

2023 TOSA YOUTH TRI

Additional FAQs

What is a triathlon?

A triathlon is composed of 3 different sports and 2 transitions. It includes a swim, T1 (transition), a bike, T2 (transition) and a run.

What are the distances for the TOSA YOUTH TRI?

FUN: 4 lengths (100 yards total) swim, 2 mile bike, .62 mile run.

CHALLENGE: 8 lengths (200 yards total) swim, 4 mile bike, 1.25 mile run.

How long will this take me?

As a very rough estimate it will take about 45 minutes to complete the CHALLENGE distance and 25 minutes to finish the FUN distance.

How will I be timed?

Athletes will wear an ankle bracelet containing a timing chip. This chip will mark the start and end times on each part of the race (swim, T1, bike, T2 and run). Only the total time an athlete takes to complete the course will be counted for competition purposes.

What can get me disqualified?

- Un-sportsman-like conduct - You must be respectful of everyone on the course.
- Cutting the course - Please review the map and make sure you know the course route. The CHALLENGE distance bike requires two laps on Menomonee River Parkway. Volunteers will help you if you forget, just ask.
- Pulling yourself along the lane lines during the swim.
- Deck changes - You may put clothes over your swimsuit, but you may not take your suit off on the pool deck. Athletes are allowed access to the bathroom to change.
- Not wearing your helmet when on your bike.
- Not riding single file on the bike course.
- Not keeping 2 bikes length distance between you and the bike in front of you.
- Not wearing your race bib during the run or bike.
- Wearing headphones.
- Bringing glass on the course.
- Throwing trash or clothing during the course.
- Having a spectator with you on the course.

Can I get a general run down of this event?

Thursday, August 10

You will receive an e-mail notifying you of your wave, or when you will start your event.

Friday, August 11, 8am-8pm

- Come to the Grand Hall at TOSA Pool between 8am and 8pm to pick up your swag bag with event information. A guardian must be present with guardian's ID or the athlete's USAT membership card.
- Athletes must be present at packet pick-up. Athletes cannot pick up packets for friends.
- Athletes will receive a race T-shirt, a numbered bib with matching stickers for their bike and helmet and a TOSA Youth Tri BAG. Please attach the bib to the FRONT of the T-shirt and take the stickers home to place on your bike and helmet. Your athlete will also receive race "tattoos" with bib number and age on their arms and legs. This is so that it's easier to see your number as you are participating.
- DO NOT bring your bicycle and helmet until check in on Saturday, August 12.

Saturday, August 12

Pre-Race

- You will show up about 30 minutes prior to your wave with your TOSA YOUTH TRI bag filled with the items you will need for the day and go to athlete check in. Some items you may want to include are goggles, TOSA Youth Tri t-shirt with bib attached, shorts, towel, socks, tennis shoes and water bottle. Everything must fit in your bag.
- You will then gather in the Participant Wave Area in your wave group, to wait for your wave. At that time a volunteer will talk to you about the day and give you a pep talk!
- You will also have the option of warming-up in the pool's slide plunge area.

Swim

- You will be directed to an empty lane. Drop your TOSA YOUTH TRI bag off on the chair behind your lane near the swim start.
- Your start time is recorded as you cross into the lap lanes area.
- You'll drop down into the water (NO DIVING) when you're ready to swim.
- You may do any stroke you choose.
- If you need to catch your breath you may hang on the lane lines or the end of the pool.
- You may not make forward progress while holding on the lane lines or you may be disqualified.
- FUN participants will complete 4 lengths (100 yards total) of the pool.
- CHALLENGE participants will complete 8 lengths (200 yards total) of the pool.
- Once finished, you'll get out of the pool. You'll then walk with your bag towards transition.
- Parent or guardian: please hold on to your athlete's bike on the grassy area behind the chairs while you watch the swim. Move over to the transition area (T1) by the shade umbrellas while they put on their shoes and shirts. Hand the bike to your athlete and take their bag as they head out the gate towards the bridge to complete the bike leg.

T1

- You can find a seat on which to change or use the restrooms or pool changing area.

- You may not take your swimsuit off while on the pool deck. This is an automatic DQ.
- When you're done changing, place all items back into your bag and meet your guardian who is holding your bike.
- Before you leave T1 you must have on your TOSA YOUTH TRI t-shirt or another shirt with bib attached, and helmet.
- Part of T1 includes a walk over the bridge. You are not allowed to get on your bike until you reach the road on the parkway - where you will see the MOUNT signs.

Bike

- You will hop on your bike at the MOUNT sign and carefully merge with other riders on the parkway.
- FUN participants will complete one lap and the CHALLENGE participants will complete two laps.
- At the end of the first lap, CHALLENGE bikers will move to the left lane to bypass the exit.
- All bikers will stay in the right lane at the end of their final lap to exit off the bike course.
- Remember, stay right and keep 2 bike lengths between you and the person in front of you.
- If you are ready to pass someone, pass on their left. Announce: "On your left."

T2

- Dismount your bike at the end of your last lap.
- Walk your bike over the bridge and return it to the bike racks provided outside of the fenced area.
- A volunteer may help athletes return their bikes.

Run

- The run starts in front of the concession stand and exits out the main gate from the pool.
- The run will take place on the sidewalk and runners will stay to their LEFT.
- The bridge at Swan Boulevard is quite narrow, so please be mindful of your foot positioning and the other runners.
- The run will have two turnarounds, depending on whether you are a FUN or CHALLENGE participant. See the map for these locations.
- You may walk if you do not feel up to running. After you turn around you will take the same route back to The Landing, where you will celebrate your finish!

Finish

- After you finish your event you may join your guardian to collect your bike and TOSA YOUTH TRI bag. This is a USAT rule. Any attempt to collect your bike beforehand may result in a DQ.
- A volunteer will check that your bib matches your bike number prior to letting you leave transition with your bike, so please keep your bib on.

Medals will be given out at the end of the race for the top 3 participants in each age and gender category for the CHALLENGE event. There are no medals for the FUN event.

Will the triathlon be cancelled?

- The triathlon will take place rain or shine. Thunder, lightning or heavy rain could cancel the event. In the event that severe weather or other conditions alter the race start, the decision will be posted at the event website, www.tosayouthtri.com, and announced at the TOSA Pool at Hoyt Park.
- No refunds will be given.

Where can spectators watch?

- During the swim there is a designated spectator area. Please reference the map for this location.
- It will be difficult to watch your athlete during the bike and run portion so we are encouraging adults to wait at The Landing until your athlete finishes.
- Athletes may be disqualified if a spectator joins them on the race course.

Will I get photos?

There will be photographers capturing photos during the race. A link to these photos will be posted on the TOSA Youth Tri website after the event.