

What are the race distances?

KIDS OF STEEL TRIATHLON CATEGORIES

RACE CATEGORY	SWIM	BIKE	RUN
5 Years & Under	25 m	1 km	0.5 km
6 – 7 Years	50 m	1.5 km	0.5 km
8 – 9 Years	100 m	3 km	1 km
10 – 11 Years	200 m	5 km	2 km
12 – 13 Years	300 m	10 km	3 km

How do age categories work?

- Kids of Steel Age categories are calculated based on how old the participants are on December 31, 2026. It is not the age of the child on race day.

What does my child need to participate?

- Kids of Steel need the following to participate:
 - Bicycle (road bike or mountain bike), tricycle to strider. (Scooters are not permitted for the bike portion of the race.)
 - Properly fitted bike helmet with functioning chin strap.
 - Goggles (optional).
 - Swimsuit, shorts and shirt.
 - Running shoes (no sandals or cros).

What are the rules for the swim portion of the event?

- Kids of Steel athletes can use the swimming stroke they are most comfortable with.
- Volunteers will be in the water with the younger Kids of Steel to offer support if needed.
- Kids of Steel can wear life jackets.
- Parents are allowed to swim with their children for the 5 Years & Under age category only.

Are parents allowed in transition?

- Parents can help set up their child's gear in the transition area before the race start.
- Only athletes and volunteers are permitted in the transition zone during the race.
- One parent is allowed in transition for the 5 Years & Under and 6 – 7 age groups only.
- Triathlon volunteers will assist athletes where required.