

KIDS FOR KIDS TRIATHLON

JULY 56, 2026

START TIME: 8:00 A.M.

Packet Pick Up

Friday, July 24 - 4-7pm
Fleet Feet Sports
278 Harvey St
Winston-Salem, NC 27103

Saturday, July 25 – 6:30-7:30am
Clemmons West Pool
3376 Middlebrook Dr
Clemmons, NC 27012

****Parent/Guardian can pick up packet***



This event is sanctioned by USA Triathlon. What this means for you:

*All participants must either be a member of USAT or purchase a one-day license. This was included in the registration for the event so we will have a record of the membership.

Clemmons West Pool Water Temperature

Water temperature on Wednesday was 80°. We do not anticipate the water temperature warming much, if at all.

Parking

Parking will be at Hayward Flow Control across the street from Clemmons West Pool. There will not be any parking available at Clemmons West Pool lot. A police officer will be onsite throughout the day to assist you with crossing the street from Hayward Flow Control and Clemmons West Pool.

Kids 100 Yard Fun Run

Kids ages 1-6 can participate in the fun run (100 yards). The fun run starts on the corner of the parking lot and runs through the actual finish line. The fun run is not chip timed.

Pre-Race Meeting

A pre-race meeting will be held at the Race Site at 7:30 AM on Saturday (7/25). It is highly recommended that you attend this race orientation meeting (on the Pool Deck).

Timing Chips

NEW: Timing chips will now be in your race packet that you pick up during packet pick up.

The strap will need to be put on your LEFT ANKLE. We recommend putting the chip on BEFORE you leave your home/hotel for the event site in the morning. It is also helpful if you add an extra piece of duct tape for extra hold. We will have some available at packet pick up if you would like to add an extra adhesive. Sometimes if the air is extremely humid it can reduce the quality of the adhesive on the strap, which is why we recommend the extra piece of tape.

Please note, you will have ONE CHANCE to adhere the strap to your leg. If you do not like your placement and undo the adhesive to reattach, IT WILL NOT RESTICK. Make sure you have the chip strap exactly how you want it before removing the square to attach. You want to make sure the strap is good and snug. Not too tight, but not so loose it wiggles around.

Volunteers will collect this as soon as you cross the finish line.

Race Numbers

You will be issued 3 numbers at packet pick up.

1. The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.
2. The long number (actually containing your number twice) is your bike frame number. This number is self-adhesive and will be folded over the top tube of your bike frame.
3. The small number is your helmet number. It also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

*Do NOT cut or alter your numbers in any way.

Body Marking

6:30-7:30am

Volunteers will be stationed near the Pool Entrance with black sharpies to body mark participants. Participants will be marked with their race number on their arms and legs and their age will be marked on their calf. Relay members will all need to be body marked. This helps officials identify you on course and in the water.

Swim Information

There will be two waves of swimmers for the event. The first wave will be all the 7-10 Year Old participants. The second wave will be all the 11-15 Year Old participants. There will be a large break between both waves to allow the courses to clear completely before starting the next wave.

Pool swim lanes will be assigned by groups – youngest to oldest. There will be two kids in each lane and 12 kids per group. The next group will begin after the first group clears the water. We will have chairs behind each lane for the next wave of swimmers.

Kids can place shoes/sandals at the end of the pool lane if needed, but after the swim portion is over everything must be removed from the pool area for the next wave.

Distances

- 7-10 yr olds: 100 meter swim / 3.1 mile bike / 0.6 mile run
- 11-15 yr olds: 200 meter swim / 6.2 mile bike / 1.2 mile run

Swim Course

- Swim diagram is available on the Kids For Kids Triathlon webpage and will also be displayed at packet pick-up.
- The pool will be open from 7:00 AM to 7:30 AM for warm-up.
- Please be prepared to line up for the swim start a minimum of 15 minutes before your starting time for each wave.
- Each swimmer will be staying in his or her own lane for the duration of the swim. 7-10 Yr Olds will swim down + back two times (100 meters).
- Each swimmer will be staying in his or her own half of a lane for the duration of the swim. 11-15 Yr Olds will swim down + back four times (200 meters).
- There will be 6 lanes, so 12 swimmers will start together in each heat and the next heat will begin when all the 12 swimmers from the previous heat are finished.

Transition Area

- The transition area will have five entrances/exits that will be clearly marked by large inflatable archways:
 - Swim Finish
 - Bike Start
 - Bike Finish

Run Start

Transition Area Entrance/Exit

- Parents are allowed in the TA to assist kids setting up BEFORE the race starts at 8AM. After 8AM the TA will only be open to kids participating in the triathlon. Once the race is completed, parents will be allowed in the TA to assist kids removing their bikes and supplies.
 - Once you are racing, make sure you come in and out of the transition area through the appropriate inflatable archway. If you're finishing the swim and heading into the transition area to start the bike, make sure you run through the inflatable archway that reads "Swim Finish." The inflatable archway next to that one will be for "Run Start," so you don't want to run through that one. At the other end of the transition area will be the "Bike Start" and "Bike Finish" archways.
 - Once the race starts at 8AM – the only entrance that you will be able to use (unless you've started the race and you're racing) will be the large "Transition Area Entrance & Exit" inflatable. This will allow people to enter and exit the transition area without disrupting the race.
 - All participants will have their own numbered bike slot/space. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number OR place your bike on the ground in front of your rack number. If the number is upside down when you look at it, you're on the wrong side of the rack. This will allow more space between bikes for placing your gear. Each rack accommodates six bikes – three on one side and three on the other side.
 - No bike storage the night before the race.
 - Participants will not be allowed to mount bikes inside the transition area – and will be made to dismount at transition area entrance following the bike segment.
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Bike Information

- Bike course map is available on the Kids For Kids Triathlon webpage and will also be on display at packet pick-up
 - Helmets must be fastened before leaving the transition area.
 - Stay to the right to allow faster cyclists to pass on the left.
 - Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
 - Helmet numbers must be affixed to the front of your cycling helmet.
 - There are plenty of volunteers and police officers along the course
 - Turns will be marked.
 - Volunteers will be at the turns.
 - Clemmons Bike (Bike Tech Support) will be present for pre-race assistance if necessary.
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Run Information

- Run course map is available on the Kids For Kids Triathlon webpage and will also be on display at packet pick-up.
 - The course will be well marked.
 - There will also be plenty of volunteers on the course.
 - You must wear the race number that is provided in FRONT (with the pull tag).
 - Water stations will be located on course
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Post Race Refreshment/Awards

The post race refreshments will be located under the pavilion and the presentation of awards will take place at the stage. We will be providing Granola Bars, Snacks, Chick-fil-A Chips & Cookies, and Fruit for all participants to enjoy. There will also be oranges, bananas, and other snack items along with soft drinks and water. Awards presentation will begin immediately after the last finisher completes the race (estimated to be 10:00 am). You must be present to collect your award, or arrange to have someone pick it up for you. **Awards WILL NOT be mailed out.**

Spectator Information

- Dogs are allowed, just please pick up after them as there are lots of people walking around and no one wants to take home a present on their shoes.
 - There are ample places around the transition area and finish line to see a lot of the event. You will be able to watch the swim, then walk over to the finish line. Please be aware of the event as you walk around. There will be athletes heading out on course and there's nothing worse than a collision with a spectator because people aren't paying attention.
 - There will be Port-A-Johns near the transition area.
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Volunteer Information

We welcome volunteers. If you arrive at the event and wish to volunteer, simply go to the volunteer check in tent. Our staff will let you know where help is needed.

Results

Results will be posted continuously throughout the race on a 47 inch TV. Official results with splits will be posted at: www.jonesracingcompany.com/2026-results.

HAVE A GREAT RACE!