

RocketKidz Rookies 2026

Manship YMCA • Baton Rouge, LA • Race Day: Summer 2026

 Swim •  Bike •  Run • Ages 3–10 • Finisher Medals for All!

⚠ Race day announcements at the mandatory meeting supersede all documents. Stay tuned to the PA!

BEFORE RACE DAY

Packet Pickup



Saturday, June 6, 2026 • 2:00–4:00 PM Manship YMCA • 8100 YMCA Plaza Dr. Out-of-town racers may pick up race morning (6:00–7:00 AM). Local racers: please pick up on Saturday!

Bike Safety Check

Before race day, tighten handlebars & seat, check tire pressure & brakes. Visit your local bike shop. Attach race number to top bar of bike and helmet sticker to front-center of helmet.

P Parking: Parking inside the YMCA gates closes at **7:00 AM sharp**. Arrive early — gates close to finalize course setup and ensure safety for all athletes, spectators, and volunteers.

RACE DAY SCHEDULE

6:00 – 7:00 AM	Out-of-town packet pickup at Manship YMCA. Affix bibs, bike & helmet stickers the night before!
6:00 – 7:15 AM	Transition area open — set up bike, helmet, shoes & race numbers. Get body marked. TRANSITION CLOSSES AT 7:15 — NO EXCEPTIONS.
7:15 – 7:25 AM	Race day announcements — PA system updates, race director remarks, national anthem.
7:25 – 7:30 AM	Line up for swim start by bib number (lowest to highest).
7:30 AM 	FIRST RACER IN THE WATER!
9:00 – 9:30 AM	Last racer finishes bike — bikes may be retrieved from transition after official announcement.
9:30 – 10:00 AM	 All racers finish! Water & snacks at the finish line. Finisher medals for everyone!

SWIM START ORDER — LINE UP BY BIB NUMBER

#	Division	Notes
1	Ages 3–4 · Non-Swimmers	Floaties/life jacket OK · 1 parent allowed in pool
2	Ages 3–4 · Swimmers	No flotation devices · No parents in pool
3	Ages 5–6 · Non-Swimmers	Floaties/life jacket OK · 1 parent allowed in pool
4	Ages 5–6 · Swimmers	No flotation devices · No parents in pool
5	Ages 7–10 ·	No flotation devices · No parents in pool

RACE LEGS: WHAT TO KNOW

Swim

Ages 3–4 Non-Swimmers & Swimmers

Swim distance: **15 yards** in outdoor pool

Swimmers will line up by numbers lowest number first.

Ages 5–6 Non-Swimmers & Swimmers

Swim distance: **25 yards** (1 lap) in outdoor pool

This group will begin after the last athlete in the 3-4 year group crosses the finish line. Once again lining up by number with lowest number first.

Ages 7–10

Swim distance: **25 yards** (1 lap) in outdoor pool

This group will begin after the last athlete in the 5-6 year group crosses the finish line. Once again lining up by number with lowest number first.

Bike

⚠️ HELMET REQUIRED AT ALL TIMES — Must be fastened before leaving transition. Walking bike in/out of transition is mandatory. Failure to comply = elimination from event.

Training Wheels OK

Allowed at all ages. 3–4 year-olds may also use scooters or tricycles.

 **Parent In Transition**

1 parent allowed in transition to assist 3-4 year olds. Volunteers will be available to help all other athletes.

Stay Right, Pass Left

Volunteers stationed around the full course to assist.

 **Mount/Dismount Line**

Clearly marked with volunteers to guide racers on/off bikes.

Ages 3–4 Non-Swimmers & Swimmers

Bike distance: 1/4 mile bike

1 parent allowed on the bike course for ages 3–4. Please be mindful of other racers and avoid interference.

Ages 5–6 Non-Swimmers & Swimmers

Bike distance: 1/2 mile bike





1 lap around the tennis courts.

Ages 7–10







Bike distance: 1 mile bike

2 lap around the tennis courts.

Run

<p> Bib on Front Pinned race bib must be worn on the front for the entire run.</p> <p> Cross the Finish Line Every racer must complete the full course and cross the finish line.</p> <p><input checked="" type="checkbox"/> Ages 3–4 Non-Swimmers & Swimmers Run distance: 100 yards</p>	<p> Parent Allowed (3–4) ONE parent may accompany 3–4 year-olds on the run course.</p> <p> Marked Route Cones and pennant flagging mark the course and volunteers will be located along the course.</p> <p>1 parent allowed on the run course for ages 3–4. Please be mindful of other racers and avoid interference.</p>
<p><input checked="" type="checkbox"/> Ages 5–6 Non-Swimmers & Swimmers Run distance: 1/4 mile bike</p> <p><input checked="" type="checkbox"/> Ages 7–10 Run distance: 1/2 mile bike</p>	<p>See map for the run course. Course will be clearly marked and volunteers will be available.</p> <p>See map for the run course. Course will be clearly marked and volunteers will be available.</p>

GOOD TO KNOW

<p> Photos Photographers on site. Photos posted to RunSignUp a few days after the event. Bib numbers identify your racer — keep them visible!</p> <p> Bathrooms YMCA bathrooms available for the duration of the event. Please be kind and tidy.</p> <p> Refund Policy No refunds — all fees fund the event. Can't race? A friend can pick up your packet. Shirts & goodies are yours! Packets not mailed after the event.</p>	<p> Timing No chip timing for this race — clock time only. Parents encouraged to time individually. Chip timing & awards at Rocketkidz Tri on 7.19.2026.</p> <p> Weather Policy No rain-day scheduled. Light rain = race on. Lightning = race off. Decision made close to start time on race day.</p> <p> Lost & Found Located by the finish line after the race.</p>
---	--

 **Please respect all racers still on the course. The last racer deserves a fair, uncongested course just like the first. If separated from your racer, see the announcer — we will help you reunite!**



Every Kid Crosses the Finish Line!

Finisher medals • Water & snacks • Proud families • Great memories

All proceeds support the RocketKidz Foundation — 501(c)3 nonprofit creating healthy kids, families & communities.