

**YOUTH DIVISION 5-7
Individual
Fact Sheet**



Approximate Distances:
50 meter swim
~1/2 mile bike
1/4 mile run

Packet Pick Up:

Friday, April 26	4:00 PM to 7:00 PM	Sharp Bicycle, Lafayette, 969 Moraga Rd.
Saturday, April 27	6:00 AM to 8:15 AM	Campolindo High School Quad/Transition Area, 300 Moraga Rd.

Check in & Body Marking:	Campolindo High School Quad/Transition Area, 300 Moraga Rd.
	Saturday, April 27 7:45 AM to 8:30 AM

Transition Area: Walking path just outside the Northwest corner of the Soda Aquatics Center.
Opens at **7:30 AM** – 5-7 age group will have their own bike/run transition area.
***one parent will be allowed to assist the athlete in the transition area.**

Must be checked in by **8:30 AM** and inside the Soda Aquatic Center – **READY TO START**. The weather may be cool, so we suggest you wear warm clothing prior to the swim.

Please note the following times and details:

- **8:45 AM:** Youth division will be lined up according to race number. You must start the swim in the designated order. Anyone not in order will be disqualified.
- **8:55 AM:** Final race instructions given to all participants
- **9:00 AM:** Swim Start – 5-7 age group will enter the pool and go every 10 seconds.
- Athletes will start at the east end of the pool, in lane 1 and swim a single length of 50 meters.
- A ladder will be placed at the 25 meter mark if athletes would rather swim the shorter distance. Kickboards will also be allowed if needed.
- Upon completion, participants will exit the Northwest corner of the pool, jog to the Northwest corner of the Soda Aquatics Center, exiting the gate and entering the transition area.
- Inside the transition area, athletes will grab gear and bike and head for the exit. **NOTE: YOU MAY NOT RIDE YOUR BIKE INSIDE THE TRANSITION AREA AND HELMETS MUST BE STRAPPED ON BEFORE EXITING.**
- The bike course takes you through the Campolindo High School hallways and quad area and returns you to the transition area. Remember, you must dismount before entering the transition area.
- Return your bike to the transition area before heading out for the run. Ages 5-7 will run from the transition area up to the football stadium for 3/4 of a lap before reaching the finish line.
- Each youth participant will receive a medal as they cross the finish line. Since this is a recreational triathlon, no awards for placement will be given.

The Town of Moraga, Village Associates Real Estate, Moraga Country Club and our sponsors will host a post race awards ceremony and celebration. Awards will be presented to the top finishers in each category. Celebrate your victory with friends and fellow athletes.