



2026 Racer Guide

Welcome to the Official 2026 Racer Guide for RocketKidz Rookies!! We ask that parents please review the enclosed information to ensure safety & a fun time for each child who is racing.

This guide is meant to acquaint you with the race, race site, course and general information. Please note that any 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.

All maps are attached via separate attachments.

General Information For All Racers

PACKET PICKUP: We will hold packet pick-up on **Saturday, June 06, 2026, from 2-4 p.m. at Manship YMCA**, 8100 YMCA Plaza Dr., Baton Rouge. We ask that all local racers please come to packet pick-up on Saturday. Please do not wait to pick up your packet on race day if it can be avoided. We will not hold up the race start for tardy racers and we can only process packet pick-up at a given pace. Once transition closes at 7:15 a.m. we will not allow racers in the transition area, so it is important to be ready in advance of arriving at the site if possible.

BICYCLE SAFETY CHECK/RACE NUMBERS: Please perform an equipment safety check at home by tightening handlebars, seats, and checking tire air pressure & brakes. Any local bike shop will perform a safety check but there may be costs associated with repairing/replacing parts. We encourage you to go to your friendly bicycle shop to have bikes checked/repared prior to race day. Make sure bicycle race number is secured to the top bar of their bicycle and helmet race number is affixed in the front middle of the helmet. **ALL RACERS MUST WEAR A HELMET FOR THE BIKE PORTION OF THE RACE AND AT ALL TIMES WHEN RIDING THEIR BIKE AT THE RACE SITE, EVEN BEFORE AND AFTER THE RACE.**

PARKING: There is parking within the gates of the Manship YMCA campus. As a reminder we will close the gates that access parking at **7:00 am**. If you wish to park inside the gates, please arrive early. This is necessary in order to finalize the set up of the course and ensure the safety of all athletes, spectators, and volunteers as we prepare for the mandatory meeting and begin lining up for the swim.

RACE DAY SCHEDULE:

6:00-7:00: Out-of-town packet pick-up at Manship YMCA. Again, we strongly encourage all local racers to pick-up their packets on Saturday so that you are prepared and have affixed your racer's running bib to either race belt or t-shirt, as well as put the bike and helmet stickers on your racer's gear the night before. If you are from out of town, please try to arrive early so that you have plenty of time to get your racer ready. Less stress for you and your little one!

6:00-7:15: Transition open for racers to check-in and set up their bicycles, helmets, shoes, and race numbers in the bicycle transition area. Everything must be in place by 7:15 a.m. We will not have timing chips for this race. Time will just be kept with a clock. We encourage parents to time your children individually. (We will have chip timing and awards for our Rocketkidz Tri on 7.19.2026) Racers will need to get "body marked" during this time. Body marking consists of writing your racer's number vertically along both upper arms. You may do this yourself before you get to the race, or present your racer to a volunteer in front of the **transition** area on race morning. (Helpful hint: permanent marker is easily removed by using an alcohol swab.) Body marking helps identify your child in photos.

7:15-7:25: Race day announcements. Please listen carefully for any and all announcements being made over the PA system. We will be providing instruction regarding the close of transition, various updates, and announcing the line-up to start the race. We will also have some remarks from the race director and play the national anthem right before the race start.

7:25-7:30: Line up for swim start. Our swimmers will start in the following order:

- 3-4 non-swimmers
- 3-4 swimmers
- 5-6 non-swimmers
- 5-6 swimmers
- 7-10 all racers

To help with the line-up this year, we have numbered the racer's bibs consistent with the starting order. **Please line-up by bib number, lowest to highest.** If your child's age/bib doesn't appear to line up with their correct division please let the volunteer at the swim start know so we can get them in the right spot. Sometimes we have to reassign bib numbers, etc.

7:30: First racer will be in the water!

9:00-9:30: 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: Anticipated time that all racers will be finished, triathletes will be greeted by adoring fans, and Rookies will be in the books!

PHOTOGRAPHY: We have a photographer who will be taking race day photos for this event. The photos will be available on the RunSignUp site a few days after the event. Racers are identified by their bib numbers, so make sure numbers are worn on the front of the athlete.

OTHER STUFF

Bathrooms - you may use the YMCA bathrooms for the duration of the event. Please be kind and tidy.

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

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 racks, trash, bib numbers, permits, sanctioning fees, barricade usage, awards, finisher medalseven 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, which will not contain a race number.

Due to the incredibly difficult logistics of finding room on everyone's Calendar for our event, 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 close to 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.

Rocketkidz Rookies is a Rocketkidz Foundation Event, whose mission is to create and sustain healthy kids, families and communities through programming, advocacy and education. RKF is a 501c3 nonprofit. Your participation in events such as Rookies helps to fund great local programming that supports RKF's mission!

Thank you for supporting RKF and have a great race!!

Race Information for 3-4 Year Old Non-Swimmers/Swimmers

SWIM: The RocketKidz Rookies Triathlon will begin with a swim in the outdoor pool. The swim will be 15 yards. Kids will enter the pool one at a time 15 yards from the end of the lane and will exit at the end of the lane at the ladder/steps.

As noted above, 3-4 year old non-swimmers are the first racers in the water. Make sure your racer is lined up by bib number and ready to go! **Non-swimmers may wear floaties or life jacket (not provided).** Only ONE parent per non-swimmer is allowed in the pool.

3-4 year-old **swimmers** are the second group to start. **No flotation devices may be used by swimmers and no parents allowed in the pool with the swimmer.**

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 the front of the shirt they will wear. ONE parent is allowed to accompany 3-4 year-old racers into transition to get their gear for the bike.

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 one full lap for his/her age group.

One parent is permitted on bike course for 3-4 year-olds, both divisions. Please make every effort not to interfere with any other rider. For safety reasons, we ask that you make sure you do not come into contact with another bike 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. Training wheels are allowed at all ages, and for 3-4 year-olds, scooters and tricycles are also permitted. Helmets must be fastened and worn at all times during the entire bicycle event.

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). Runners will follow a running route through the parking lot that will be clearly marked with cones and/or pennant flagging.

Each racer must complete the run course and cross the finish line. ONE parent may accompany 3-4 year-olds on the run.

RACE FINISH: Each child will receive a finisher medal. There will be water and snacks 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.

Race Information for 5-6 Year Old Non-Swimmers/Swimmers

SWIM: The RocketKidz Rookies Triathlon will begin with a swim one lap (25 Yards) in the outdoor pool and will exit at the ladder/step at the end of the lane.

As noted above, 5-6 year old non-swimmers are the third group of racers in the water. Make sure your racer is lined up by bib number and ready to go! **Non-swimmers may wear floaties or life jacket (not provided).** Only ONE parent per non-swimmer is allowed in the pool.

5-6 year-old swimmers are the fourth group to start. **No flotation devices may be used by swimmers and no parents may accompany swimmers in the pool.**

BIKE TRANSITION: After the swim, each racer will go to the transition area. **NO PARENTS ARE ALLOWED IN TRANSITION FOR THIS DIVISION.** When each swimmer arrives in transition, they need to locate their spot where their gear is waiting. Volunteers will be there to help them. Next to each racer's 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 the front of shirt they will wear.

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 one full lap for his/her age group.

Parents are not permitted to accompany 5-6 year-old racers on the bike course.

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. Training wheels are allowed at all ages. Helmets must be fastened and worn at all times during the entire bicycle event.

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). Runners will follow a running route marked with cones/pennant flagging/tape through the parking lot and towards the baseball fields. (different than the 3-4 yr old division run).

Each racer must complete the run course and cross the finish line. Parents may not accompany 5-6 year-olds on the run.

RACE FINISH: Each child will receive a finisher medal. There will be water and snacks 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.

Race Information for 7-10 Year Old

SWIM: The RocketKidz Rookies Triathlon will begin with a swim in the outdoor pool. The swim is one lap and swimmers will exit at the steps/ladder at the end of lane.

As noted above, 7-10 year-olds are the final group of racers in the water. Make sure your racer is lined up by bib number and ready to go! There is no non-swimmer division for 7-10 year-olds. **No flotation devices may be used by 7-10 year-old swimmers and no parents may accompany these swimmers in the pool.**

BIKE TRANSITION: After the swim, each racer will go to the transition area. **PARENTS ARE NOT ALLOWED TO ACCOMPANY 7-10 YEAR-OLD RACERS INTO TRANSITION.** When each swimmer arrives in transition, they need to locate their spot where their gear is waiting. Volunteers will be there to help them if needed. Next to each racer's 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 the front of the shirt they will wear.

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 full course for his/her age group.

Parents are not permitted to accompany 7-10 year-old racers on the bike course.

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. Training wheels are allowed at all ages. Helmets must be fastened and worn at all times during the entire bicycle event.

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). Runners will follow a running route marked with cones/pennant flagging/tape through the parking lot around the baseball fields and back to the finish line.

Each racer must complete the run course and cross the finish line. Parents may not accompany 7-10 year-olds on the run.

RACE FINISH: Each child will receive a finisher medal. There will be water and snacks 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.