



**Saturday, July 26th
Paradise Park
Chisago City, MN**

Welcome to Chisago Lakes Kids Triathlon!

We are thrilled to extend a warm welcome to all of you joining us for Chisago Lakes Kids Triathlon! This event promises to be an exciting and memorable experience for everyone involved, and we're grateful for your participation.

Huge thanks to all the volunteers who helped to make this event happen. Be sure to thank them when you see them on race day!

This guide contains lots of great information about race day. Please be sure to read it thoroughly before you arrive. It should answer many questions you may have.

We are excited to be presenting Chisago Lakes Kids Triathlon to you and your children. We wish everyone a safe and fun race!

See you Saturday, July 26th at Paradise Park!

Mandy & Bill Hansel
Storm Sporting Events



Chisago Lakes Kids Triathlon

Schedule of Events

Time	Event	Location
7:00 AM	Transition opens	Paradise Park
7:00 AM	Packet pick up opens	Paradise Park
7:45 AM	Transition and packet pick up close	Paradise Park
7:50 AM	Mandatory athlete meeting	Paradise Park
8:00 AM	First swim wave	Paradise Park Beach
10:00 AM or when last kid finishes	Award Ceremony	Paradise Park

Chisago Lakes Kids Triathlon

Swim Wave Schedule

Wave	Approximate Swim Start Time	Distance	Age Group	Swim Cap Color
1	8:00 AM	25 Yards - 1 Length	5-6 Males	Orange
2	8:05 AM	25 Yards - 1 Length	5-6 Females	Orange
3	8:10 AM	50 Yards - 2 Lengths	7-8 Females	Red
4	8:15 AM	50 Yards - 2 Lengths	7-8 Males	Red
5	8:20 AM	100 Yards - 4 Lengths	9-10 Males	Yellow
6	8:25 AM	100 Yards - 4 Lengths	9-10 Females	Yellow
7	8:30 AM	200 Yards - 6 Lengths	11-12 Males	Green
8	8:35 AM	200 Yards - 6 Lengths	11-12 Females	Green

Chisago Lakes Kids Triathlon Frequently Asked Questions

- No flotation devices of any kind may be used during the swim (5– 7 years old, will have the option to use life vests, but will not be eligible for age group awards. Please let the volunteers know when you pick up your packet that you will be using a vest.)
- No artificial propulsive devices such as fins, paddles, or gloves may be used.
- Goggles or face masks may be worn but are not required.
- Swimmers must wear the assigned swim cap throughout the swim. Please have your race number written in the designated # box with permanent marker.
- No riding bicycles in transition. Participants must walk or run with their bicycles and may not mount until out of transition and in the designated mount zone.
- Bicycles must be road-worthy and in safe operating condition. Only standard drop, straight, or curved handlebars are allowed. All handlebars ends shall be solidly plugged.
- Cyclists aged 7 and under are allowed to utilize training wheels on their bikes.
- Cyclists must wear a helmet approved by the US Consumer Product Safety Commission for road cyclists age 5 and older.
- The helmet must be securely fastened prior to mounting the bicycle and at all times while riding the bicycle. The helmet may not be unfastened and removed until the participant has completely dismounted.
- Cyclists shall ride in a safe manner, which includes:
 - 1 – Riding on the right hand side of the course
 - 2 – Riding no closer than two bike lengths distance behind a leading cyclist.
 - 3 – Passing is allowed when there is no oncoming cyclist and is safe for all athletes.
 - 4 – Riding in a straight line without swerving, or blocking the forward progress of other cyclists.

Chisago Lakes Kids Triathlon Frequently Asked Questions Continued

- Unsportsmanlike conduct on the part of the participants or their parents and supporters will not be allowed. Participants must treat others with courtesy and respect. No rude, abusive, or discourteous language or behavior will be tolerated.
- No unauthorized assistance of any kind is allowed. Parents or other non-participants may not run or ride a bicycle with participants, nor may they provide participants any food, fluid, or equipment aid during competition.
- Race numbers must be displayed at all times. Swimmers must be clearly body and swim cap-marked, cyclists must display their bike numbers, and runners must wear their bib numbers.

Chisago Lakes Kids Triathlon Race Distances by event and age group

Racing Age	Swim Distance in Yards	Racing Age	Bike Distance in Miles	Racing Age	Run Distance in Miles
5-6	25	5-6	0.36	5-6	0.15
7-8	50	7-8	1.00	7-8	0.30
9-10	100	9-10	1.32	9-10	0.50
11-12	150	11-12	2.00	11-12	0.80

Chisago Lakes Kids Triathlon

Turn around signs

Orange



5-6 year olds

RED



7-8 year olds

Yellow



9-10 year olds

Green



11-12 year olds

Chisago Lakes Kids Triathlon

Timing, Results and Awards

TIMING:

Athletes will receive timing results by using a chip timing strap, received at packet pick-up. The chip timing strap must be secured for the duration of the event in order to get a final result time and be eligible for age group awards. Replacement fees for lost or stolen chips are the sole responsibility of the registered athlete.

RESULTS:

Preliminary results will be available post-race and on site at the timing tent. Official results will be posted online post-race.

AWARDS:

Athletes are eligible for age group awards in their category by way of preliminary results on race day. The award ceremony will take place as soon as the last finisher crosses the finish line.

Note: Any 5-7 year old athlete who chooses to use flotation assistance in the swim (i.e. life vests) will be ineligible for age group awards.

Chisago Lakes Kids Triathlon Results and Photos



Scan the QR code or visit website
below to see results and photos

<https://www.stormsportingevents.org/results>

Chisago Lakes Kids Triathlon Bike and Run Maps



Scan the QR code or visit website
below to see route maps

<https://runsignup.com/Race/MN/ChisagoCity/ChisagoLakesTri>

Chisago Lakes Kids Triathlon

Thanks to all of our sponsors!



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