



GRANDE PRAIRIE TRIATHLON

KIDS OF STEEL

**ATHLETE PRE-RACE
BRIEFING**

Kid's Triathlon Categories

	5 & UNDER 	6 – 7 YEARS 	8 – 9 YEARS 	10 – 11 YEARS 	12 – 13 YEARS
SWIM DISTANCES	25 M	50 M	100 M	200 M	300 M
BIKE DISTANCES	 1 KM	 1.5 KM	 3 KM	 5 KM (1 Loop)	 10 KM (2 Loops)
RUN DISTANCES	 0.5 KM	 0.5 KM	 1 KM	 2 KM	 3 KM

6A KOS 5 & Under Start

25 M

6B KOS 6 & 7 Start

50 M

6C KOS 8 & 9 Start

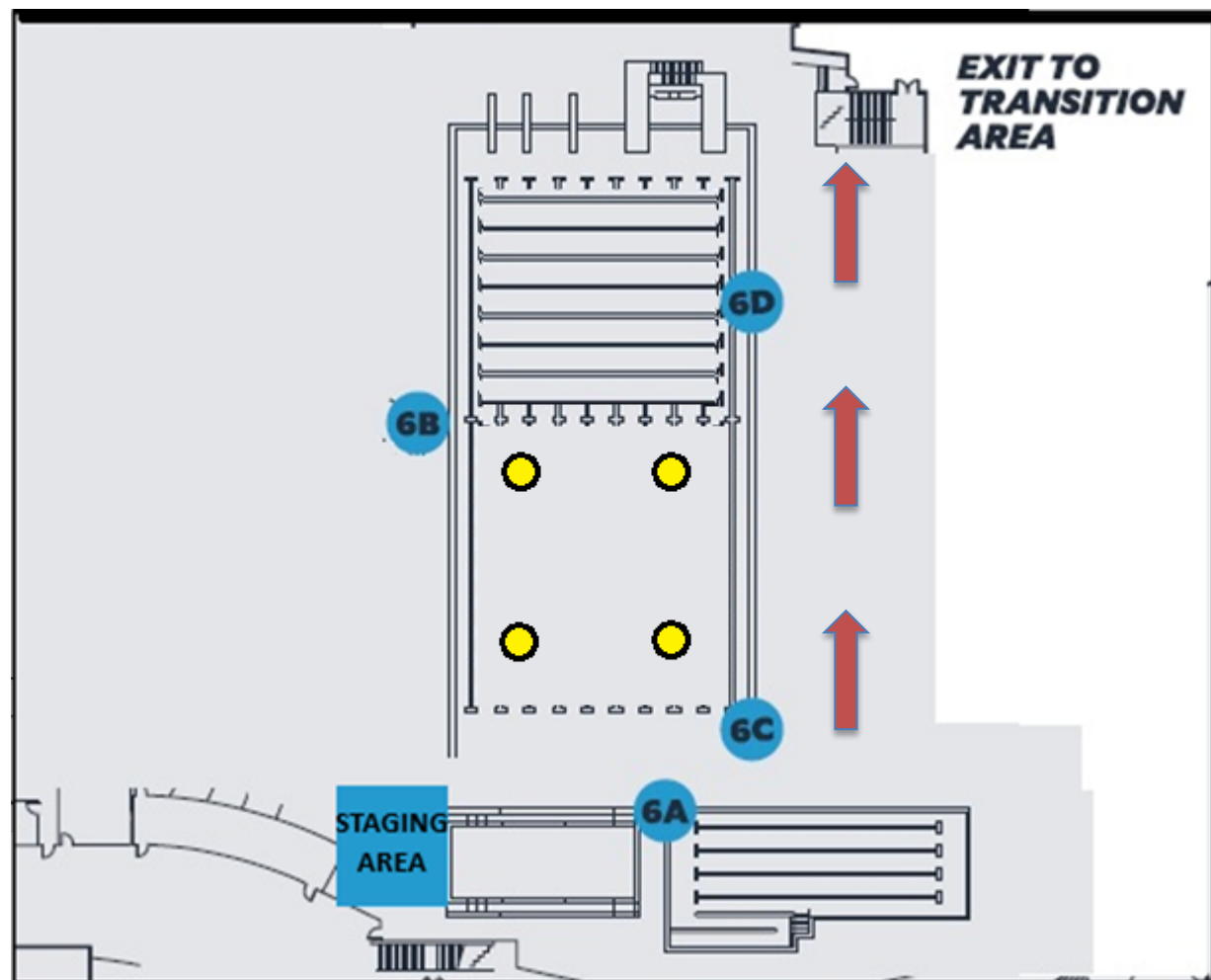
100 M

6D KOS 10 & 11

200 M 4 LAPS

6D KOS 12 & 13

300 M 6 LAPS



	5 & UNDER ☺	6 – 7 YEARS ▲	8 – 9 YEARS ●	10 – 11 YEARS ■	12 – 13 YEARS
SWIM DISTANCES	25 M	50 M	100 M	200 M	300 M

SWIM

RACE CATEGORY	SWIM
5 Years & Under	25 m

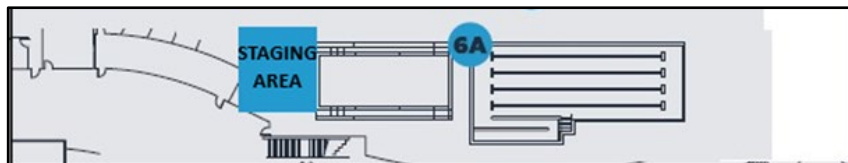
COURSE

25 M Pool – 1 length

STAGING

Stage near the FlowRider

Line up in numerical order



POOL RULES

No jumping or diving

Wait to be told GO - Rolling Start

1 Parent allowed on deck – Pink wristband

Follow the **Swim Marshals Instructions** on deck

SWIM

	6 – 7 YEARS 	8 – 9 YEARS 
SWIM DISTANCES	50 M	100 M

COURSE

50 M Pool – open water swim

STAGING

Stage near the FlowRider

Find your Age Category Sign

Line up in numerical order

POOL RULES

No jumping or diving

Wait to be told GO - Rolling Start

TRANSITION

Exit via the northeast door (by the diving board)

Follow Volunteers

Only 1 parent is allowed in transition for athletes 7 & under

No spectators allowed on the pool deck

Lifejackets may be provided at lifeguard discretion for child safety

SWIM

	10 – 11 YEARS 	12 – 13 YEARS
SWIM DISTANCES	200 M	300 M
LAPS	4	6

COURSE

Pool length: 25 m

1 lap = 2 lengths (touch both walls)

Flutter board indicates 1 lap remaining

STAGING

Stage near the FlowRider

Line up in numerical order

Swim caps provided on deck (mandatory)

POOL RULES

No jumping or diving

Wait to be told GO - Rolling Start

Maximum 4 athletes per lane

TRANSITION

Exit via the northeast door (by the diving board)

Proceed to the Transition Area on the north side of Ring Road

Follow the **Swim Marshals Instructions on deck**

TRANSITION AREA #1 – Swim to Bike



- Exit the pool and head **directly to your bike rack**
- Place **goggles and swim cap neatly** beside your bike
- **Helmet must be on and buckled** before touching your bike
- Cross the **Mount Line before** getting on your bike
- Exit the transition area with your bike and proceed onto the road

TRANSITION AREA



RECOVERY ROW

FINISH

5

4

TO RUN
ROUTE



2

TO BIKE ROUTE



BIKE
RACKS

1



ENTER INTO TRANSITION
AREA FROM POOL

1



BIKE

	5 & UNDER 	6 – 7 YEARS 	8 – 9 YEARS 	10 – 11 YEARS 	12 – 13 YEARS
BIKE DISTANCES	 1 KM	 1.5 KM	 3 KM	 5 KM (1 Loop)	 10 KM (2 Loops)

- 1 Loop = **Eastlink -> Poplar Dr -> Eastlink**
- **Closed course** on 68th – watch for uneven pavement
- Ride East on the south side, return West on the north side
- Turn-around point is at Poplar Drive
- **No drafting** - stay to the left
- Mount **AFTER** the mount line
 - At least one foot must touch the ground after crossing the line
- Dismount **BEFORE** the dismount line
 - One foot must touch the ground before the line
- Pay attention to bike marshals, volunteers and surroundings

YOU ARE RESPONSIBLE TO COUNT YOUR OWN LOOPS!

BIKE

GRANDE PRAIRIE TRIATHLON KIDS OF STEEL

JULY 12, 2026

TRANSITION
AREA

ENTER INTO
TRANSITION
AREA FROM
POOL



BIKE
RACKS



+
RECOVERY ROW

TRANSITION AREA

68 AVE.

KATERI DR.

100 ST.

68 AVE.

BIKE LOOP

5 & UNDER



6 - 7 YEARS



8 - 9 YEARS



10 - 11 YEARS



12 - 13 YEARS

SWIM DISTANCES

25 M

50 M

100 M

200 M

300 M

BIKE DISTANCES

Ⓐ 1 KM

Ⓑ 1.5 KM

Ⓒ 3 KM

Ⓓ 5 KM (1 Loop)

Ⓓ 10 KM (2 Loops)

RUN DISTANCES

① 0.5 KM

① 0.5 KM

② 1 KM

③ 2 KM

④ 3 KM

TRANSITION AREA #2 – Bike to Run

- **Dismount** at the **Dismount Line** – you **must be off your bike** before crossing
- Walk your bike to your designated **bike rack spot**
- **Rack your bike** before removing your helmet
- Place your helmet and any other gear (bike shoes, etc.) **neatly by your bike**
- **Exit transition** and begin your **run**

RUN

	5 & UNDER 	6 – 7 YEARS 	8 – 9 YEARS 	10 – 11 YEARS 	12 – 13 YEARS
RUN DISTANCES	 0.5 KM	 0.5 KM	 1 KM	 2 KM	 3 KM

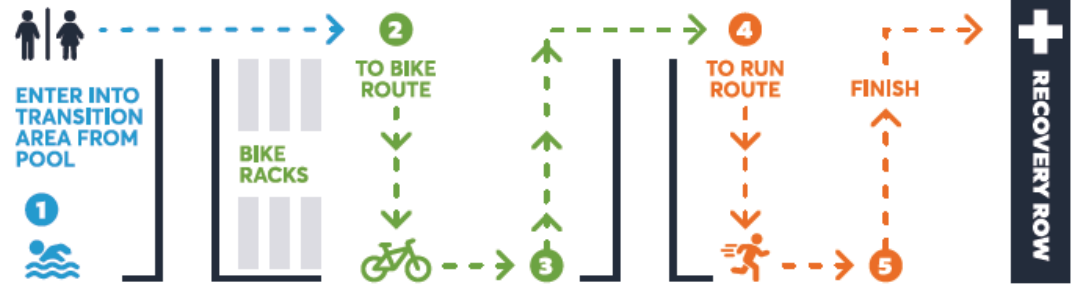
- Follow the **paved trail system in Muskoseepi Park**
- **Turnaround points** will be clearly marked
- **Water & Aid Stations** available at **3K** turnaround
- This is an **open course** – be aware of **public and pets** on the trail
- Use **proper running etiquette** – call out "**passing on your left**"

RUN

GRANDE PRAIRIE TRIATHLON KIDS OF STEEL

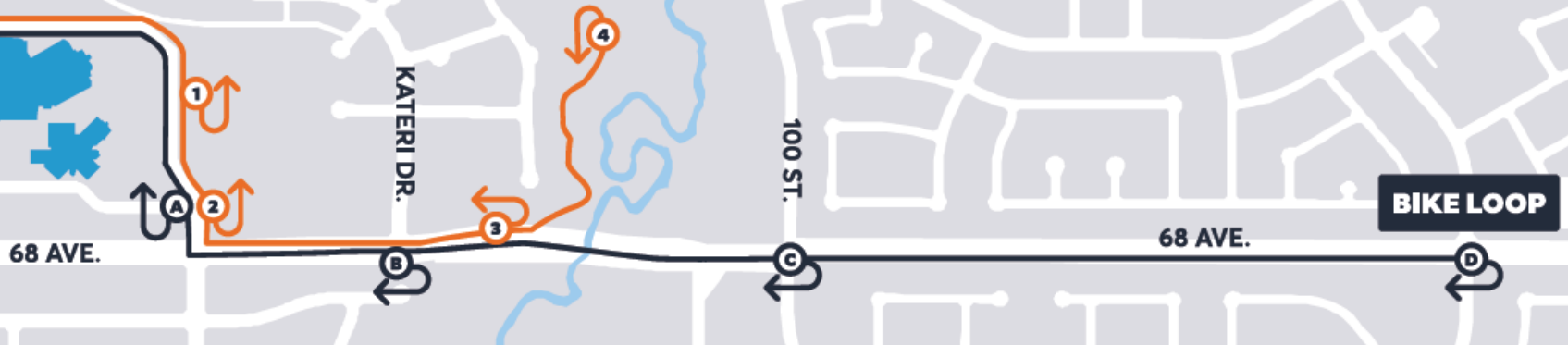
JULY 12, 2026

TRANSITION
AREA



+ RECOVERY ROW

TRANSITION AREA



	5 & UNDER 😊	6 – 7 YEARS ▲	8 – 9 YEARS ●	10 – 11 YEARS ■	12 – 13 YEARS
SWIM DISTANCES	25 M	50 M	100 M	200 M	300 M
BIKE DISTANCES	Ⓐ 1 KM	Ⓑ 1.5 KM	Ⓒ 3 KM	Ⓓ 5 KM (1 Loop)	Ⓓ 10 KM (2 Loops)
RUN DISTANCES	① 0.5 KM	① 0.5 KM	② 1 KM	③ 2 KM	④ 3 KM

THINGS TO REMEMBER

🚫 **No jumping or diving** into the water

➤ Wait for the **official** to start you

🔄 **Lap Counters** will be present, but...

➤ **YOU are responsible for counting your own laps**

✅ **Bike laps** will be verified at the turnaround point

⚠️ **Safety First!**

➤ Call out “**on your left**” when passing

➤ **Listen** to instructions from **Marshals**

🚻 **Washrooms** are located in the **transition area**

💧 **Water stations** are available on course – **stay hydrated!**

👏 It takes a **team of volunteers** to keep you safe

➤ **Please thank them** for helping make this event possible!

Thank you on behalf of the Race Directors,
Officials and the organizing committee.

Good Luck & Have Fun!