

**YOUTH DIVISION 5-7  
Individual  
Fact Sheet**



**Approximate Distances:**

**50 meter swim  
~1/2 mile bike  
1/4 mile run**

**Packet Pick Up:**

Friday, April 21	<b>4:00 PM to 7:00 PM</b>	Sharp Bicycle, 969 Moraga Rd, Lafayette, CA 94549
Saturday, April 22	<b>6:00 AM to 8:15 AM</b>	Campolindo High School Quad/Transition Area, 300 Moraga Rd.

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<b>Check in &amp; Body Marking:</b>	Campolindo High School Quad/Transition Area, 300 Moraga Rd. Saturday, April 22	<b>7:45 AM to 8:30 AM</b>
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**Transition Area:** Walking path just outside the Northwest corner of the Soda Aquatics Center  
Opens at **7:30 AM** – 5-7 age group will have their own bike/run transition area.  
**\*one parent will be allowed to assist the athlete in the transition area.**

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Must be checked in by **8:30 AM** and inside the Soda Aquatic Center – **READY TO START**. The weather may be cool, so we suggest you wear warm clothing prior to the swim.

**Please note the following times and details:**

- **8:45 AM:** Youth division will be lined up according to race number. You must start the swim in the designated order. Anyone not in order will be disqualified.
- **8:55 AM:** Final race instructions given to all participants
- **~9:15 AM: Swim Start – 5-7 age group will enter the pool and go every 10 seconds**
- Athletes will start at the east end of the pool, in lane 1 and swim a single length of 50 meters.
- Kickboards will be allowed if needed, bring your own.
- Upon completion, participants will exit the Northwest corner of the pool, jog to the Northwest corner of the Soda Aquatics Center, exiting the gate and entering the transition area.
- Inside the transition area, athletes will grab gear and bike and head for the exit. **NOTE: YOU MAY NOT RIDE YOUR BIKE INSIDE THE TRANSITION AREA AND HELMETS MUST BE STRAPPED ON BEFORE EXITING.**
- The bike course takes you through the Campolindo High School hallways and quad area and returns you to the transition area. Remember, you must dismount before entering the transition area.
- Return your bike to the transition area before heading out for the run. Ages 5-7 will run from the transition area up to the football stadium for 3/4 of a lap before reaching the finish line.
- **Each youth participant will receive a finisher medal as they cross the finish line. SINCE THIS IS A RECREATIONAL TRIATHLON, NO AWARDS FOR PLACEMENT WILL BE GIVEN.**

The Town of Moraga and our sponsors will host a post race awards ceremony and celebration. Awards will be presented to the top finishers in each Adult/Student/Relay Division. Celebrate your victory with friends and fellow athletes.