

Race Overview

The Volusia Flagler Family YMCA and Victoria Park will be hosting the Fall Kids' Triathlon this year on September 23rd. This race will be for kids aged 4 to 14 and will be around the beautiful neighborhood of Victoria Park. This event is a non-competitive triathlon that is meant to encourage a healthy and active lifestyle. There will be multiple distance options for children to sign up for based on age and ability level. All participants will receive an awesome race t-shirt and finisher's medal. This race will be capped at 150 participants.

- Location: 602 South Lake Victoria Circle, DeLand, FL 32724
- Race Day: This race will have different distances for each age group. The breakdown for each group is below.
 - Group One (Ages 6 & Under):
 - Start Time: 9:00 AM
 - Distances: 25 yard swim, .3 mile bike (525 yards), .16 mile run (300 yards)
 - Group Two (Ages 7-9):
 - Start Time: 9:15 AM
 - Distances: 50 yard swim, .7 mile bike (1 lap, 1200 yards), .3 mile run (525 yards)
 - Group Three (Ages 10-14):
 - Start Time: 9:30 AM
 - Distances: 100 yard swim, 1.4 mile bike (2 laps), .65 mile run (1 lap, 1100 yards)
- Participants may switch groups based on their experience level
- Start times are approximate and groups may begin a little earlier or later depending on size. Please be ready to start by 8:45 AM.
- Parents/Adults are encouraged to participate in all events alongside their children.
- Bicycle Helmets are required for all participants.
- Swimmers may use floaties, life vests or other swimming aids.

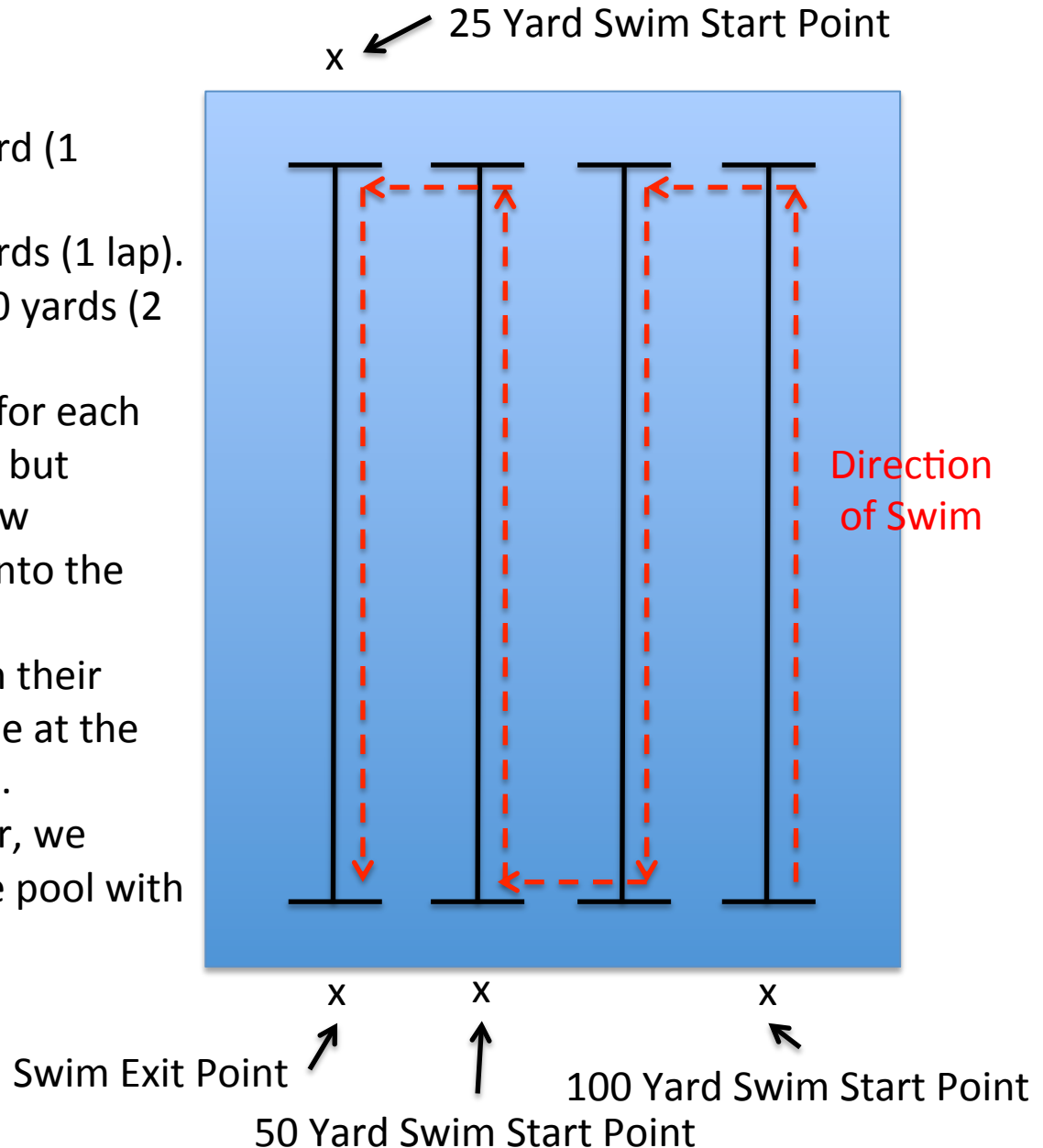
Pool Area Layout



Pool Layout

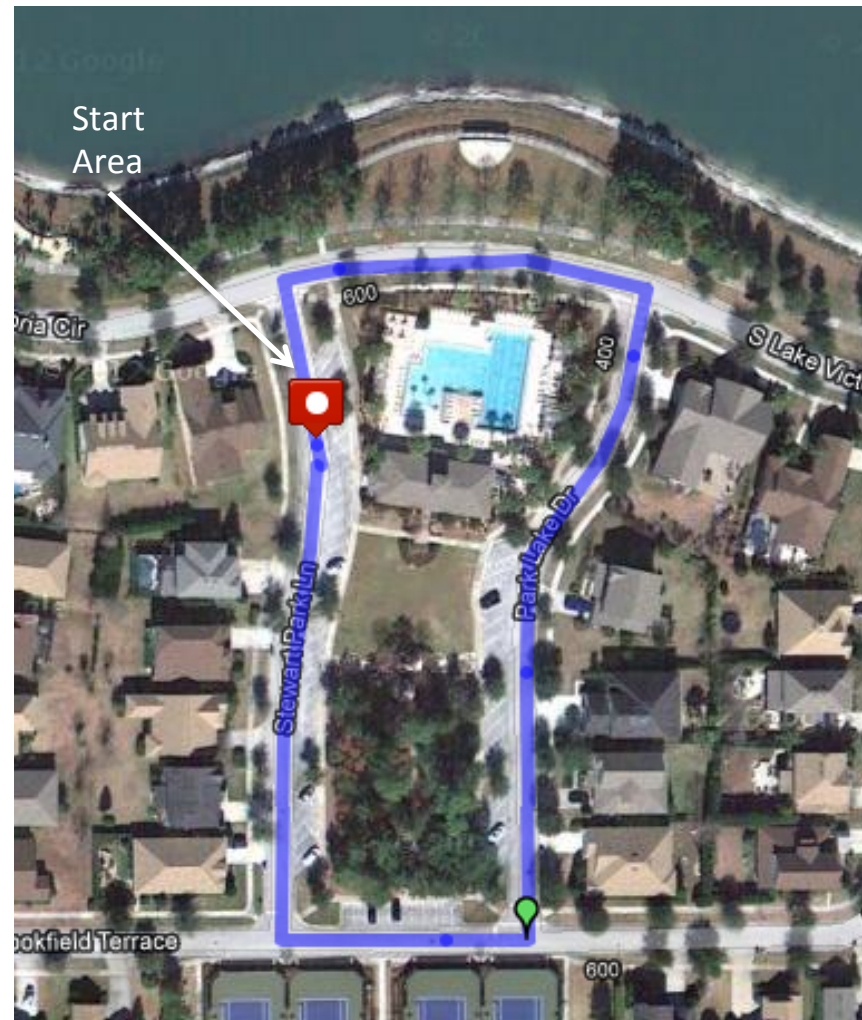
Swimming:

- Children 4 - 6 will swim 25 yard (1 length).
- Children 7 - 9 will swim 50 yards (1 lap).
- Children 10 - 13 will swim 100 yards (2 laps).
- Swimmers will form one line for each level. There will be no waves, but rather a staggered start. A new swimmer will be introduced into the lane every 10 - 20 seconds.
- Parents wanting to swim with their children may start side-by-side at the same time with their children.
- If your child is not a swimmer, we encourage you to get into the pool with your child.



Group One Bike / Group Two Run

.3Mile / 525 Yard



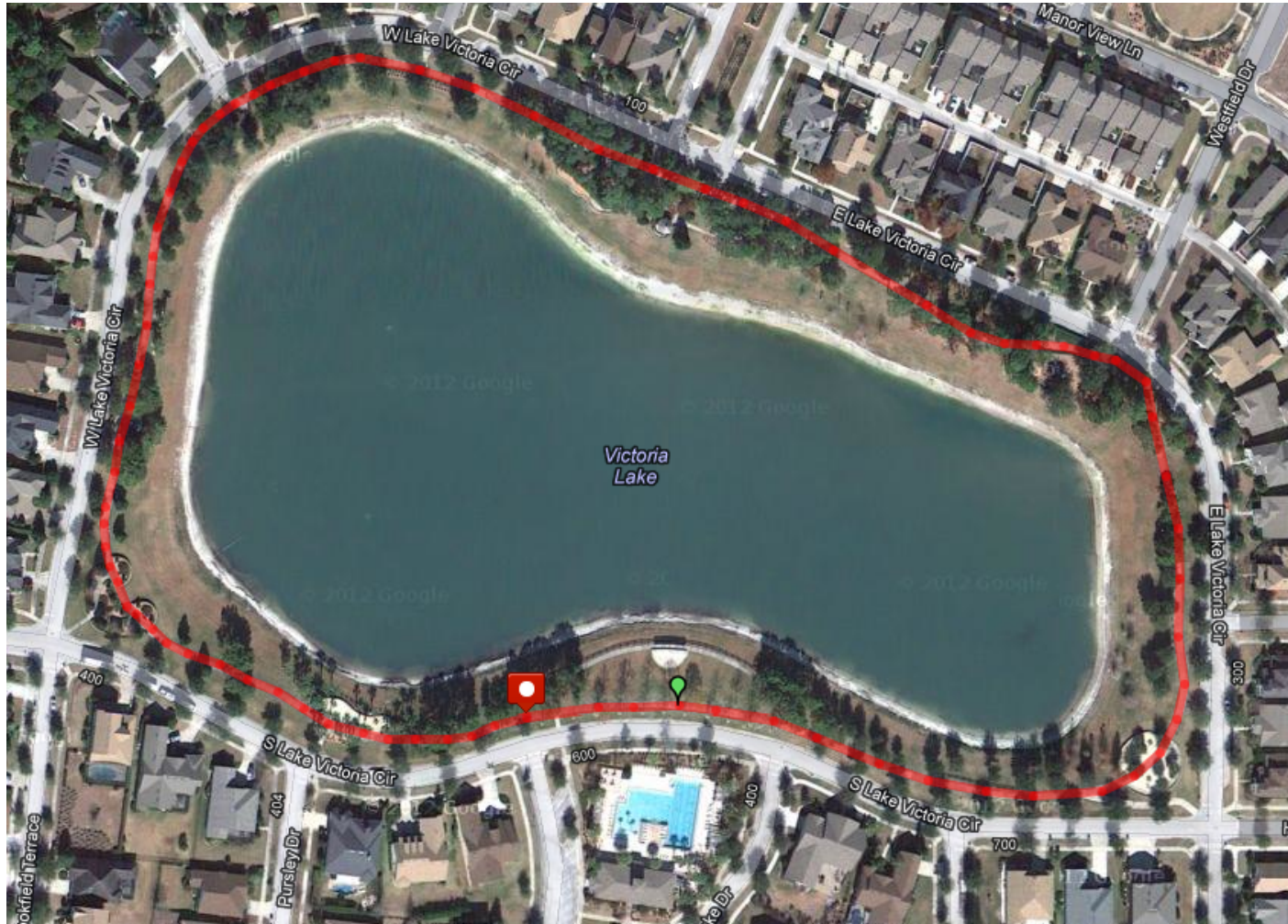
Group One

.16 Mile / 300 Yard Run

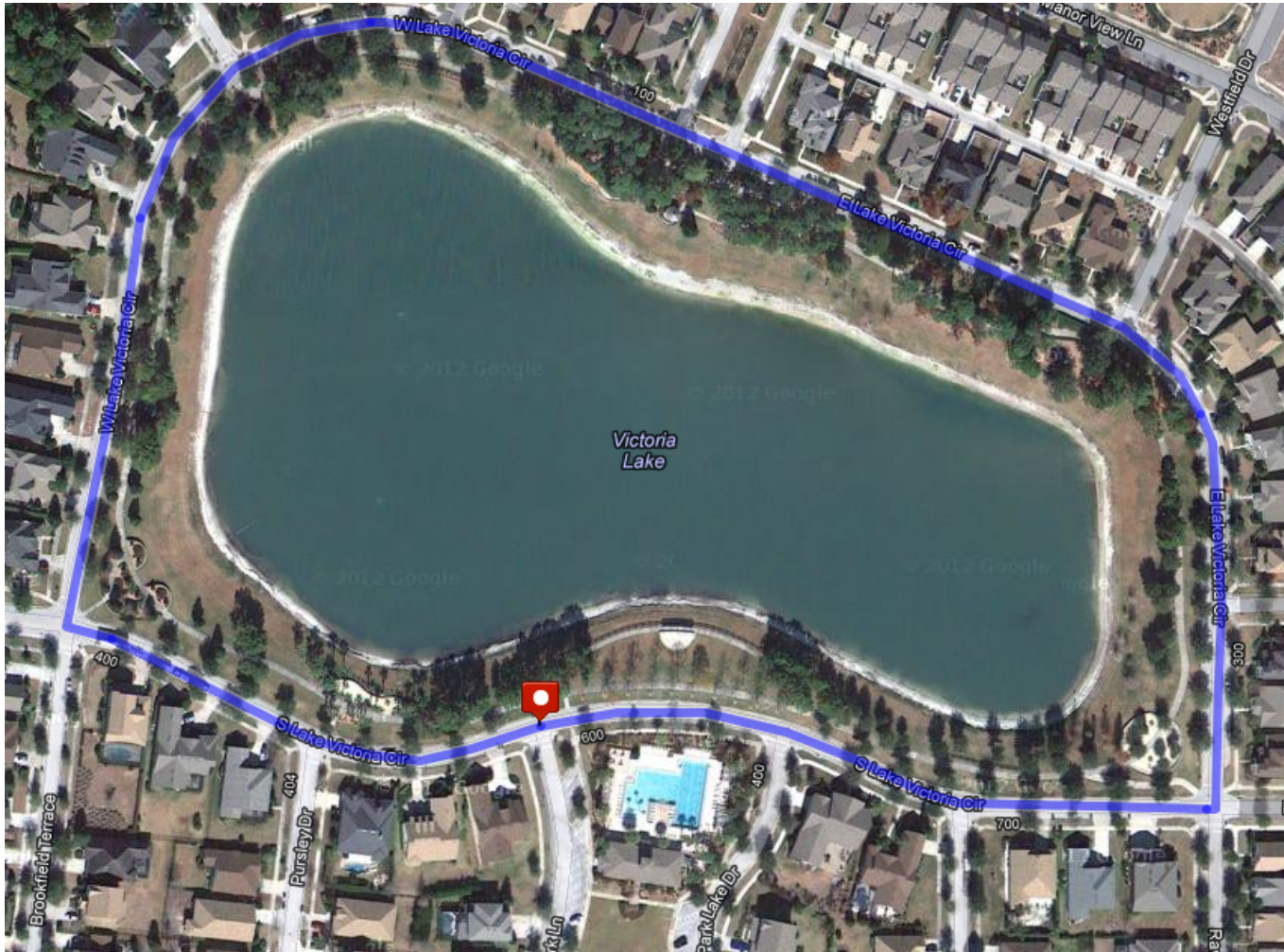


Group Three Run Route on the Trail

.65 Mile / 1100 Yard



Group Two .7 Mile (1 Lap) Bike
Group Three 1.4 Mile (2 Lap) Bike



For any questions please contact

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