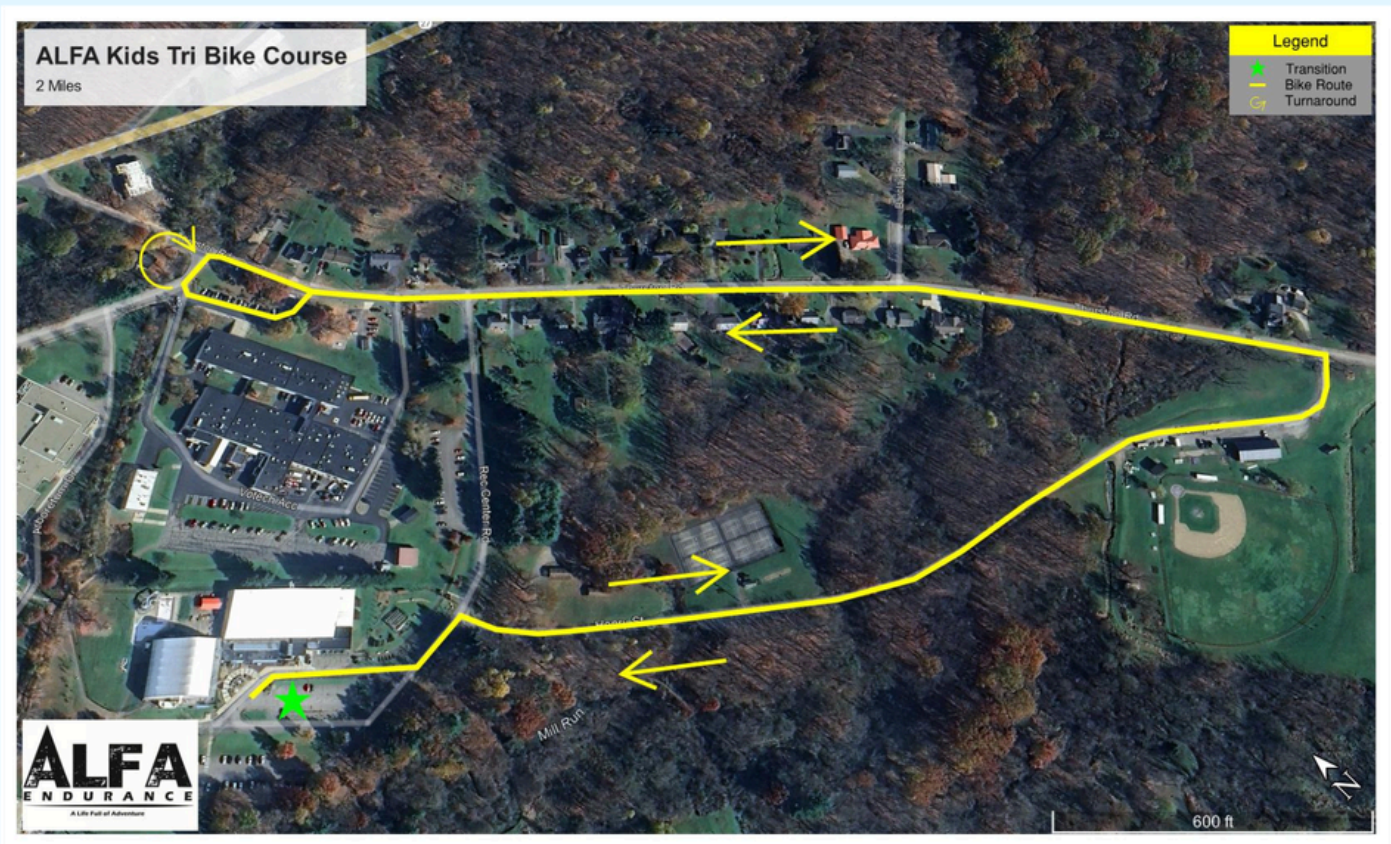


- All athletes will enter the pool one at a time every 3-5 seconds at the steps in the shallow end. Each athlete will cross the timing mat before entering the water, which is when their official race time will start.
 - If you know your child is a strong swimmer, encourage them to move to the front of the start line.
- The 10-13 age group will go first, followed by the 6-9 age group.
 - 10-13 age group (100 yards) : down, back, down, back, and exit at the ladder.
 - 6-9 age group (50 yards): down, back, and exit at the steps where they entered.
- The lanes will be wide enough for passing without interference.
- Volunteers will be in the water, especially in the deep end. A lifeguard will also be on duty. Parents are NOT permitted in the water.
- Athletes ARE permitted to wear flotation devices if they choose.

BIKE COURSE

6-9 Age Group

2 miles

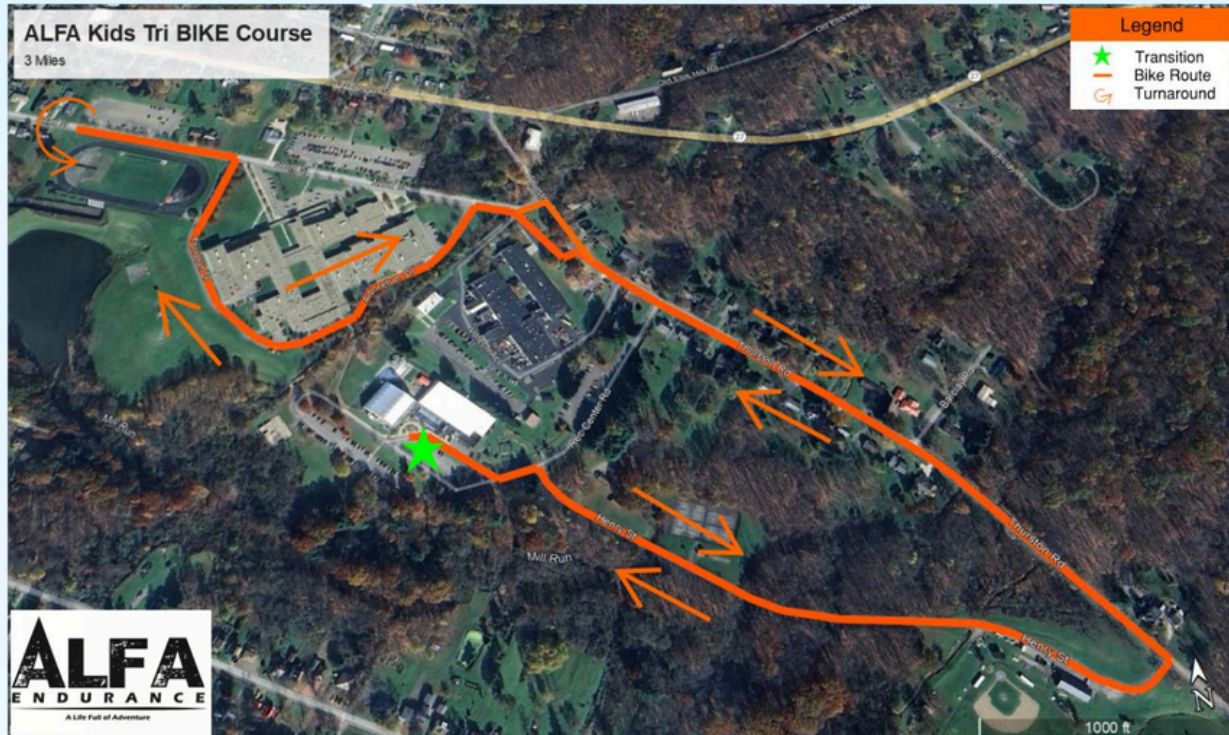


- Athletes must walk/jog their bike out of transition and get on at the mount line.
- Athletes should stay on the LEFTHAND side of the lane throughout the course.
- Route:
 - Follow Rec Center Rd, then turn Right onto Henry St. heading toward the baseball fields.
 - Left on Thurston Rd
 - Slight Left into the parking lot in front of Crawford Tech, then continuing with a Right onto North Street
 - Another right on Thurston Rd, then follow the same route back towards transition.
- Course is closed to traffic. Volunteers will be along the course to help with directions.
- No aid station on the course

BIKE COURSE

10-13 Age Group

3 miles

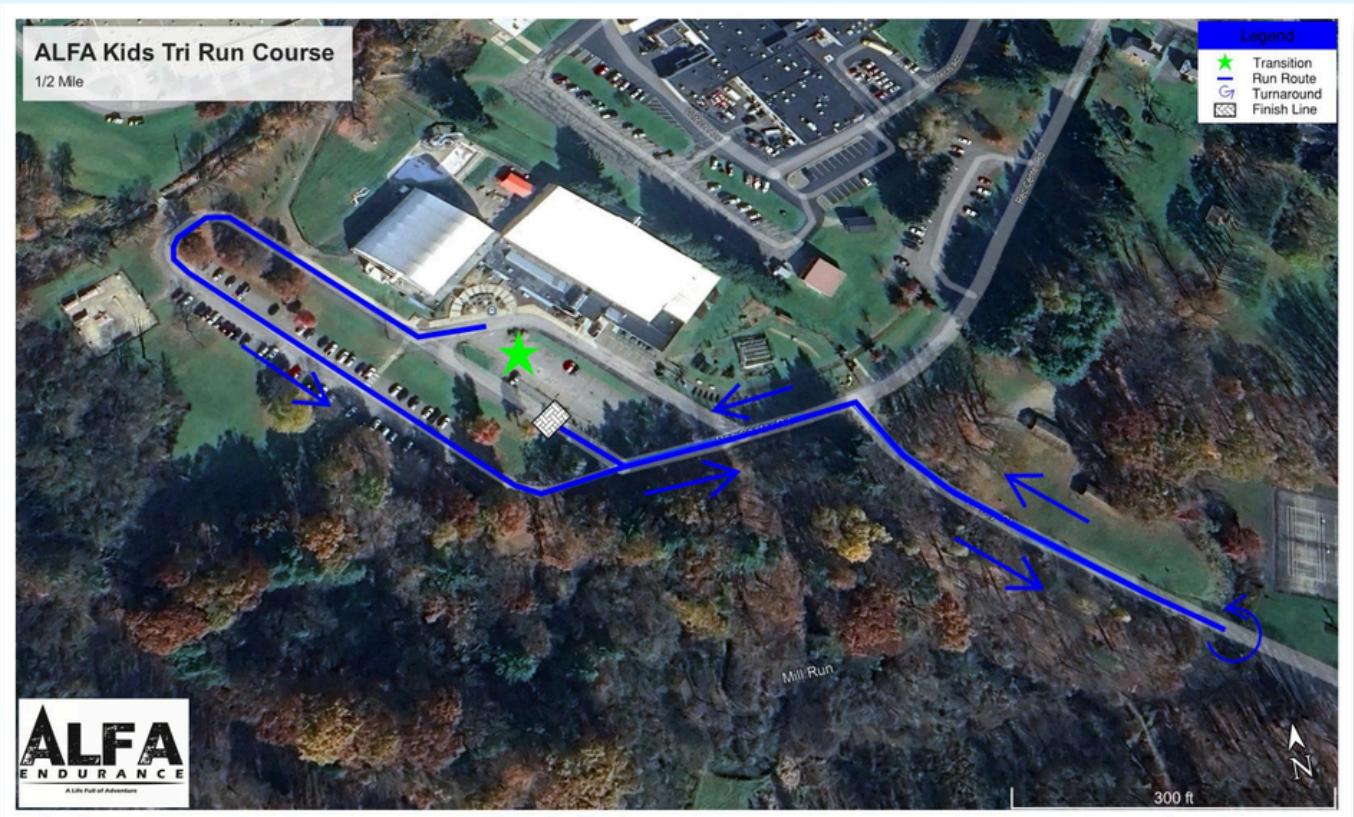


- Athletes must walk/jog their bike out of transition and get on at the mount line.
- Athletes should stay on the LEFTHAND side of the lane throughout the course.
- Route:
 - Follow Rec Center Rd, then turn Right onto Henry St. heading toward the baseball fields.
 - Left on Thurston Rd
 - Slight Left into the parking lot in front of Crawford Tech, then continuing with a left onto North Street
 - Another left onto Arboretum Drive going behind the Meadville High School/Middle School.
 - Once back to North Street, turn left and proceed to the turnaround at approximately the first residence on the left hand side of North Street.
 - Follow the same route back to transition except in front of Crawford Tech where you'll take North Street all the way to Thurston Road, NOT entering into the Crawford Tech parking lot.
- Course is closed to traffic. Volunteers will be along the course to help with directions.
- No aid station on the course

RUN COURSE

6-9 Age Group

.5 mile

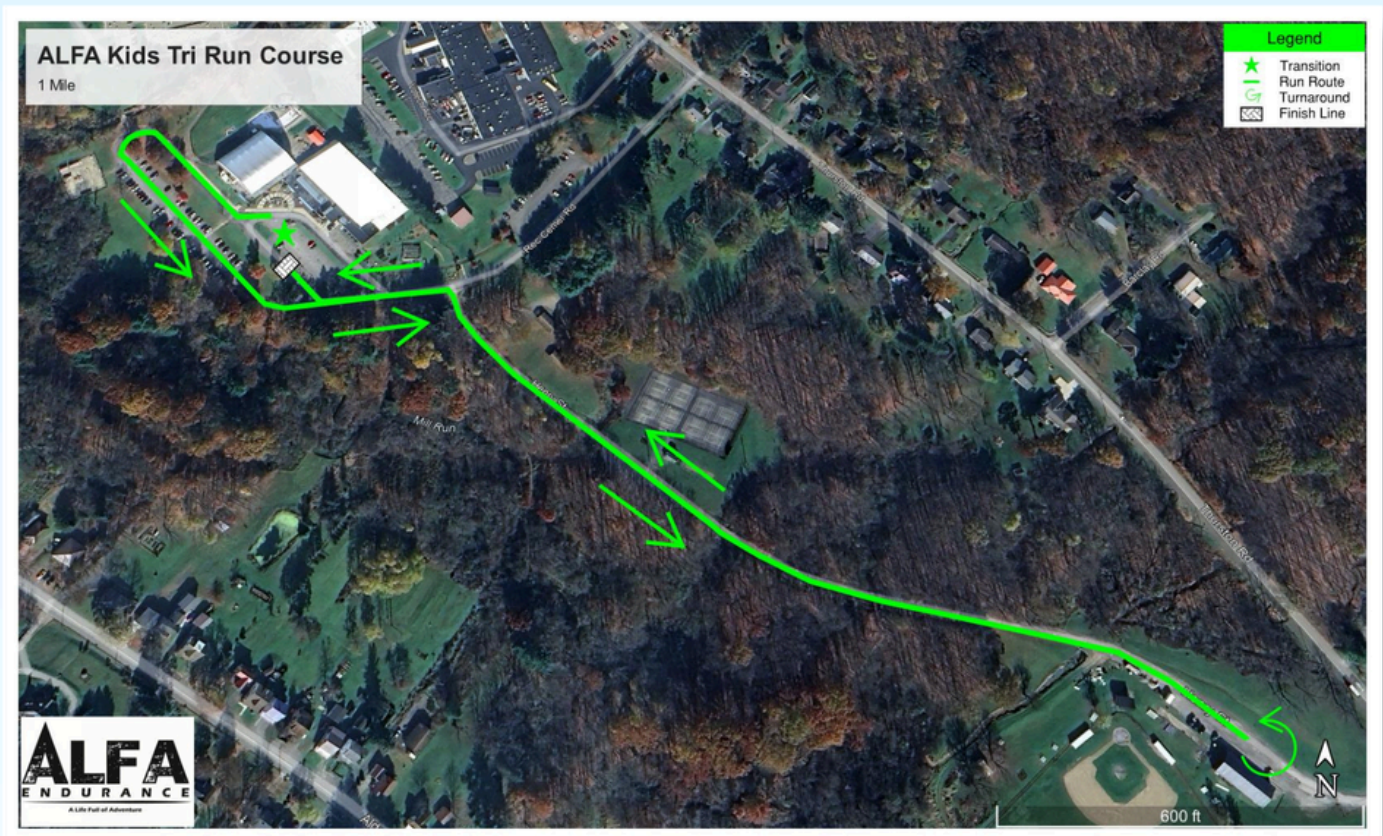


- Athletes will exit transition by turning left and circle down to the lower parking lot.
- Once through the lower parking lot, turn right onto Henry Street until the turnaround near the tennis courts.
- Return back towards the MARC, and make a left onto Rec Center Rd followed by a right turn AFTER the pavilion to the finish line!
- The entire run course athletes will be on the RIGHTHAND side of lane they're in.
- Volunteers will be along the course to help with directions.

RUN COURSE

10-13 Age Group

1 mile



- Athletes will exit transition by turning left and circle down to the lower parking lot.
- Once through the lower parking lot, turn right onto Henry Street until the turnaround near the baseball fields.
- Return back towards the MARC, and make a left onto Rec Center Rd followed by a right turn AFTER the pavilion to the finish line!
- The entire run course athletes will be on the RIGHTHAND side of lane they're in.
- Volunteers will be along the course to help with directions.

WHAT TO BRING

Here's what each participant should plan to bring:

- Swim gear: Swimsuit, goggles, swim cap (optional), towel, and flotation device if desired.
- Bike gear: Bicycle, helmet (mandatory), and appropriate biking socks/shoes. Electric bikes and scooters are not permitted.
- Run gear: Comfortable shoes and clothing.
- Optional: Sunglasses, water bottle, and a small snack for before or after the race.

Tip: Label all personal items to avoid mix-ups in transition!



WHAT YOU'LL GET

Each registered participant will receive:

- A color-coded wristband to designate their age group
- A timing chip to be worn on the left ankle (must be returned post-race!)
- A finisher medal
- Post-race snacks and refreshments

AWARDS

The post-race celebration begins as soon as your athlete crosses the finish line! We think every kid is awesome just for participating and trying something new!

Awards will be given in the following categories:

1st place boy — Age 6-9

2nd place boy — Age 6-9

1st place girl — Age 6-9

2nd place girl — Age 6-9

1st place boy — Age 10-13

2nd place boy — Age 10-13

1st place girl — Age 10-13

2nd place girl — Age 10-13



WEATHER POLICY

The event will take place rain or shine unless weather conditions pose a safety concern (such as lightning). In that case, updates will be posted on social media and emailed to participants and/or decided that morning.

As a reminder, all registrations for the ALFA Kids Triathlon are non-refundable, non-transferrable and non-deferral. Because race planning, permits, and materials are secured in advance, we are unable to offer refunds for any reason, including schedule conflicts or weather-related issues.

In the event of severe weather, race organizers will make every effort to delay or modify the event so participants can still enjoy a safe and positive experience.





**We look forward to seeing you on race day for a morning of
FUN!**

Remember, the ALFA Kids Triathlon's mission is to encourage healthy lifestyles, build confidence, and inspire the next generation of endurance athletes. Every child will cross the finish line feeling like a champion, and with your support, we can make this a truly memorable day.

Questions? Don't hesitate to reach out!
bgildea@alfaendurance.com

Follow us @teamalfaendurance for updates, news, discounts, and so much more.