



Saturday, August 8th

2026 Youth Athlete Guide

Race Timeline

- **Schedule of Events:**

- Early Packet Pickup (Thursday 8/6/26):
 - At High Point Fleet Feet: 2762 NC-68 Unit 111, High Point, NC 27265)
 - 4pm – 6pm

- **Race Day (Saturday):**

- 10:00 AM - 10:45 AM | Race-Day Registration and Packet Pick-Up
- 10:45 AM | Registration and Packet Pick-Up Closes
- **11:00 AM | Race Start** - this will be a rolling start based on personal swim times. This is not a formal time trial start, so the order is just to get people in a place where they won't be in the way of each other based on pace. There will be a timing mat at the swim start for you to step on as you start and record your start time.
- **12:30 PM | Course Closes**

Parking

- Parking will be allowed in the marina, but those who park inside the marina, will not be able to leave until the race is over.
- Weather permitting, there will be plenty of parking in the field right outside of the marina. We will have volunteers/staff there to help you park.

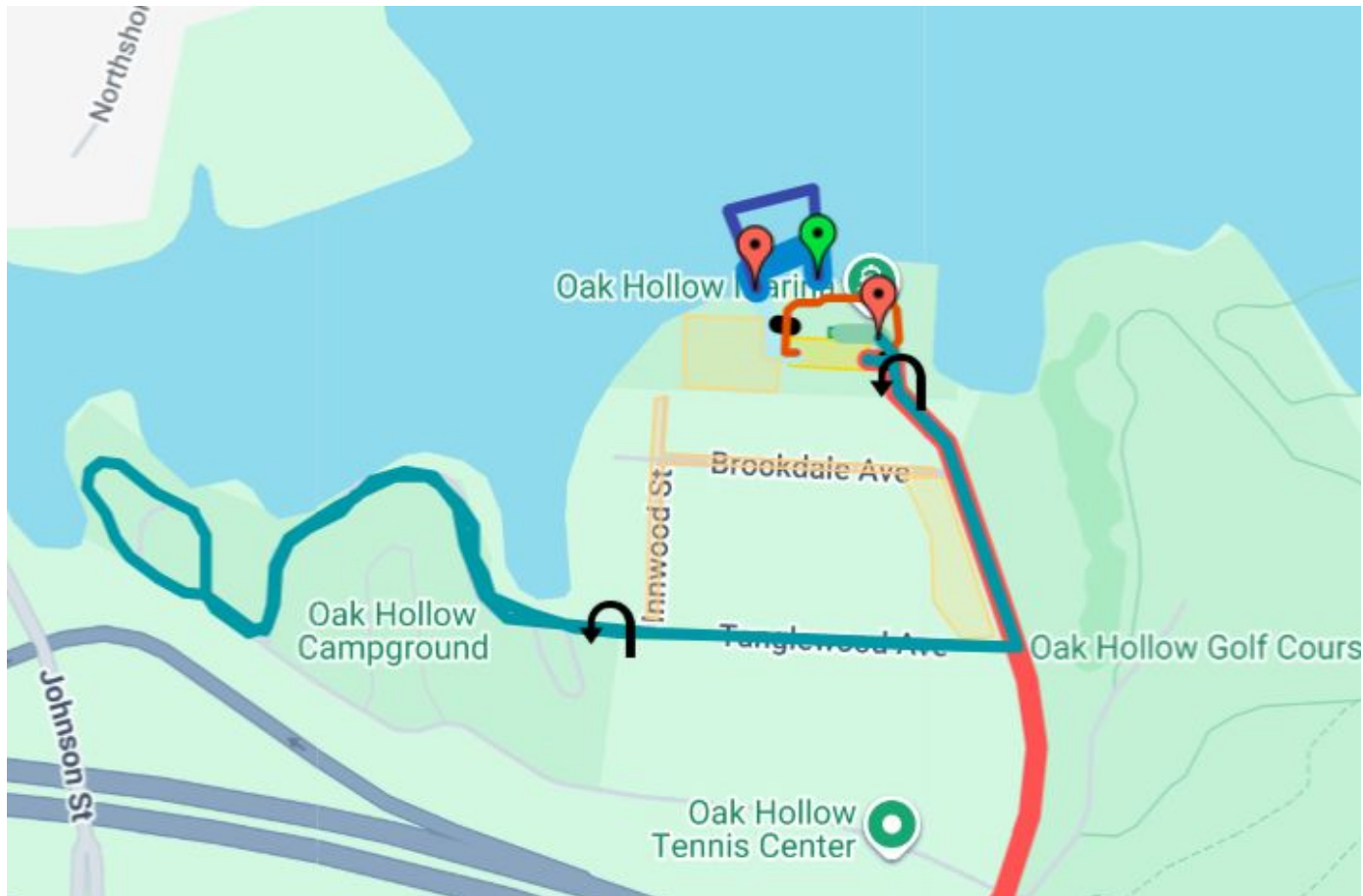
USA Triathlon Requirements



- This is a USA Triathlon (USAT) sanctioned event. All athletes are required to show ID in order to pick up their packet - no exceptions.
- Please familiarize yourself with the [USAT competitive rules](#) to make sure that you are compliant.

Google Map of Courses

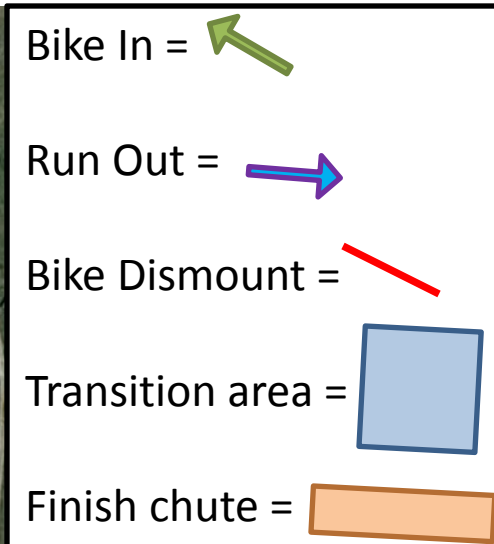
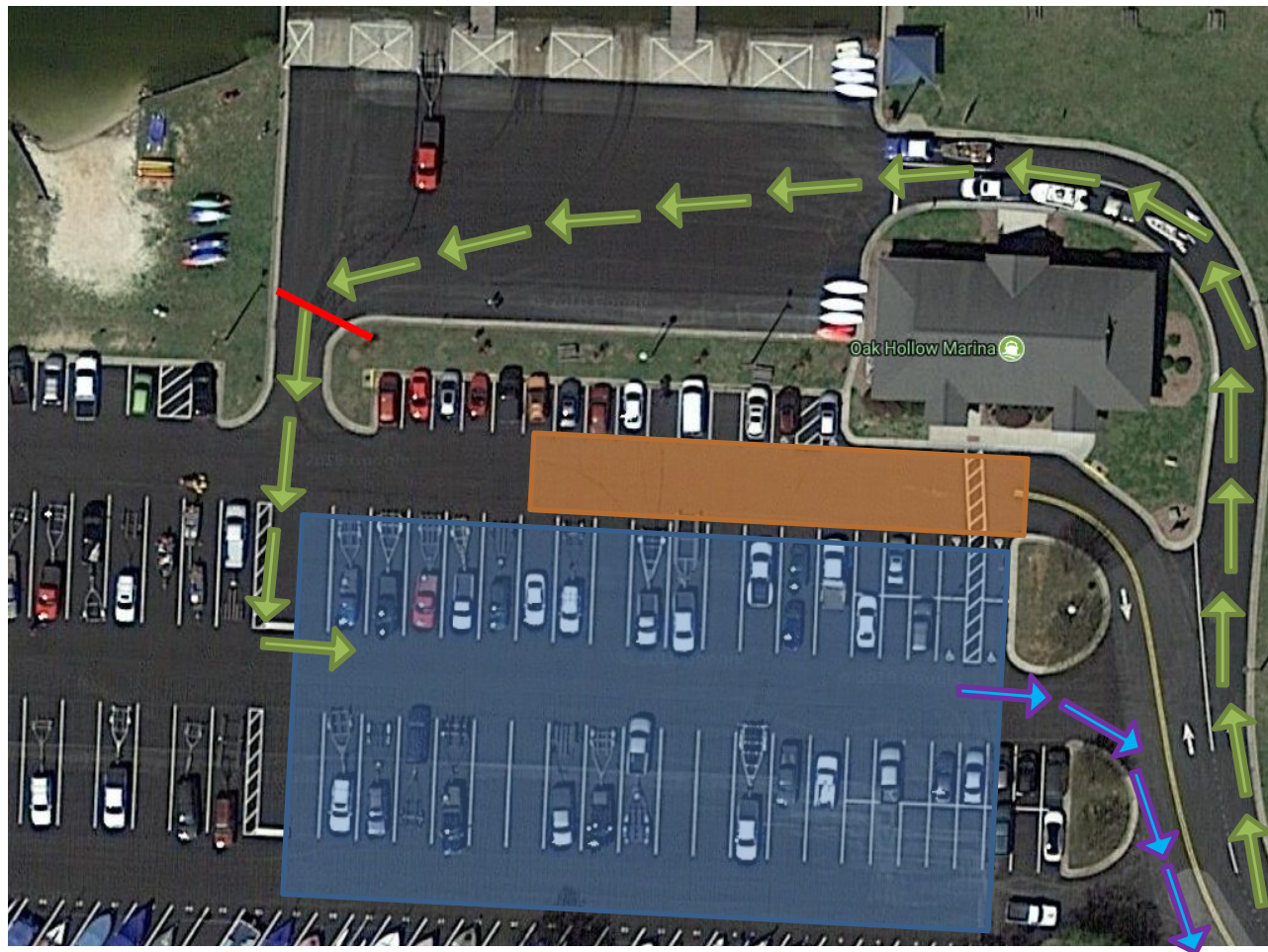
[Please click here to view course maps](#)



Swim In/Bike Out Transition



Bike In/Run Out Transition



How to Rack a Bike Properly

- Take a close look at this picture. Every other bike is racked in the opposite direction with the opposite wheel on the ground. This gives everyone the most space on the rack.
- Place your bike the opposite direction of the bike next to you. Your equipment should go on the side of your bike's down wheel

Bike Support

Get Outdoors
Pedal and Paddle
will be on-site to
provide any bike
support you need
before, during, or
after the race!



Body Marking

Athletes will receive an email with their bib numbers more than 24 hours before the race and may body mark themselves with a black sharpie before arriving on race day.

1. Right Calf – Age on December 31, 2026
2. Left and Right Arm – Bib Number written vertically



Timing Tag and Bib Instructions

- After you pick up your bib, you will need to pick up an orange timing tag and Velcro strap in a separate line by showing your bib number. This is how we record your splits during the race.
- Secure the chip to the strap via the instructions on the right.
- **You must have this around your left ankle at all times during the race.**
- **Timing chip must be OUTSIDE a wetsuit.**
- As soon as you cross the finish line, please make sure our volunteer gets your tag and strap back (**there will be a \$20 fee for lost tags**).
- Relay teams will have one tag that is passed between teammates in transition.
- **Your race bib only needs to be worn during the run portion of the race. It must be on the front of your torso when you cross the finish line.**

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the outside of your ankle and press the Velcro to ensure a solid clasp.



Swim Caps

- Trivium swim caps will be provided to you for our race!
- Specific cap colors will be designated closer to race day.
- White caps will be available by request to anyone who may feel uncomfortable in the water.

Long Swim Course (ages 11-15)

- The swim is a counter-clockwise swim of 200 yards. Swimmers will keep the orange buoys on their left (stay to the right of the buoys) and swim the course counterclockwise, exiting the water at the beachhead.
- Current water temperature is 81 degrees.



Short Swim Course (ages 7-10)

- The swim is a counter-clockwise swim of 100 yards. Swimmers will keep the buoys on their left (stay to the right of the buoys) and swim the course counterclockwise, exiting the water at the beachhead.
- Current water temperature is 81 degrees.



Small
circles
are
buoys
swim
side
The
orange
triangles
buoys
must
you

Long Bike Course & Elevation

HP Youth Tri Long Bike

Running Route

☆ Save

Duplicate



Details

📍 6.0 mi

⬆️ 410 ft

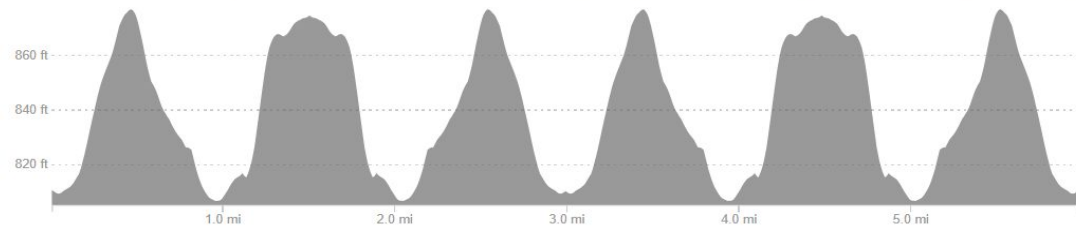
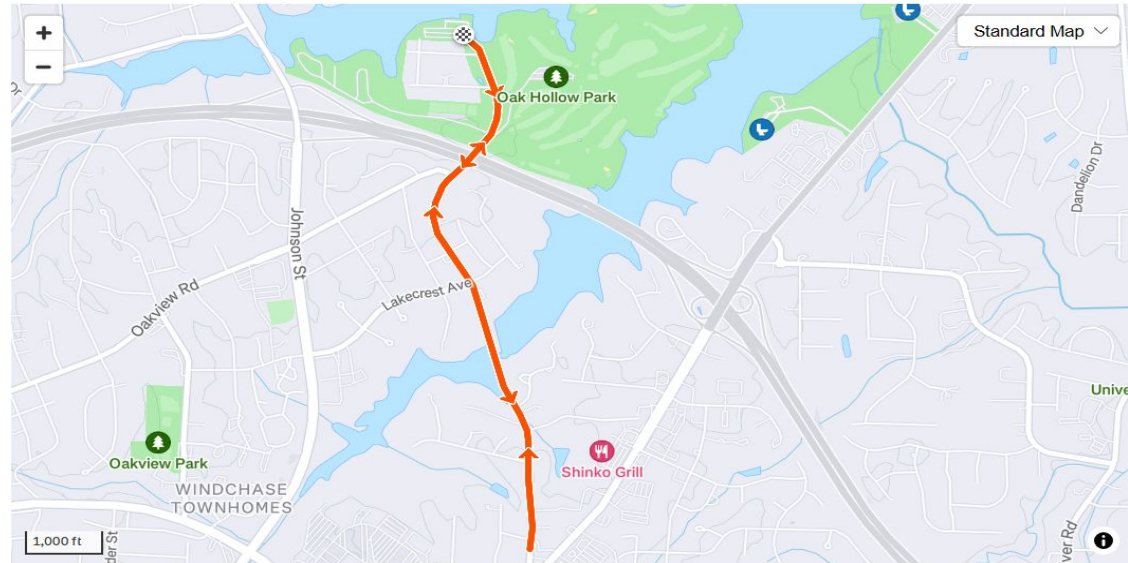
🕒 1:01:12

CREATED BY

Trivium Racing
March 14, 2025 · Public



Route and Elevation



Short Bike Course & Elevation

HP Youth Tri Bike Short

Running Route

☆ Save

Duplicate



📶 Easy

📍 3.0 mi

⚡ 200 ft

🕒 30:39

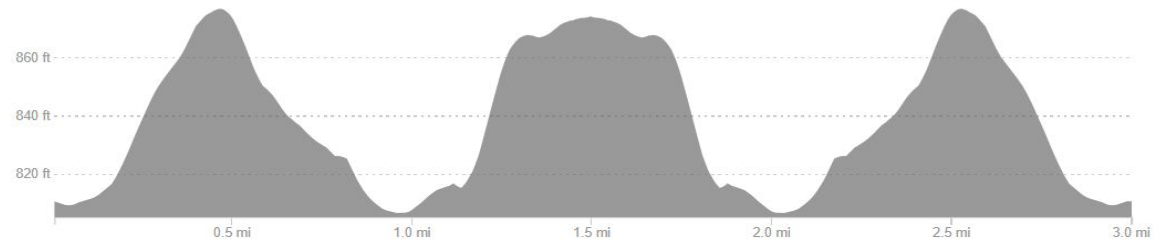
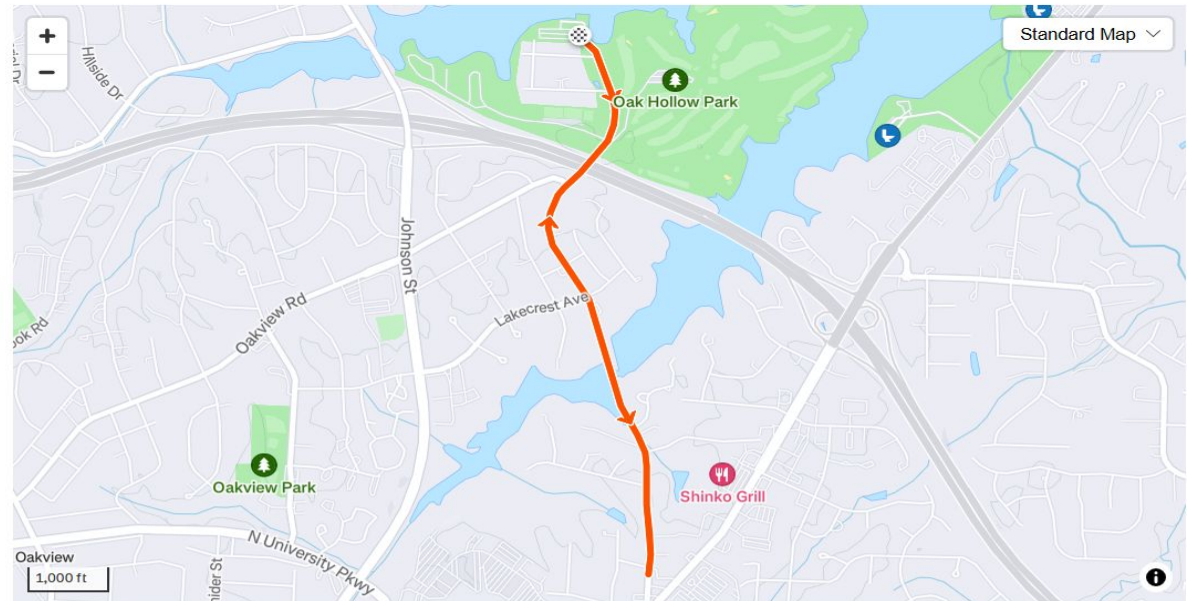
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Trivium Racing

March 14, 2025 · Public



Route and Elevation



Long Bike Course Cue Sheet

High Point Youth Triathlon Long Course Bike Turn By Turn Directions:

- **Start:** Oak Hollow Marina Parking Lot
- **Right Turn:** onto N Centennial St. for approx 1.5 miles
- **Cross Over:** Conrad Avenue and turn around at the U Turn sign
- **Follow:** N Centennial St. back to Oak Hollow Marina
- **U Turn:** Located just before marina entrance. Repeat course one more time

After completing the course twice

- Enter Oak Hollow Marina Parking Lot and proceed around the right side of the marina building (**CAUTION:** slow for speed bump) to the dismount line. Run your bike into the transition area.

Short Bike Course Cue Sheet

High Point Youth Triathlon Short Course Bike Turn By Turn Directions:

- **Start:** Oak Hollow Marina Parking Lot
- **Right Turn:** onto N Centennial St. for approx. 1.5 miles
- **Cross Over:** Conrad Avenue and turn around at the U Turn sign
- **Follow:** N Centennial St. back to Oak Hollow Marina
- Enter Oak Hollow Marina Parking Lot and proceed around the right side of the marina building (**CAUTION:** slow for speed bump) to the dismount line. Run your bike into the transition area.
- **This is an out and back course with no turns except in and out of the marina parking lot and one U Turn**

Bike Course Violations

There will be motorcycle marshals on the course looking for these common violations:

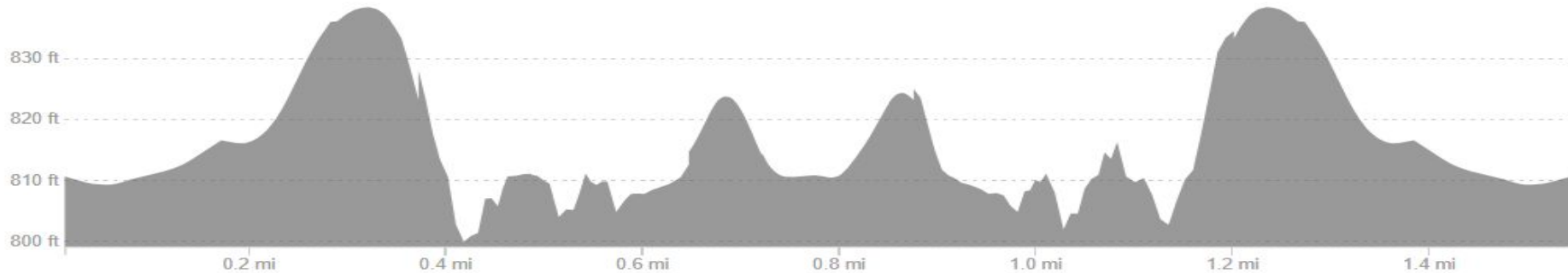
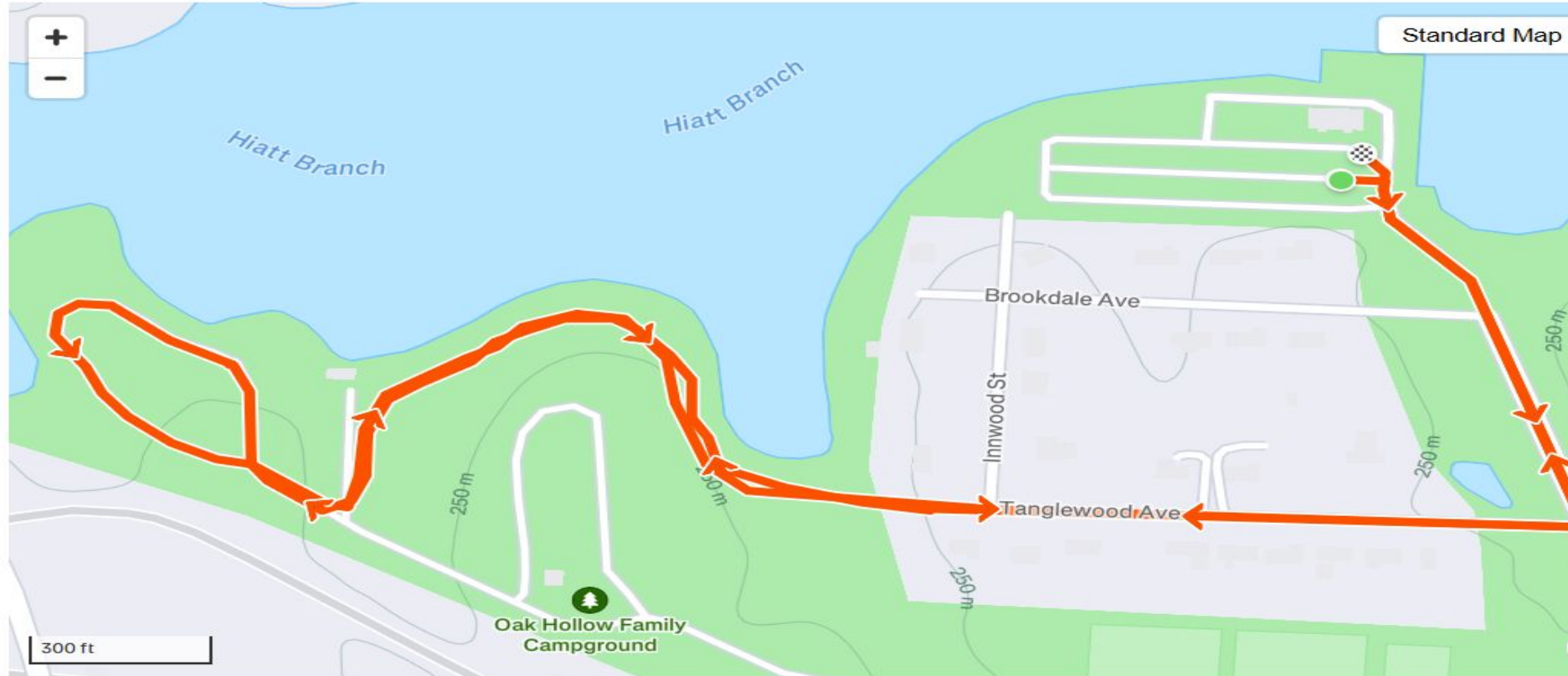
Drafting- While on the bike course, you must keep at least five bike lengths behind the athlete in front of you. If you move closer than five bike lengths you are in the draft zone and must now pass. Once passing, you have 20 seconds for your front wheel to pass the front wheel of the athlete you are overtaking. Once this occurs, the overtaken athlete must drop back out of the five bike length draft zone before attempting to re-pass. The penalty for this violation is a variable time penalty.

Blocking- Athletes must ride to the right-hand side of the road unless passing. Riding on the left side of the road without passing is considered blocking as you are interfering with other athletes ability to ride the course. The penalty for this violation is a variable time penalty.

Abandonment- All of the gear you take onto the course must stay with you. Clothing, hats, bottles, tubes, CO2 cartridges, gels, bars, garbage, etc. The penalty for this violation is a variable time penalty.

Long Run Course

Route and Elevation



Short Run Course

Route and Elevation



Aid Stations

There will be one aid station on the run course. This aid station will be supported by Jeff Keezer with cold wet towels and water and will be located at the turn around on the short course.