



Athlete Information Guide

September 1st, 2025

Prisma Health Family YMCA | 550 Brookwood Point Place | Simpsonville, SC, 29681

Packet Pick-Up on Friday, August 29th, 2-6pm - The registration tent will be in front of the Prisma Health Family YMCA. A late Packet Pick-Up option will also be **available Sunday, August 31st, from 4-5pm. Parents/guardians - Please be prepared to show your photo ID at the registration table.**

Race Day Arrival Time: Please plan to arrive between 6:30am-7:30am (no later than 7:30am), allowing extra time to park and walk to the Y. After parking, go directly to the Body Marking and Timing Chip tent.

Race Start Time – 8:30am - KinderTry/Kinder Adaptive, then Junior/Junior Adaptive Tri

*Junior and Junior Adaptive division triathlon will begin immediately following the KinderTry.

Parking: All participant parking will be at Brookwood Church. Please see the attached map. Park first, then bring your bike and equipment to the transition area. Remember to allow ample time for parking and walking to the Y.

Opening Ceremonies & Athlete Briefing: An information session and opening ceremonies will take place on race day at 8:10 am in the Main Stage area.

Age Divisions:

Junior Tri – Ages 6-15 (divided into 4 participant groups by age – 8 & under, 9-10, 11-12, and 13-15)

Adaptive Tri – Ages 6-18 (one participant group)

KinderTry – Ages 4-8 (one participant group)

KinderTry Adaptive - Ages 4-8 (one participant group)

An athlete's official race age is his/her age on race day (September 1st, 2025).

[More info can be found here, on the event landing page.](#)

Course Distances and Maps:

JUNIOR TRI/JUNIOR ADAPTIVE TRI

SWIM: 100 Yds (4 lengths of the Pool)
BIKE: 4.0 Miles
RUN: 1.0 Miles

KINDERTRY/KINDER ADAPTIVE

SWIM: 25 Yds (1 length of the pool)
BIKE: 1 Mile
RUN: 0.25 Mile

[Click here to view the course maps online.](#)

Race Numbers: There are three race numbers in your race packet that you are required to display during the event.

1. The adhesive bike number must be attached to your bike with the race number clearly visible.
2. The adhesive helmet number must be worn on the front of your bike helmet and clearly visible.
3. Pin your run number to your shirt, swimsuit or race belt with the four safety pins provided in your packet. We recommend that participants cover their upper torso during the bike and run portion (shirt or full swimsuit).

***The run number must be displayed during the bike and run segment on the front of your body.**

***You will not be able to enter the transition area until your bike and helmet number are in the specified places.**

Transition Area: The Transition area will be in the parking lot closest to the building (see site map). During packet pick-up and registration, we will answer questions about how to set up in the transition area. This is very important and will help avoid confusion during the race. We will also have volunteers in the transition area during the race to assist.

Transition Area Details:

- No bike storage the night before the race.
- Only Participants and Race Volunteers can be in the transition area during the race.
- Only Participants and One Parent may enter the transition area before the event. Parents are not allowed to enter the transition area during the race.
- Transition area will close at 7:45am for the race and will re-open to parents/athletes **AFTER** the final JuniorTri/Adaptive Tri participant begins the run portion of the event. **For the safety of all participants, please do not attempt to enter the transition area to collect your child's gear until after the JuniorTri is complete.** Thanks for your adherence to this policy.

- Numbered locations (bike racks) for your bike will be provided- Look for the bike rack that includes your race number (example: Race #'s 1-6, 7-12, etc.) Bike racks will be available on a first come, first served basis.
- Only the race participant will be allowed to remove his/her bike from the Transition Area during the race, and one parent/guardian/buddy can assist after the event is complete.
- For safety purposes, participants will not be allowed to mount their bikes in the Transition Area. Participants will dismount bikes prior to entering the Transition Area when finishing the bike course.

Timing Chip Pick Up: Timing chip pick up will be RACE MORNING from 6:30am to 7:45am. **You must show your race number (in your packet) to collect your chip.** Timing Chip pick up will take place near the transition area and will be clearly marked. You must collect a timing chip for each child racing in the event. Make sure you receive the correct timing chip. Your chip number will match your run number. You will wear this chip on your LEFT ankle. Be sure to read the MyLaps Timing Instructions included at the end of this document.

Body Marking: All participants must have their race numbers written on their legs and shoulders prior to the start of the race. The body marking area will be located by the timing chip pick-up from 6:30-7:45AM. Body marking will also be available at packet pickup on Friday and Sunday afternoon.

Swim:

- Swim course maps are available in your race packets and on the race webpage. [Click here to view the course maps.](#)
- The Swim will be a time-trial start, meaning that each participant will start in the pool (one at a time) at the direction of the race starter.
- **Junior Triathlon:** Athletes will begin the swim based on estimated swim times given during registration (fastest swimmers first). If for any reason your child feels his / her placement is incorrect he /she can move back in line. Please review the course maps to ensure your child knows the layout of the swim.
- **KinderTry:** Athletes will begin the swim based on estimated swim times given during registration (fastest swimmers first). With this being a single length of the pool, the seeding order is not nearly as important as it is at the Junior Triathlon. With that said, it is best if your child stays in the order assigned.
- **For the safety of race participants, spectators must remain outside the pool fence.** Thank you for respecting this policy to help ensure the swim course goes as smoothly as possible. Volunteers will be on the pool deck to ensure spectators stay in the marked areas to view the race.
- Floatation devices are not allowed for Junior Triathlon participants, but they can be worn during the KinderTry or Adaptive Tri.
- The race director reserves the right to deem any participant medically unfit to continue at any time.

Bike:

- Bike course maps are available in your race packets and [here on the race webpage](#).
- HARD SHELL HELMETS MUST BE WORN with chin strap fastened anytime you are on your bike. This applies to before and after the race. You can be disqualified for riding without a helmet.
- Participants must wear shoes while riding bikes.
- ALL CYCLISTS SHOULD STAY TO THE RIGHT AND ALLOW FASTER CYCLISTS TO PASS ON THE LEFT. Parents, please discuss this with your children and we will cover it in the pre-race meeting as well.
- All cyclists must dismount bike at the designated dismount point.
- Bike frame numbers will be provided and must be affixed to each bike.
- Headphones, IPODs, MP3s, or any radio devices are not allowed on the bike course.
- Volunteers and Police traffic control will be provided on the course.
- All turns/intersections on the bike and run courses will be managed by police and volunteers and will be marked with signs. There will also be arrows on the road at all turns. Volunteers will assist participants with corners and directional changes.
- **JUNIOR TRI/JUNIOR ADAPTIVE TRI:** The course for the Junior Triathlon is two loops with the turn-around being at the **middle entrance** at the YMCA where transition is located. This will be marked with signage and volunteers. Each athlete will also be tagged as they ride by the turnaround point to verify their laps. You will not come all the way back to the transition area until completing the second loop.

Run:

- Run course maps are available in your race packets and [here on the race webpage](#).
- You must wear the race number that is provided ON THE FRONT OF YOUR SHIRT OR SHORTS.
- Water stations: One at the beginning of the run and one more on the course- you are never more than 1/2 mile from an aid station.
- No headphones, IPOD, MP3, or earphones are to be used on the course.
- You must wear shoes on the run course.
- The race director reserves the right to deem any participant medically unfit to continue at any time.

Awards:

- Each participant will receive a finisher's medal. The award presentation will begin immediately following the last finisher of the Junior Tri/Adaptive Tri. **You must be present to collect your award. Placement awards will only be for the Junior Tri and Adaptive Tri.**
- Results: Results will be posted after the awards ceremony. Complete results including "splits" will be posted on the race web site by 1PM following the race.
- Athletes not wearing the timing chip will not be scored.

Athlete Village: We will have several vendors and sponsors hosting interactive tables and activities in our Athlete Village prior to and throughout the event. Please take the time to walk through, grab some freebies, and enjoy all they have to offer.

Course Safety: We encourage all athletes to be aware of their surroundings, and obey the instructions of traffic control officers, race directors and volunteers. Also please be considerate of others during the competition.

Triathlon Gear Checklist:

Swim Items	Bike Items	Run Items	Other Clothing	Miscellaneous
<input type="checkbox"/> Swim Cap	<input type="checkbox"/> Bicycle	<input type="checkbox"/> Running Shoes	<input type="checkbox"/> Post-race flip-flops or sandals*	<input type="checkbox"/> Camera or Video Recorder*
<input type="checkbox"/> Swimsuit	<input type="checkbox"/> Helmet	<input type="checkbox"/> Hat	<input type="checkbox"/> Post-race change of clothes*	<input type="checkbox"/> Confirmation Letter or Email*
<input type="checkbox"/> Goggles*	<input type="checkbox"/> Socks		<input type="checkbox"/> Rain Gear*	<input type="checkbox"/> Directions to Race Location*
<input type="checkbox"/> USAT Swim Card*	<input type="checkbox"/> Water Bottles*		<input type="checkbox"/> Towel	<input type="checkbox"/> Plastic Bag for Used Clothing*
<input type="checkbox"/> Wallet*				<input type="checkbox"/> Race Numbers
<input type="checkbox"/> Wristwatch*				<input type="checkbox"/> Towel for Transition Area*
				<input type="checkbox"/> Bag for Transition Area*

*Recommended but not required.

TIMING CHIPS

HOW TO PUT ON YOUR TIMING CHIP

1) Check your timing chip number matches your bib.

2) Must be worn through the entire race. (swim, bike & run). Don't cover your chip with wetsuit.



3) Insert velcro strap into the small slots at the bottom of chip. The bottom rails are against the strap.



4) Slide all the way on and secure the velcro back.



5) Wear the neoprene strap on your left ankle with the chip facing outward.

