

POINTE-MARIE

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rocket kidz™
triathlon

A ROCKETKIDZ
FOUNDATION EVENT

2026 RACER GUIDE

Thanks to our 2026 Sponsors!



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WHAT MOVES YOU



Welcome to the Official 2026 Athlete Guide for Rocketkidz Pointe Marie!!

We ask that parents please review the enclosed information to ensure a safe and fun time for each child who is racing.

This guide is meant to acquaint you with the race, race site, course and general info. The Rocketkidz Foundation Facebook page is updated frequently and will advise you of any changes that we need to make before race day. Race day announcements at the mandatory meeting will supersede all other documents or information.

Although we do not anticipate any course changes, if we should experience weather or other issues necessitating a last minute change, those changes will be announced on race day.

A BIG THANK YOU to the Pointe Marie subdivision for providing Rocketkidz this wonderful venue. We look forward many great races here for years to come!

An even BIGGER THANK YOU to our volunteers who work hard to make sure this event is fun and safe for every athlete!





Rocketkidz Foundation is a non-profit, 501c organization with the mission to create and sustain active, fit, and healthy children, families, and communities through programming, advocacy and education.

How we do it...

RKF produces 5 events yearly. The proceeds from these events are used to pay very basic operating expenses and most importantly are given out to other non-profits that support the mission of RKF through grant funding. RKF has the goal of granting \$20,000 a year through our grant process. RKF has a 100% volunteer board and we are able to produce our events because of our dedicated community volunteers. If you are interested in joining our team in any way, we would love to have you! Just reach out and let us know!

Our Events...

- Louisiana Triathlon- New Roads, LA**
- Rocketkidz Rookies- Manship YMCA**
- Rocketchix Tri/Du- Pointe Marie**
- Rocketkidz Triathlon- Pointe Marie**
- River Roux Olympic Tri- New Roads, LA**



Packet Pickup
Friday 7/17/2026:
11:00am-2:00pm

Woman's Center for Wellness
9637 Jefferson Hwy
Baton Rouge, LA 70809

This will be the only packet pick-up prior to race day. If you are local, try to pick up your packet on Friday, if possible, to help cut down on lines and nerves race morning.

Race Day Packet Pick-Up

Sunday 7/19/2026: 6:00-7:00 am at Pointe Marie

If you have to pick up your packet on race day, please try to arrive early to give yourself time to get through the line and get set up. Transition closes at 7:15 a.m. and we will not allow late racers in the Transition area.

BICYCLE SAFETY CHECK: Please perform an equipment safety check at home by tightening handlebars, seats, and checking tire air pressure & brake. Local bicycle shops can perform a safety check but there may be costs associated with repairing/replacing parts.

TRAINING WHEELS ARE ALLOWED FOR 3-5 YEAR OLD FALCON DIVISION AND THE BEGINNER SPUTNIKS DIVISION ONLY. ALL RACERS MUST WEAR A HELMET FOR THE BIKE PORTION OF THE RACE AND AT ANYTIME THEY ARE RIDING THEIR BIKE AT THE RACE VENUE ON RACE DAY.

RACE DAY SCHEDULE

- **6:00 am** - Transition Opens/Packet Pickup Opens/Body Marking Opens
- **6:30-6:50 am** – Warm-up swim (Once the lifeguards are on site and ready for athletes.)
- **7:15 am** - Transition Closes. Only volunteers allowed. Announcements will take place at the swim start/Transition area at 7:15 am.
- **7:20 am** - Line up for swim start at pool. Line up by age group:
 - **Falcons: 3-5 years old (Floaties/training wheels)**
 - **Beginner Sputnik: 6-7 years old (floaties/training wheels)**
 - **Sputnik: 6-7 years old**
 - **Apollo: 8-10 years old**
 - **Saturn: 11-14 years old**

We will line up by bib numbers in each division.

- **7:30 am** - First racer will be in the water! We will break between the divisions to move the course and make sure our little racers are done before the bigger kids start. Pointe Marie has a very nice pool area to relax in while waiting. Please be patient, we do this for the safety of all racers.
- **9:00-9:30 am** - Approximate time that last racer will finish the bike. Once the last racer finishes the bike course we will announce that bikes may be picked up from transition. Please do not ask volunteers to let you into transition until we have announced that the last biker has finished. Our volunteers give freely of their time to ensure that everyone has a fun, fair and safe race. Please show them some love and treat them respectfully.
- **9:30-10:00 am** – Anticipated time that all racers will be finished, Triathletes will be greeted by adoring fans, and Rocketkidz will be in the books! We will have awards for the first, second and third place male and female finishers in each of our race categories (Falcon, Sputnik, Apollo and Saturn). We expect to have the awards ceremony around 10:00. You must be present to get your award. If you cannot stay, you can ask another racer to pick up your award. We will not mail awards.

For the purposes of awards, beginner sputniks will have 5 minutes added to their total time. They do have an advantage having a parent assisting them during the race.

Venue



VENUE ADDRESS

14200 RIVER ROAD
BATON ROUGE, LA 70820

As you can see parking is at the over flow lot at L'Auberge Casino. This requires approximately 100-150 yards of walking along River Road to get to the venue. We will have support to help control traffic however, this is not a closed road therefore we ask that each child have a parent with them as they make their way to the venue. Please account for the extra walk time as you make your plans for race morning. We have a few handicap parking spots at the venue for those who are unable to walk that distance.

**YOU WILL NOT BE ALLOWED TO ENTER THE VENUE TO
DROP OFF KIDS!!**

Course maps are at the end of the guide.

Body Marking/Bike Stickers/Bibs

All racers should be body marked as they enter transition. Racers will be marked with their race number on both arms. In your packet you will find two stickers, one small sticker for your racer's bike helmet that goes on the front and one larger sticker for the bike frame. The race bib must be worn in the front during the run. Racers are not required to (but may) wear the bib during the bike.

Race Timing

Timing: We will have chip timing for this race. The timers will be able to determine the start and finish times of each racer so that we can issue awards. Please review your race results and report any funny business to the nice folks in the Timing tent at the finish line. Note: triathlete's race time does not start until they start the swim.

For the purposes of awards, beginner sputniks will have 5 minutes added to their total time. They do have an advantage having a parent assisting them during the race.

Course maps are at the end of the guide.

RACE INFO

SWIM: As noted above, Falcons (3-5 year old racers using floaties/parental assistance) will be the first in the water, followed by beginner Sputniks (6-7 year old racers using floaties/parental assistance), Sputniks (6-7 year old racers), Apollos (8-10 year old racers), and then Saturns (11-14 year old racers). Make sure your racer is ready to line up when their division is called! No flotation devices allowed and no parents may accompany swimmers in the pool EXCEPT for the Falcons and beginner Sputnik.



BIKE TRANSITION: After the swim, each participant will go to the transition area. When each swimmer arrives in transition, they need to locate their spot where their gear is waiting. Volunteers will be on hand to help. Next to each participants bicycle should be their shoes, any clothing for bike/run, and bike helmet. Racers do not have to change out of their swim suits for this short race but they will need to have their bib on a race belt or pinned to a t-shirt they will wear. Parents are NOT allowed to accompany racers into transition EXCEPT for the FALCONS and BEGINNER SPUTNIKS. Volunteers will be there to help them get their gear for the bike.

BIKE GEAR: Training wheels are not allowed for Rocketkidz EXCEPT FOR FALCONS and THE BEGINNER SPUTNIKS. Every child must have a helmet for the bike portion of the race. Helmets must be fastened before leaving transition. Bikers must walk their bikes into and out of transition. Failure to walk bicycles into and out of transition will result in your child's elimination from the event. Our main concern is for the safety of our racers and we have this rule in place for that reason. Please help us to make sure this is a safe and fun event for the kiddos. There will be a clearly marked 'mount/dismount line' with volunteers to show racers where they need to get on/off their bikes.

BIKE COURSE: Each biker must complete the appropriate number of loops for his/her age group. 3-5 year old do one loop, 6-7 year old do one loop, 8-10 do two loops, and 11-14 do three loops. For 8-10 and 11-14 year-olds, there will be volunteers as the racers come around to ask them how many loops they have done so that they can either be directed back on the course or back to transition. Make sure your racers know the number of loops that they need to do and ask them to listen to the volunteers. Parents are not allowed to run next to their racers or otherwise be on the bike course. Please make every effort not to interfere with any of the riders. For safety reasons, we ask that you make sure you do not come into contact with bikes at any time. Bikers must stay to the right unless passing on the left. In the event that your child becomes too tired to continue, has an accident or has mechanical problems, there will be bicycle safety staff located around the entire course to assist your child. Please allow the course volunteers to assist the racers. Helmets must be fastened and worn at all times during the entire bicycle event.

When in doubt, ask a volunteer!

Volunteers will be wearing **green** or **blue** Volunteer shirts.



RUN: After each racer has completed the bicycle course, they must walk their bicycle into the transition area and return their bicycle to their original bike location. Pinned race numbers must be worn for the entire run event (most racers will still have it on from the bike course). After exiting transition, athletes will run along the marked course. Follow the course markings and listen for volunteers who will be directing racers. See the maps at the end of the guide for more information.

RACE FINISH: Each racer must complete the run course and cross the finish line. Each child will receive a finisher medal. There will be water and food at the finish for the racers.

PLEASE DO YOUR BEST NOT TO INTERFERE WITH OTHER RACERS STILL ON THE COURSE. We ask that you respect the other kids as they complete their event. We want to make sure the last racers gets a fair and uncongested race course just like the first racer. If for any reason you get separated from your racer, please see the announcer and we will help you reunite.

**Rule #1
Have Fun!**



Bathrooms - Porta potties will be set up outside of transition for use throughout the event.

Lost and Found – located by the finish after the race.

SMILE! We will have a photographer capturing the memories from the day! Having the racers race bib helps us to identify the racer to have photos added to the racers results.

Refund Policy...or more accurately... Lack of Refund Policy

We cannot refund entry fees. This isn't because we are purchasing a vacation home in the Caribbean. It is because it takes an enormous effort and funding to stage a triathlon like ours. From facility agreements, signage, food/drink, shirts, goodies, marking chalk, DJ, timing, office supplies, duty police officers, bike rack rentals, trash, bib numbers, permits, sanctioning fees, barricade usage, awards, finisher medals ...even a couple thousand safety pins.....it adds up quick and all that money is already spent by race day, whether you race or not. (However, please DO come pick up your race packet if you can't race - the shirt/goodies ARE yours as part of your entry fee.) WE DO NOT MAIL OUT PACKETS AFTER THE EVENT. If you know your little racer is not racing, a friend may pick up your packet.

NO RESCHEDULING

Due to the incredibly difficult logistics of putting on a race, we do NOT have a rain day scheduled. So, should Mother Nature not cooperate with us on race day we reserve the right to cancel or alter the race if we feel conditions are not safe. We will not make that decision until **START TIME** on **RACE DAY**. Our weather is so fickle that forecasting is laughable most days. The race may take place in light rain but not lightening. Depending on the weather, the race could be delayed, altered or cancelled.

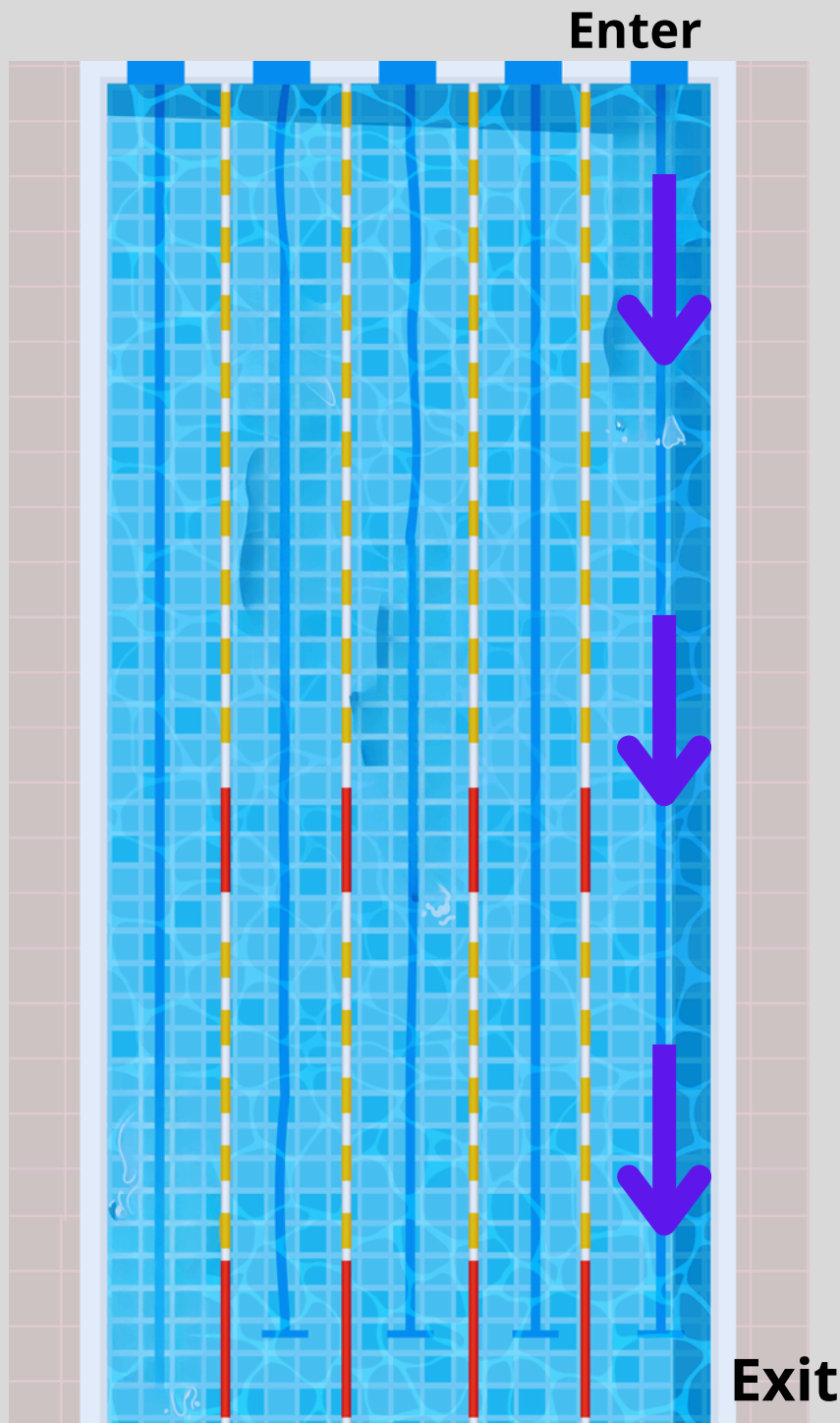
If the worst happens and the weather forces us to cancel the race we want to point out that all proceeds from our event go to the Rocketkidz Foundation.

ALL PROCEEDS FROM OUR EVENTS ARE USED TO FUND AREA PROGRAMS THAT PROMOTE OUR MISSION!! YOUR ENTRY FEE MEANS A LOCAL CHILD OR AT RISK ADULT GETS A CHANCE TO MAKE A POSITIVE CHANGE IN THEIR LIFE. WHAT'S NOT TO LIKE ABOUT THAT?!?

Falcons Swim

The swim will be 1 length of the pool (25 yards).

Athletes will enter the water when instructed by the volunteers. **No diving allowed.** Each child may have one parent/guardian assist throughout the race.



Falcons Bike

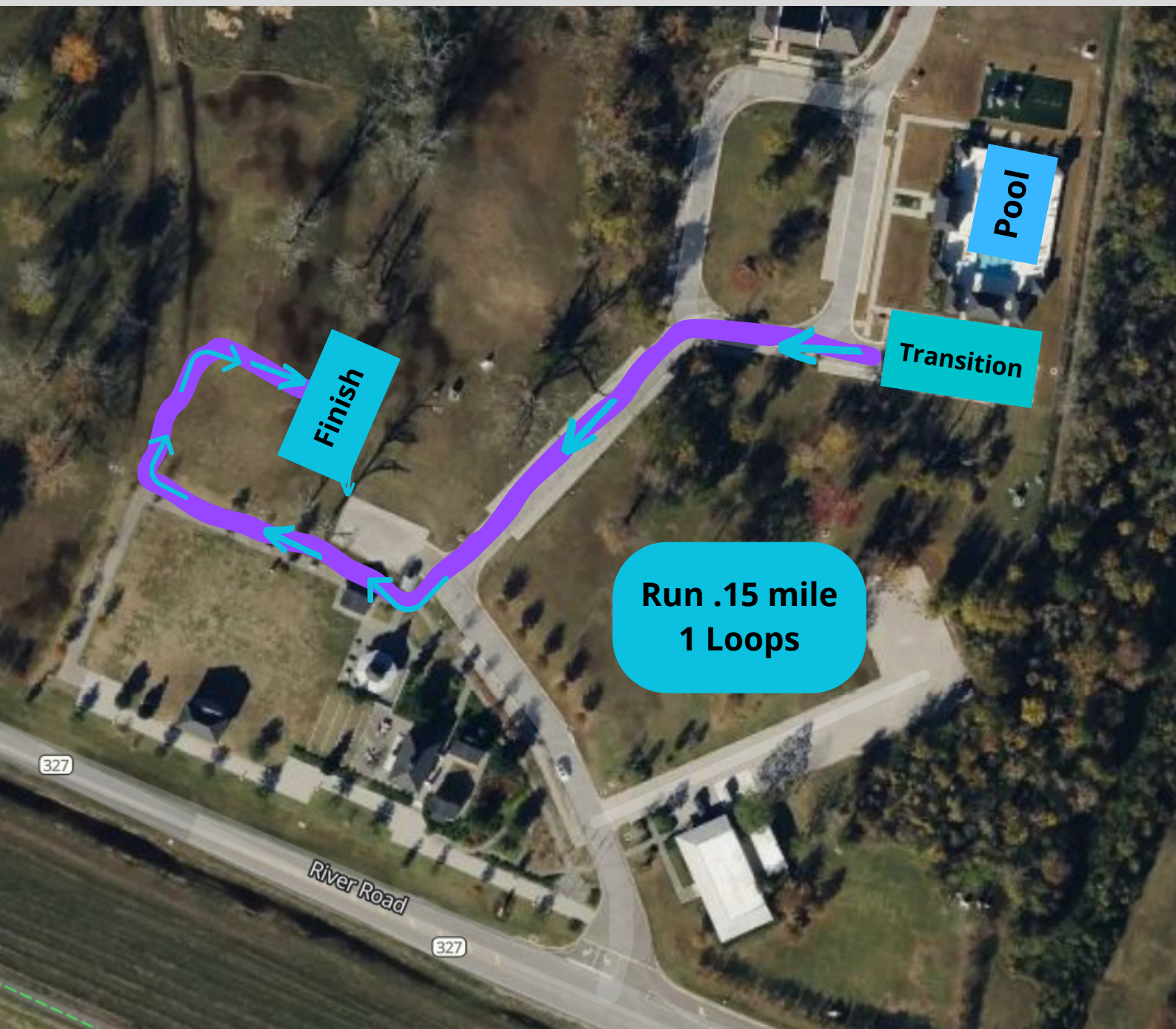
The bike is approximately .35 miles



Athletes will exit transition to mount their bikes at the mount/dismount line and go to the **RIGHT**. Volunteers will be present to direct athletes where to go. Athletes will make **1loop** of the mapped course and return to transition to start the run.

Falcons Run

The run is approximately .15 miles

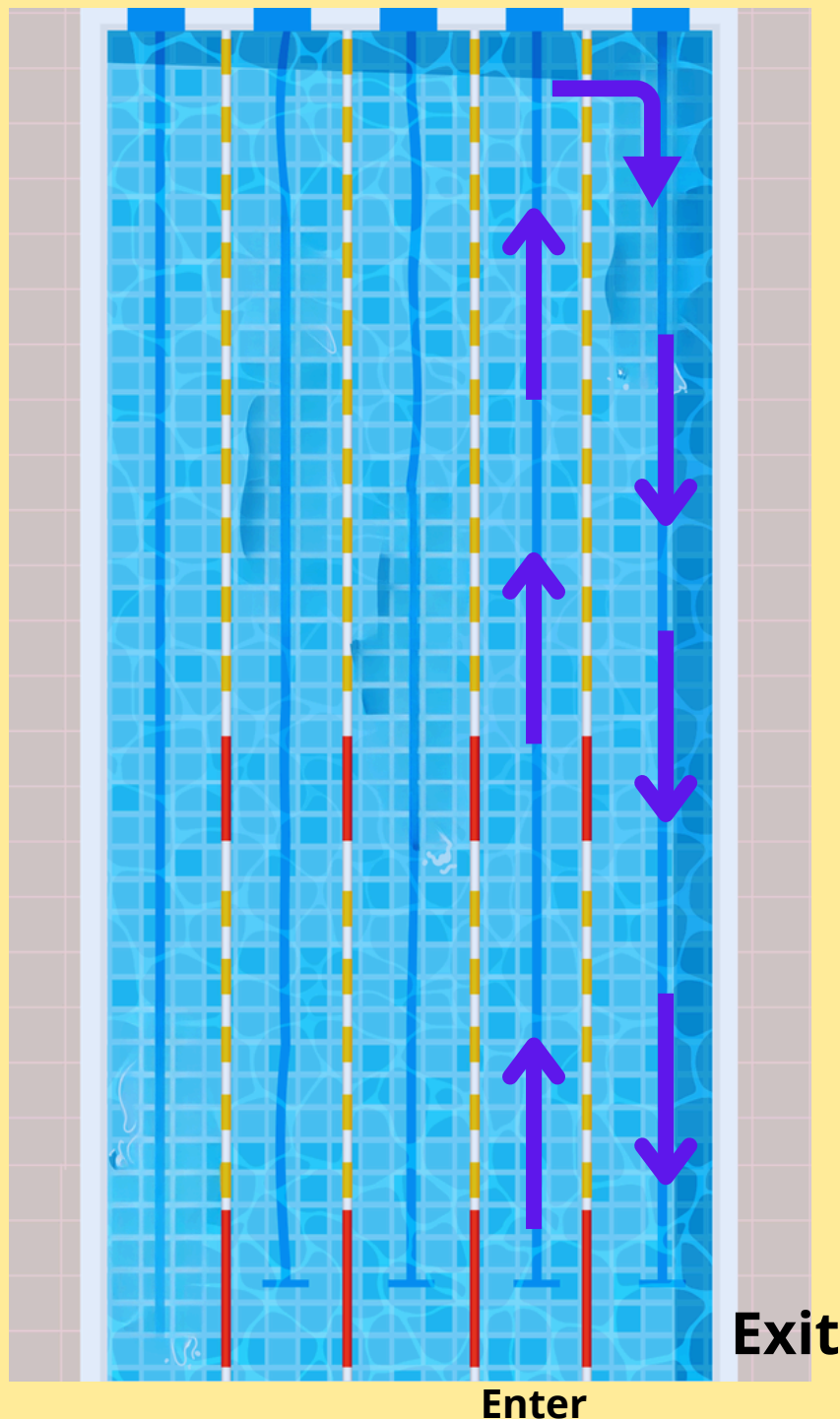


Athletes will exit transition with bib numbers on their front (race belt, pinned to shorts, or pinned to shirt) and follow the marked course and volunteer instructions going towards the **LEFT**. Volunteers will be present to direct athletes where to go. Athletes will go from transition to the finish line along the mapped course above.

Sputniks Swim

The swim will be 2 lengths of the pool (50 Yards).

Athletes will enter the water when instructed by the volunteers. **No diving allowed.** Athletes registered as a **BEGINNER SPUTNIK** will be lined up first and may have one parent/guardian assist throughout the race.



Sputnik Bike

The bike is
approximately 1.5
miles

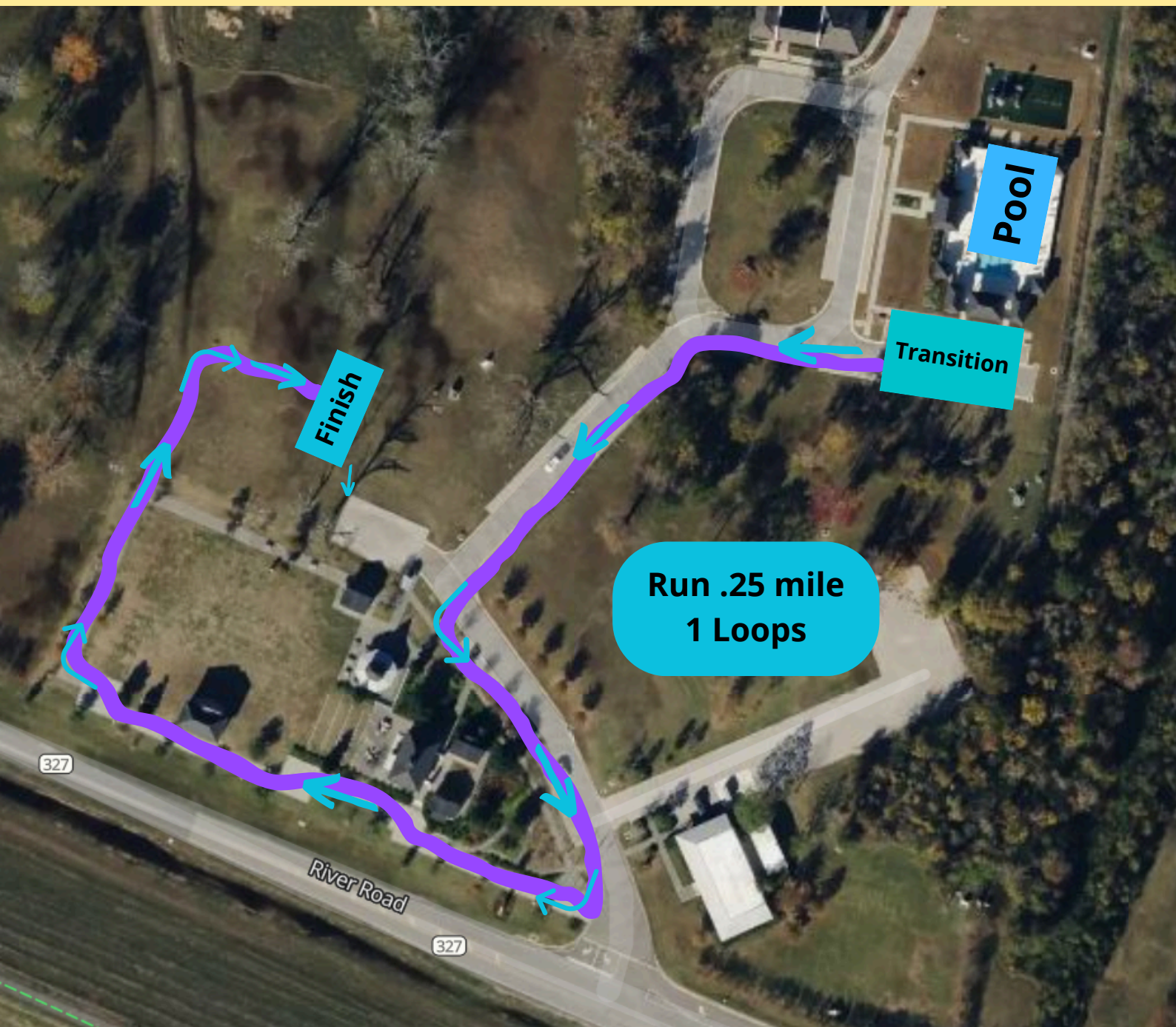
Athletes will exit transition to mount their bikes at the mount/dismount line and go to the RIGHT. Volunteers will be present to direct athletes where to go. Athletes will make one loop of the mapped course and return to transition to start the run.

The bike and run
courses will be
marked with Tape
and volunteers will
be assisting as well.



Sputnik Run

The run is approximately .25 miles

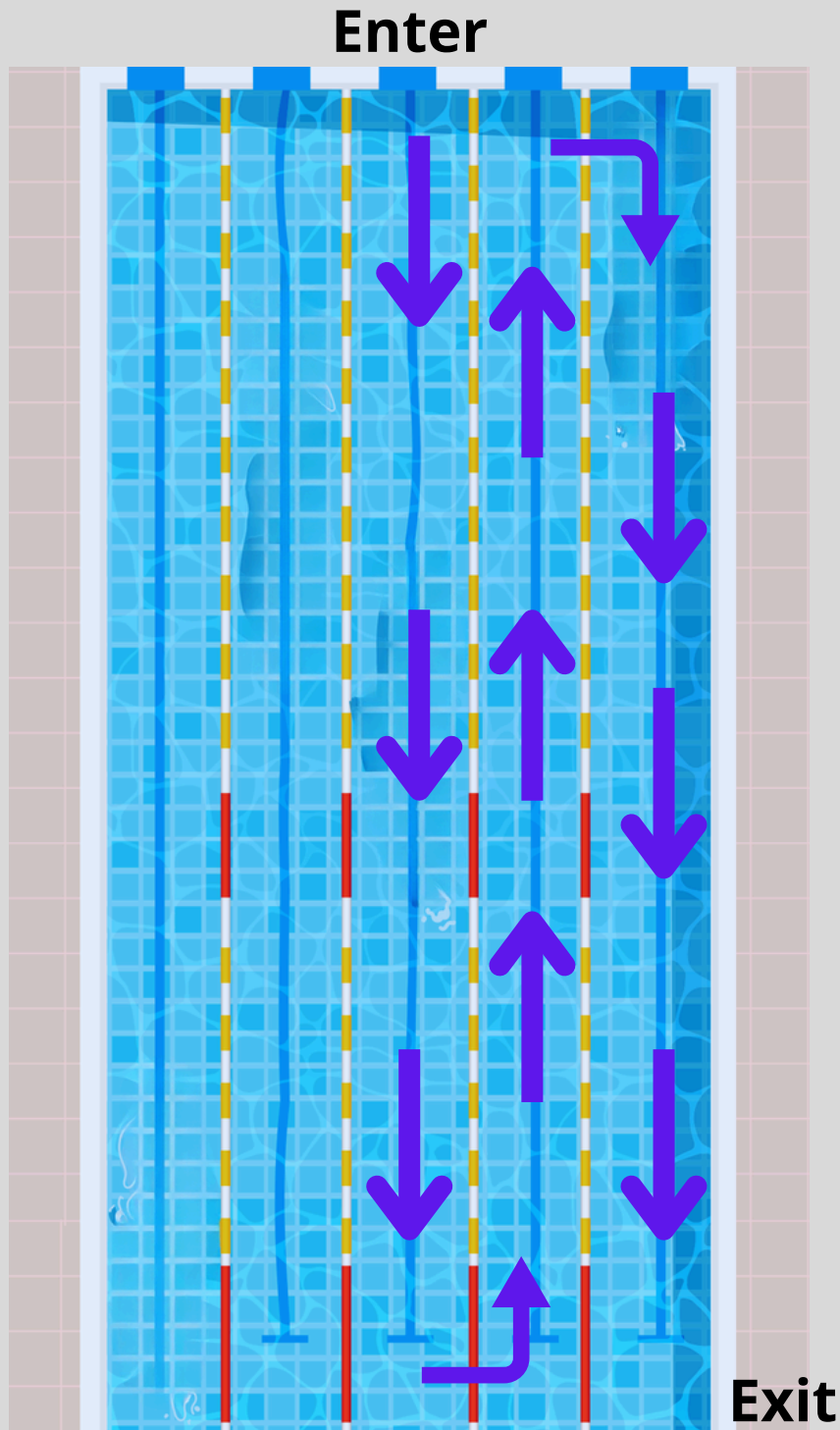


Athletes will exit transition with bib numbers on their front (race belt, pinned to shorts, or pinned to shirt) and follow the marked course and volunteer instructions going towards the **LEFT**. Volunteers will be present to direct athletes where to go. Athletes will run **1 loop** of the course go from transition to the finish line along the mapped course above.

Apollo Swim

The swim will be 3 lengths of the pool (75 Yards).

Athletes will enter the water when instructed by the volunteers. **No diving allowed.**

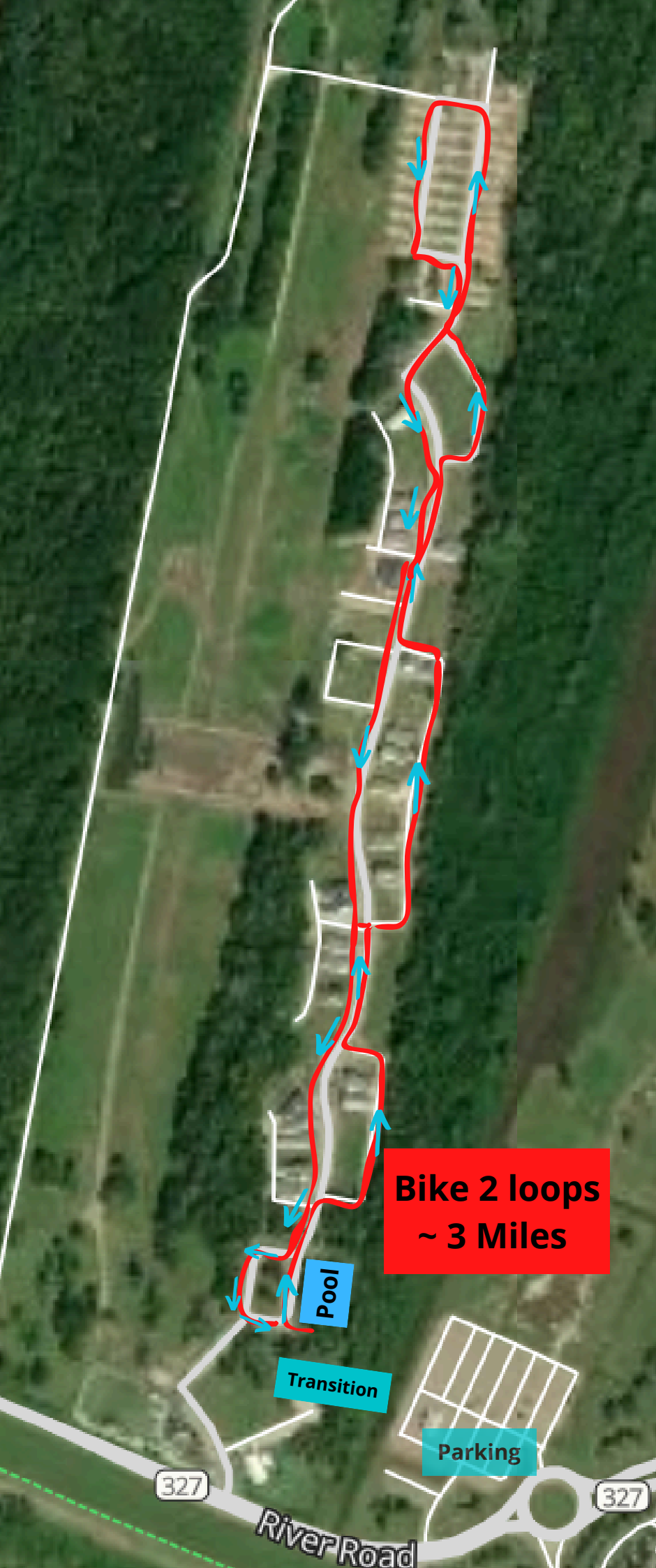


Apollo Bike

The bike is
approximately **3
miles**

Athletes will exit transition to mount their bikes at the mount/dismount line and go to the RIGHT. Volunteers will be present to direct athletes where to go. Athletes will make **2 loops** of the mapped course and return to transition to start the run.

The bike and run
courses will be
marked with Tape
and volunteers will
be assisting as well.



Apollo Run

The run is approximately .5 miles

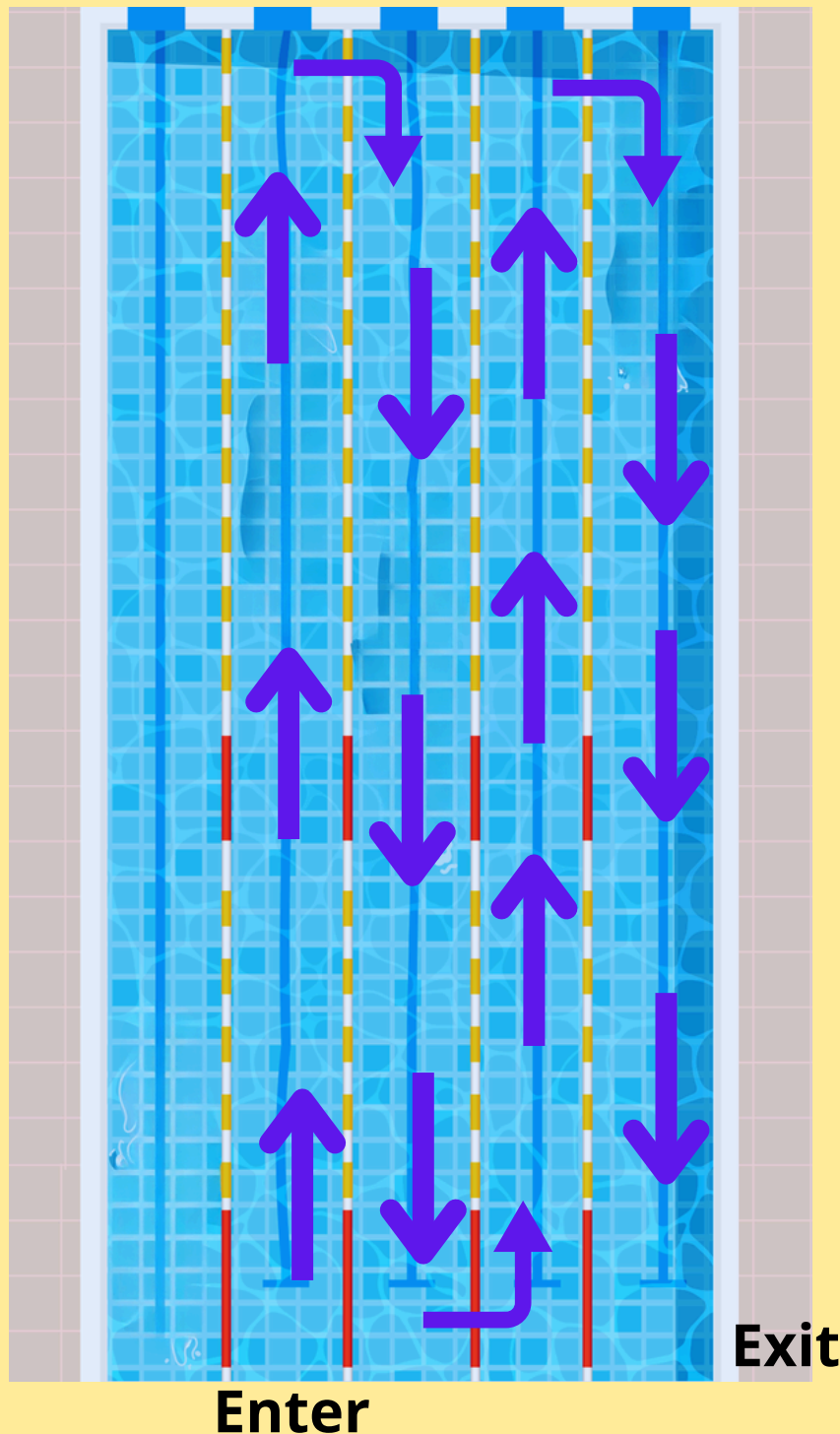


Athletes will exit transition with bib numbers on their front (race belt, pinned to shorts, or pinned to shirt) and follow the marked course and volunteer instructions going towards the **LEFT**. Volunteers will be present to direct athletes where to go. Athletes will run **2 loops** of the course go from transition to the finish line along the mapped course above.

Saturn Swim

The swim will be 4 lengths of the pool (100 Yards).

Athletes will enter the water when instructed by the volunteers. **No diving allowed.**

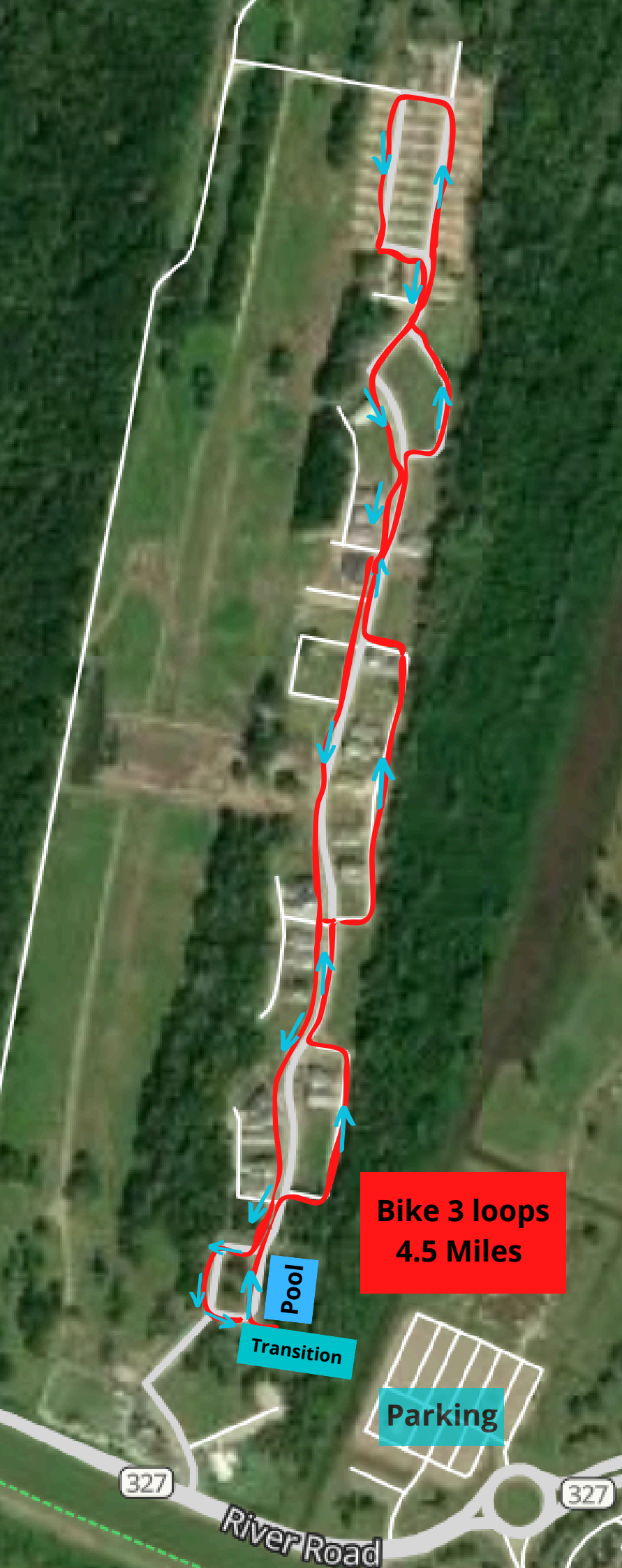


Saturn Bike

The bike is
approximately 4.5
miles

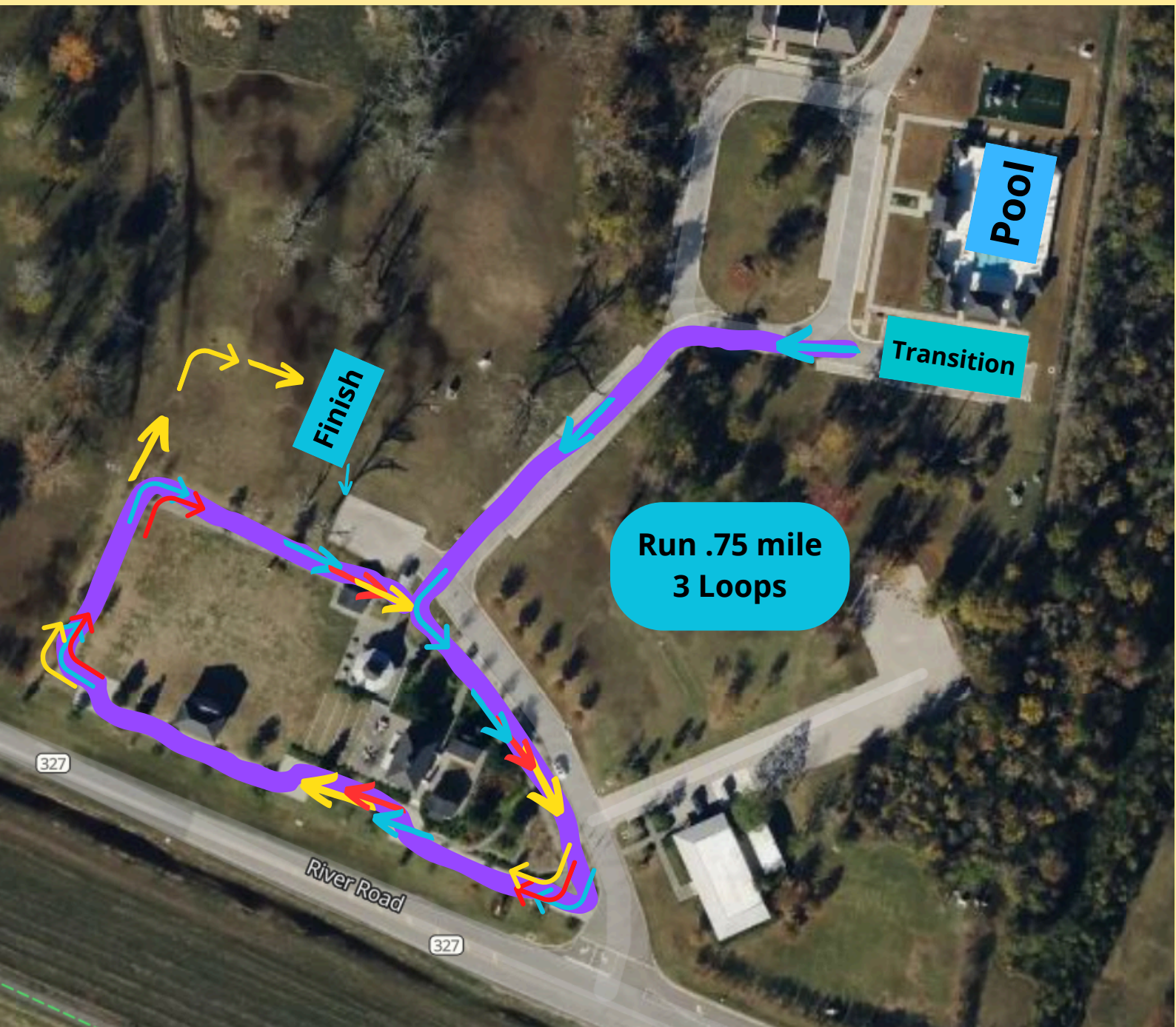
Athletes will exit transition to mount their bikes at the mount/dismount line and go to the RIGHT. Volunteers will be present to direct athletes where to go. Athletes will make **3 loops** of the mapped course and return to transition to start the run.

The bike and run
courses will be
marked with Tape
and volunteers will
be assisting as well.



Saturn Run

The run is approximately .75 miles



Athletes will exit transition with bib numbers on their front (race belt, pinned to shorts, or pinned to shirt) and follow the marked course and volunteer instructions going towards the **LEFT**. Volunteers will be present to direct athletes where to go. Athletes will run **3 loops** of the course go from transition to the finish line along the mapped course above.



**We  Our
Volunteers**

#weareRKE

**WANT TO VOLUNTEER?
GO TO OUR WEBSITE FOR INFO!**



www.rocketkidz.com

THANK YOU!!

