



2026 ATHLETE GUIDE & IMPORTANT RACE INFORMATION

Congratulations on registering for the Menlo Park Triathlon! In order to make the event both enjoyable and safe please review the following information. Additional Race Day information and advice is available on our [website](#).

PARTICIPANT & WAVE LISTS

Waves are organized by age with the oldest kids starting first and then each wave gets younger as the race goes on. **Participants MUST start with their assigned wave** (no exceptions). The wave list is posted on the [website](#).

The **FINAL PARTICIPANT WAVE LIST**, with your child's name and specific wave assignment, is also included on the [website](#), just click on wave chart or the pdf icon.

RACE DISTANCES PER AGE GROUP

Athletes are responsible for knowing how many laps they must do. We will help with lap counters, but the ultimate responsibility is on the athlete.

Kids Triathlon - Non Competitive (not timed)				
Age	Swim	Bike	Run	
4-7	25 yards	1 Mile	600 yards	Short Lap
Kids Triathlon - Competitive				
6-8	50 yards	2 Miles	800 yards	1 run lap
9-10	100 yards	3 Miles	1600 yards	2 run laps
11-12	150 yards	4 Miles	2400 yards	3 run laps
13-15	200 yards	5 Miles	2400 yards	3 run laps
Super Sprint Triathlon				
Age	Swim	Bike	Run	
12-15	400 yards	6 Miles	3200 yards	4 run laps
16-17	400 yards	6 Miles	3200 yards	4 run laps

PRE-RACE MANDATORY BIKE AND HELMET CHECK

Your child's bike and helmet must be checked before the race.

Please bring your child along with their bike and helmet to one of the participating stores listed on the website for a mandatory bike and helmet check. **You will not be able to get your race packet unless you have the proper stickers proving your bike and helmet have been checked.**

If you are not able to do it before the race you can use "Bike and Helmet Check Station" on Race Day. **The line in the morning could be an HOUR LONG** in addition to the registration line.

It is highly recommended to go to the Pre-Race locations!
Locations are listed on the website under the menu option [Race Day/Bike Check](#)

*Also, please make sure your child's footwear is suitable for running and riding. No flip-flops or sandals or other open-toed shoes.

VENUE

Check out the map below to familiarize yourself with the venue.



RACE DAY

RACE DAY SCHEDULE

6:45 am - Packet Pickup and Transition opens

7:30 am - Expo opens

8:00 am - Wave 1 starts

11:30 pm - Expo closes

WHEN TO ARRIVE

Bring your child to the event **NO LESS than one (1) hour before** their wave start time. One hour should give them enough time to pick up their packet, t-shirt and goodie bag, get body marked, set up their transition area, and get ready for their swim wave.

If you have multiple children in the event, arrive 1 hour before the wave start time of your oldest child.

Please allocate extra time if you have not attended a pre-race bike and helmet check. If you are late and miss your assigned wave, we cannot guarantee your child will be able to participate.

WHAT TO DO

STEP #0: BIKE AND HELMET CHECK

If you have not had a Pre-Race Bike and Helmet Check, you must be checked at the Bike and Helmet Check tent located next to the packet pickup area and obtain the proper stickers. This line could be an hour long! Please go to a pre-race bike check location if possible, to avoid race day commotion.

STEP #1: PACKET PICK-UP AND BODY MARKING

Take your bike and helmet with the approved stickers to the tables marked "Check in" where you will receive your child's race packet which includes a bib and numbers for the bike. **To speed up the process, please have your registration QR code ready.** You can find this code on your confirmation email. If you can't find your confirmation email, you can resend it by looking up your registration on RunSignUp.com.

Depending on the age of your athlete, there may be a wrist band allowing an adult access to the transition area to help with set-up and tear down. **The wristband is for the PARENT.**

WRISTBAND SYSTEM

Age Group	Band Color	Access provided
Non-Competitive 4-7	GREEN	Adult may be with the child for the entire race *on foot*
Competitive 7-10	RED	Adult may enter transition to help with setup and tear down only

Challenged Athletes may also have wristbands that give an adult the appropriate access regardless of their age group.

There are 2 areas your child will be marked: arms and hands. Your child's bib number will be marked on the left upper arm; and wave # will be at the right upper arm.

To lessen confusion and help volunteers, your child's hand will be marked with the number of required laps for both Bike and Run

LEFT HAND = BIKE LAPS | RIGHT HAND = RUN LAPS

Marked as follows:

	AGE	LEFT HAND For BIKE put the letter B and the number of laps	RIGHT HAND For RUN put the letter R and the number of laps
Non-Competitive	4-7	B-1	R-S (short)
Competitive	6-8	B-2	R-1
Competitive	9-10	B-3	R-2
Competitive	11-12	B-4	R-3
Competitive	13-15	B-5	R-3
Competitive	Super Sprint	B-6	R-4

ULTIMATELY SWIM, BIKE AND RUN LAP COUNTS ARE THE RESPONSIBILITY OF THE ATHLETE

STEP #2: T-SHIRT

Next, move to the T-shirt station. You will receive the T-shirt size you specified at the registration. If you need a different size, come back after noon and see if that size is available.

STEP #3: TRANSITION

For racers aged 10 and under, **ONE ADULT wearing the appropriate wristband** will be allowed to accompany the athlete to the transition **PRIOR** to the race for a LIMITED TIME ONLY. As soon as the transition area is set up, everyone – adult and racer – must leave. A wristband for Transition Area entry will be in the Race Packet. **NO WRISTBAND = NO ADMISSION**. This is for the **safety** of your child and other participants in the race.

ONLY for the **Non-Competitive 7 & UNDER** age-group: **ONE ADULT** will be allowed to be with your child for the entire race except being in the pool with your child, including going into the Transition Area during the race to assist your child. Therefore, there will not be timing for this age group. A wristband will be issued at packet pick-up to the designated parent. **NO WRISTBAND = NO ADMISSION. No other age-group parent or family member will be allowed in the transition area.**

Again, this is for the safety of all participants. There needs to be space for all of the participants to move around safely in transition especially when athletes are coming and going during their race.

Not sure how transition works? Here's a Transition Demo video! <https://bit.ly/svkt-transition-video>

FINALLY, THE RACE!

DO NOT CROSS THE TIMING PADS UNLESS YOU ARE IN THE MIDDLE OF RACING

THE POOL

All athletes start their race at the pool. To get to the pool from Transition, use the designated EXIT shoot. The pool entrance is on the left side of the Pool building past the Porta-potties.

No parents on the pool deck. This is for the safety of the participants. There is one exception: For the **NON-COMPETITIVE ATHLETES 7 & Under**, **ONE** parent will be permitted at the pool deck. This parent will have a green wristband.

NO WRISTBAND = NO ADMISSION

Swim Drop Off Process

Drop your athlete at the pool area approximately 20 min before their wave starts.

- Do this AFTER Registration
 - Do this AFTER setting up Transition
 - Once your athlete is in the swim area, if they are swimming, go around to THE OTHER SIDE OF THE POOL to watch them race
 - We will be staging athletes up to three waves in advance of their start times
3. Once we call for a wave, athletes will be guided to a seating area on one side of the pool.
- Swim volunteers will not be able to look up start times for specific athletes. They will only know the start times for each wave.
 - The wave number will be on their right shoulder as well

Special consideration

If your athlete has **special swim needs** (i.e. not a strong swimmer, apprehensive, etc.) be sure to mention this to the swim volunteer at intake. The swim volunteer will then make sure this information is passed on appropriately and discretely.

Prescription glasses – Athletes should hand their eyewear to the volunteer for their swim lane and retrieve it after the swim. If they can see well enough to run to transition without eyewear, consider leaving their glasses in transition so they don't have to remember to pick them up.

IMPORTANT SWIM INFO

1. Athlete should wear snug fitting swim suit only (no cotton or loose-fitting shirts)
 - Cotton gets wet and is heavy and is a swim hazard in the water
 - Snug fitting rash guards are ok as long as the athlete has experience swimming with them beforehand
2. Athlete should be prepared to swim with their own goggles and/or swim cap if they use them
3. Don't leave shoes on deck
4. The pool area is not shaded so be sure to apply sunscreen before dropping off athlete
5. Make sure athlete is well hydrated
6. Make use of the porta-potty near registration **BEFORE** entering the pool area; there will be no open restrooms in the pool area
7. Two athletes to a lane; Any swim stroke is allowed; flip turns are allowed
8. No warming up prior to the swim start
9. Lifeguards and/or volunteers will be assigned to monitor the lanes

Non - and Poor Swimmers

It is under the discretion of the Lifeguards and Swim Volunteers to pull your child from the pool if they do not think it is safe. **NO CHILD WILL BE FORCED TO SWIM.** They will be allowed to continue the triathlon once everyone in their wave has exited the water. Any child that is pulled from the swim is **NOT** eligible for awards but will still receive a medal.

The only permitted swim aids are an approved safety device such as a personal flotation device (swim vest) or a kick board or Coast Guard approved Kids Swim Vest (similar to Floaties but with the arms attached to a belt). Be sure your child can swim if they lose their grip on the kick board. If a swim aid is used, you must bring it. We will not provide swim aids.

We encourage all athletes to participate and have FUN. However on occasion some become apprehensive with the swim and change their mind about doing it at the last minute. This is OK. **NO ONE** has to get in the water for any reason if they don't want to swim.

ANY Parent/guardian trying to force an unwilling athlete to swim will be removed from the pool area immediately.

THE TRANSITION AREA

The Transition Area is the place where all an athlete's equipment is stored. The athlete passes through the Transition Area twice during the event: Swim (or Run) to Bike and Bike to Run.

Every athlete has a spot in the Transition Area where their bike, helmet, shoes/socks, shirt, shorts, towel are located. No other stuff is allowed in the transition for safety reasons.

The race itself begins at the pool. For the triathlon, following the swim, the athlete moves to the Transition Area where they remove any swim equipment such as goggles, quickly dry off, put on their helmet and shirt, and walk the bike to the Transition Area exit following the sign that says, "Bike Out".

NO BIKE RIDING IN TRANSITION, MOUNT YOUR BIKE AT THE DESIGNATED EXIT (Mount Point)

Bathing suit removal is not permitted. Athletes put on shorts and a shirt over their bathing suit with their race number pinned on in advance. Some athletes prefer to just put on a shirt (with number) and ride with bathing suits instead of shorts-over-suits.

Please note that USA Triathlon has a rule: **the torso must be covered.** So the boys will have to wear a shirt over their swimsuit.

DON'T WEAR YOUR BIB IN THE WATER as it will disintegrate when wet. Pin the bib to the shirt the athletes will wear for the bike and run. If your athlete is swimming in a suit that covers the torso and doesn't plan to wear a shirt, consider buying a race belt and attaching the bib to that.

After the bike ride, the athlete returns to the Transition Area and walks the bike back to where their equipment is located. The bike is placed in the box or on the rack, helmet, and other riding equipment are removed, and the athlete prepares to run. Generally, young athletes ride their bikes in their running shoes so after removing the bike equipment they are ready for the run. Runners may jog to the "Run Out" sign in the Transition Area, watching for bikes and other runners.

Throwing a bike down in some random location is against the rules and will result in a time penalty of 1 minute.

NO OUTSIDE ASSISTANCE

There are many, many volunteers in Transition who will help your child if they can't find their bike, need help tying their shoes or anything else they require. **Outside assistance – being helped by someone other than a volunteer or other racer, is against the rules.** If a parent breaks this rule and sneaks into transition to help their child, the athlete will be disqualified. Please don't do that to your child.

THE BIKE

ALL ATHLETES MUST WEAR THEIR HELMET BUCKLED the entire time they are on or moving the bike. This includes the transition area. Please also make sure shoe laces are not undone or loose. If a racer is not skilled at lace tying, consider wearing shoes without laces or purchasing "lock laces" to replace the laces.

Slap bracelets will be put on each athlete's wrist for each lap **COMPLETED.** This will help keep track of the number of bike laps completed.



THE RUN

The Run Course will be around the perimeter of the park. Bracelets will be put on each athlete's wrist for each lap **COMPLETED**. This will help keep track of the number of run laps completed. Athletes cannot enter the Finish Line chute until they have the proper number of bracelets that match the number on their RIGHT hand. If an athlete does not complete the proper number of laps they will receive a time penalty of 5 minutes per missed lap.

The Finish Line will be on grass and flows into the post-race expo and activities on the grass field.

AFTER THE RACE

The Expo is out in the open space so wear sunscreen and hydrate appropriately.

ENTERTAINMENT:

The Expo will have games for the family to enjoy during any downtime you may experience and after your racer(s) are done.

FOOD:

We will have food products at the finish line area that contain nut products. **If your child has any food allergies, please monitor what they eat.**

We are sorry but food is for athletes only. There will be water available so everyone stays hydrated.

We recommend that non-racers bring snacks or even a picnic lunch so you don't go hungry while your child(ren) are racing.

AWARDS:

Awards are handed out to the TOP 3 boys and girls **AGE GROUP COMPETITIVE 6-17**. No awards for **NON-COMPETITIVE KIDS 7 and under**.

There will be a special tent for the awards, where you can stop and can check the result and see if your child is in any of the top 3 places of the particular age group. After that your child will get their awards and they are able to take pictures on the podium.

PACKING UP:

Please be respectful and pick up your bike and race equipment **as soon as your child finishes the race**. Parents/Athletes will not be allowed to remove the bike from the Transition Area without showing the volunteers that the race number on the bike matches the race number on the athlete's or bib. This is to prevent inadvertent removal of the wrong bike.

When leaving the Transition Area watch out for those who may still be racing. Please be considerate.

IMPORTANT RULES

TIME PENALTIES:

Breaking the following rules will result in time penalties of varying severity.

Missing Laps. Athletes are responsible for keeping track of their laps. We have many ways to help them keep track, but ultimately it is their responsibility. But mistakes happen so if a young racer does miss a lap, they will get a time penalty for each lap missed.

- Missing swim lap: 5 minutes added for each missed lap
- Missing bike lap: 10 minutes added for each missed lap
- Missing run lap: 5 minutes added for each missed lap

Abandoning equipment. Throwing down the bike or helmet in a random location in transition, littering on the course or otherwise leaving your equipment somewhere it doesn't belong will result in a 1 minute penalty for each occurrence.

DISQUALIFICATION:

Breaking the following rules will result in disqualification:

Interfering with another athlete. This includes but is not limited to deliberately getting in their way, sabotaging their equipment or touching their stuff in the transition area.

Outside assistance. Triathlon is an individual sport. Therefore only volunteers and other racers may assist your racer during the race. In particular, sneaking into the transition area to assist your child with their transitions is absolutely forbidden.

Disobeying the volunteers or being rude to them. No cursing out volunteers. No ignoring their directions. Even if you think a volunteer is wrong, you must do what they say.

RULES FOR ADULTS

We understand your enthusiasm for your child's participation, but we ask that you be courteous to other parents and to participants. Please be aware of the race course flow and **DO NOT go onto the race course or into the transition area without a proper bracelet**, and please follow the directions of the VOLUNTEERS.

Any adult who interferes with another racer or provides assistance to their racer will cause their racer to be disqualified.

THANK YOU FOR PARTICIPATING!

We are looking forward to seeing you all, rain or shine on Race Day.
If you have any questions you can email us at:



Menlo Park Kids Triathlon Partner Charities

The Menlo Park Kids Triathlon proceeds will support the following local charities which provide support and services to youth in our community.



Beyond Barriers Athletic Foundation promotes healthy lifestyles, improves personal safety, and adds structure for lifelong achievement by providing scholarships for aquatic programs to underserved youth.

According to a USA Swimming Foundation survey, updated in 2017, two-thirds of African-American children, nearly half of Latino and four in ten white kids have little to no swimming ability. Nearly eight in ten children from households earning less than \$50,000 per year have little to no swimming ability. The families we serve need access to a local pool and ease of funding for these vital lessons for the safety of their children.

BBAF's programs are located at neighborhood providers and pools who partner with us.



Live In Peace's mission is to empower our youth and young adults to reclaim the vision for their future.

We accomplish this through a highly relational model that connects young people to their talents, educational pathways, jobs, and a bright future.

Our programs focus on youth and young adults that are not served by other programs and partners and those identified by their high schools as the most at-risk for dropping out. We mentor, counsel, tutor, coach, advocate, and serve in the role of anything that a strong community should do on behalf of its youth.

The Live in Peace Bike program will run the Bike Check Stations at our Kids Triathlons.

Menlo Park Kids Triathlon Partners



SVTC serves multi-sport athletes of all ages and abilities. Our goals are to provide educational and training activities, coached programs, and seminars, and stimulate a team atmosphere in a supportive and social environment. Visit svtriclub.org for more information



SVE Timing is one of the largest event timers in the United States! Every year, over 500,000 athletes nationwide rely on us for their times. Visit svetiming.com for more information.



Foggy Bay is a respected photography company that specializes in endurance sports. They will have several photographers on the course including the finish line. Free downloads of web-quality, branded photos are available to all racers. Visit <https://thefoggybay.shootproof.com/> to see your racer in action.



Sierra Cascades produces over 20 events within California from the Central Valley to Santa Cruz. SCMP provides the race with permits, equipment, setup, and teardown. Visit <https://sierracascades.com/> for a complete list of events.



To prepare for the race, we have partnered with a local Youth Coach, Veronika of Rolling Stumps Endurance. Veronica helped with our registration site, communications, transition setup and registration/pool logistics on race day. Check out her [website](#) for coaching/clinics and the revived Cupertino Splash and Dash.



Marie Hughes from Playtime Multisport having a long history of working with Youth Triathlons helped with planning, marketing, and promotion of this event and manages the Bike Course on race day. Visit her [website](#) for more local events.



Medical services for our race are provided by Blackwolf Medical. They provide top-quality medical care and onsite training that's priced accessibly for nonprofits, small businesses, and communities of the greater San Francisco Bay Area.

Menlo Park Kids Triathlon Sponsors

Please support our wonderful sponsors!

