

DELCO KID'S TRIATHLON

Participant Guide

When: Saturday, August 22nd, 2026, race starts at 8:15am

Where: [Wallingford Swim & Racquet Club](#)

501 S. Providence Road

Wallingford, PA 19086

Packet Pickup Options:

- Friday, Aug 21st, 5:30pm – 7:30pm at Wallingford Swim and Racquet Club, or
- Race morning between 7:00am – 7:50am

Race Day Check-in: 7:00am – 7:50am

1. Check in at registration tent
2. Get body marking (race number on arm and calf)
3. Attach race number to front of shirt or shorts
4. Drop bike and helmet at bike transition area
5. Take shoes, socks, shirt/shorts (race bib attached) & towel to pool area
6. Attend pre-race meeting promptly at 8:00am

Mandatory gear:

- Swimsuit
- Goggles
- Towel
- Sneakers / athletic shoes (No sandals!)
- Shirt and/or shorts to put on over swimsuit (with race bib attached)
- Bicycle
- Helmet with secure chin strap

Optional gear:

- Swim cap
- Socks
- Water bottle

Swim Leg:

In-pool start, two swimmers per lane. Any stroke is allowed. No kickboards or other flotation devices are allowed, but you may rest on end wall between laps. Swimmers are expected to propel themselves across the pool without using sidewalls or lane dividers. Lifeguards will be on patrol, and volunteers will be stationed to assist the children. When laps are complete, exit pool and proceed to socks/shoes/shirt/shorts.

Swim-Bike Transition:

1. Put on shoes, shirt, and/or shorts (race # attached)
2. Run/walk to bike transition area
3. Put on and strap helmet
4. Walk bike to start of bike course (volunteers will guide)
5. Start riding bike at designated mount/dismount point

Bike Leg:

Participants must always wear a helmet. No training wheels are allowed. Use caution when turning and passing. Bikers must ride on the right side and pass on the left. There are two large speed humps to be aware of at the beginning and end of the bike course. Bikers should be constantly aware of their surroundings. There will be several volunteers stationed throughout the bike course.

Bike-Run Transition:

1. Stop and dismount bike at designated area
2. Walk bike to transition area (where your bike was originally)
3. Take off helmet
4. Proceed to run leg

Run Leg:

Follow course around the pool grounds to the finish chute. Sneakers/athletic shoes must be worn.

Parents / guardians:

Non-racers must stay out of the transition areas and may not bike/run alongside participants. We will have sufficient volunteers at every stage of the race to assist the children.

Results:

Official results will be posted as soon as possible on RunSignUp. If your child does not complete the entire course, please alert a volunteer.

Awards:

The winner of each age group will receive an award. Depending on the number of participants in each age group, as many as the top four finishers may receive awards.

Breakfast:

A pancake / bacon breakfast is included for all participants and volunteers. Other attendees may also participate in the breakfast (suggested donation to Hope for Hallie).