

# NOLENSVILLE KIDS TRIATHLON

## RACE DAY GUIDE

**Transition Open: 5:30 AM – 6:45 AM**  
 Arrive early! Timing chip goes on LEFT ankle.

### Gear Checklist

| Equipment                                  | Transition Area                                      |
|--------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Helmet            | <input type="checkbox"/> Small towel                 |
| <input type="checkbox"/> Bike              | <input type="checkbox"/> Running shoes + socks       |
| <input type="checkbox"/> Goggles           | <input type="checkbox"/> Shirt with bib or race belt |
| <input type="checkbox"/> Shoes             | <input type="checkbox"/> Hat (optional)              |
| <input type="checkbox"/> Bag to carry gear | <input type="checkbox"/> Water bottle                |

*Per USAT Rules, parents are not allowed in the transition area. A bag is recommended for athletes to carry their gear. Practice setting up the transition area with your athlete to help them feel more comfortable on race day. Volunteers will be available to help in the transition area.*

### Body Marking

Volunteers will assist on race morning, writing race numbers on BOTH arms with black Sharpie, below sleeves. Example: #123 written vertically.

1  
2  
3  
(Stacked vertically)

### Wristband Key

| RED WRISTBAND*                                                                                                                                              | BLUE WRISTBAND                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| Ages 5–11<br>1 bike loop<br>Run (1k / ~0.6 mi)<br><i>*One wristband for athlete, additional wristband for parent/guardian picking up athlete post-race.</i> | Ages 12–15<br>2 bike loops<br>Long run (2k / ~1.5 mi) |

### Important USAT Rules

- No parents in transition area.
- Bib number or bracelet required to enter transition with bike.
- No outside assistance from non-athletes (including on the swim, bike or run course). Volunteers will be posted along the bike and run course for encouragement & guidance.
- No gear pickup from the transition area until all bikes are off the course.
- Athletes will compete in the age group for the age they will be on 12/31 of the race year. Example: if your child is a 11 but will be turning 12 by 12/31, they will be competing with the 12-15 year old group/distances.

## Swim

Volunteers will help you find your position. Pool start, one swimmer at a time. Feet-first entry. No diving. Lifeguards will be on the pool deck and in the pool. We will be starting with the 12-15 year old age group, other age groups to follow. Athletes will be lined up and released every 5 to 10 seconds. Athletes may use any swimming stroke and may change strokes at any time.

## Bike

Helmets must be secured on the athlete before they can move their bike. Walk/run your bike to the mount line & mount your bike **after the mount line**. Sunset Road is closed to traffic. Please stay to the right as you're riding and call 'on your left' when passing. Red wristband = 1 loop (out of transition, ride down Sunset, around Sunset Elementary school & back to transition), Blue = 2 loops (out of transition, ride down Sunset, around Sunset Elementary school, back to the turnaround area at the traffic light at Nolensville/Sunset Road & back out for a second loop, then finish in the transition area). Dismount your bike **before the dismount line** and walk/run your bike back to your original transition area.

## Run

Rack bike, remove helmet, make race bib visible. Red turnaround at 1k (~.6mi), Blue turnaround at 2.5k (~1.5 mi). **Run Course Change** from previous years: athletes will have a separate run exit and head through the Rec Center parking lot before turning right onto Stonebrook Blvd, then right onto Nolensville Road & left on to the sidewalk on Sunset Road. Ensure that you stay to the right of the road/sidewalk. A section of the road will be closed but please note that Stonebrook Blvd & Nolensville Rd are not completely closed. Police will be onsite holding/directing traffic as needed.

## Parking

Parking will be available at the Williamson County Recreation Complex at Nolensville & in the grass on the corner of Sunset Road & Nolensville Road (entrance off Sunset Road). Please do not park in the commercial lot behind Sonic for race day, there is a chance you will be towed.

## Course Maps

Course maps can be found on the Nolensville Kids Triathlon race page.



## Start Times (Approximate)

7:00 AM – Ages 12–15  
7:15 AM – Ages 8–11  
7:30 AM – Ages 5–7

## Pro Tips

Practice transitions at home  
Memorize your bike location  
Give yourself time  
Ask volunteers for help

**Join us for post-race breakfast sandwiches from Whataburger & treats from Yasso! Awards will follow when all racers are finished. HAVE FUN AND RACE YOUR BEST!**  
**See you at the finish line!**