

IMPORTANT TOSA YOUTH TRI INFORMATION

PLEASE READ NOW

RACE PACKET CHECKLIST

Take a moment to look through your bag and make sure you have everything you need:

- An event t-shirt
- A numbered bib with 4 safety pins
- Matching number stickers for your bike and helmet

Please be sure that all information on your bib is correct.

ATTENTION ATHLETES

Most athletes wear their event t-shirt for the race. This is not required, but your bib **MUST** be displayed on the front of your top layer of clothing during the bike and run.

Check that your bike's brakes are in working order. Be sure the handlebars are plugged (not open). If needed, use coins and duct tape to cover the end of the handle bars.

After the race, you need your athlete's bib to retrieve your bike from transition. Please keep the bike off the course until everyone is finished.

EVENT DAY CHECKLIST

- Wear your swim suit to the event.
- Bring your goggles.
- A swim cap is optional.
- Bring your bike and helmet.

Bring your numbered bag that contains:

- your shirt with attached bib
- your shoes
- shorts/pants are optional
- socks are optional
- a small towel is optional

EVERYTHING MUST FIT IN YOUR BAG

ATTENTION PARENTS

Please hold onto your athlete's bike on the grassy area behind the chairs while you watch the swim. Move toward the starting blocks with their bike. Hand them the bike as they exit the pool area, then head to The Landing to wait for their big finish.

Please note: Parents of CHALLENGE athletes are not allowed to give assistance in the transition. This is a USAT rule. Please let us know in advance if your athlete needs other accommodations.

If you'd like to watch your athlete on the bike portion of the course, please use the bridge on Swan Blvd to cross over to the Parkway.

A SPECIAL THANKS TO OUR SPONSORS



JUST TRI IT

Friends of Hoyt Park & Pool

2024

GENERAL INFORMATION

DATE: Saturday, August 10th

PLACE: TOSA POOL AT HOYT PARK

PARKING: Hoyt Park parking lot, 90th St, 91st St,

NOTE: The Parkway, from Swan Blvd to Church St. will be closed to traffic for the event.

APPROXIMATE WARM UP TIMES

Enter the pool area through the west gate, closest to the parking lot.

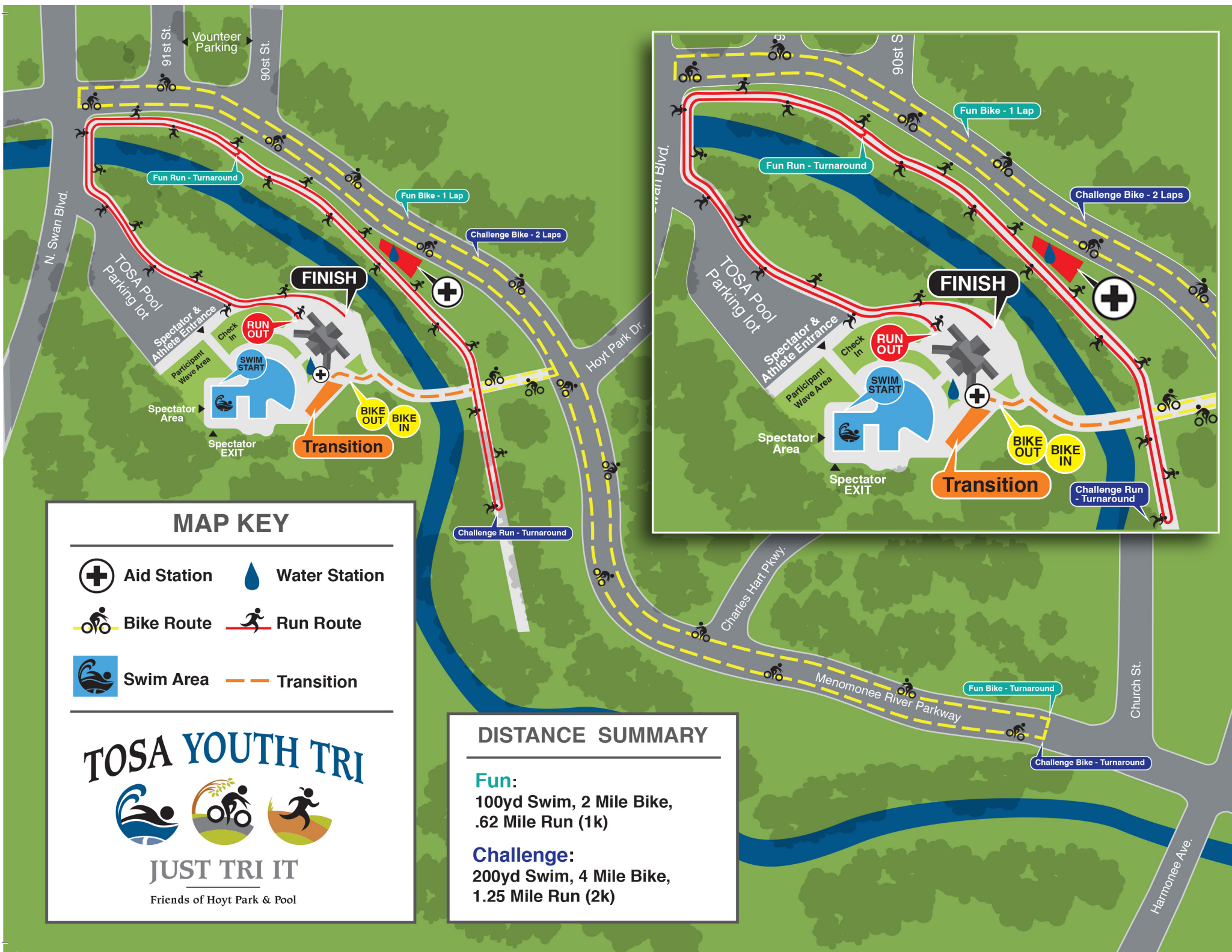
Please arrive 5 minutes before your warm up.

FUN Age 9:	8:15 am
FUN Age 10:	8:30 am
FUN Age 11:	9:00 am
FUN Age 12-15:	9:15 am
TEAM SURVIVOR	9:30 am







CHALLENGE Age 9 - 10:	9:45 am
CHALLENGE Age 11:	10:00 am
CHALLENGE Age 12:	10:15 am
CHALLENGE Age 13:	10:30 am
CHALLENGE Age 14-17:	10:45 am

ARRIVE PROMPTLY!

You will receive an ankle timer at the information booth, a quick course talk and then have a few minutes to warm up in the pool.



MAP KEY

-  Aid Station
-  Water Station
-  Bike Route
-  Run Route
-  Swim Area
-  Transition

TOSA YOUTH TRI



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DISTANCE SUMMARY

Fun:
 100yd Swim, 2 Mile Bike,
 .62 Mile Run (1k)

Challenge:
 200yd Swim, 4 Mile Bike,
 1.25 Mile Run (2k)