



# ATHLETE



# INFORMATION GUIDE



# JUST TRI IT!

ST. JOHNS COUNTY PARKS & RECREATION KIDS' TRIATHLON 2026

## April 26, 2026

**We understand this is a lot of information, but please take the time to read and it will tell you everything you need to know.**

***You'll be glad you did!***



Dear Triathletes,

Welcome to the St. Johns County Parks & Recreation Youth Triathlon! We are excited to host this event and are thrilled that you have chosen to be a part of this experience. Your participation helps make this a fun, energetic, and meaningful event for our entire community.

At St. Johns County Parks & Recreation, our mission is to enhance the quality of life for residents by providing accessible, inclusive, and engaging recreational opportunities. We are committed to creating programs that promote healthy living, encourage youth development, and foster a strong sense of community connection. Events like this triathlon bring people together through fitness, teamwork, and fun. They provide young athletes with the opportunity to challenge themselves, build confidence, and develop lifelong healthy habits. We are proud to offer programs that are welcoming to participants of all abilities and backgrounds.

This event is made possible in large part through the fundraising efforts of the St. Johns County Parks Foundation, whose continued support helps expand recreational opportunities and enhance programs for our community. We are grateful for their partnership and commitment to investing in the health and well-being of our residents.

Your involvement supports not only this event, but also the broader efforts of our department to expand recreational programming, improve facilities, and create opportunities for individuals and families across St. Johns County. We hope this experience is both rewarding and memorable for you and your family. Thank you for being part of this event. We wish you the best of luck on race day and hope you enjoy every moment!

Sincerely,



Tess Simpson  
*Community Program Manager*  
[Parks & Recreation](#)  
St. Johns County Board of County Commissioners  
2175 Mizell Road, St. Augustine FL 32080  
904-209-0375 | [www.sjcf.us/recreation](http://www.sjcf.us/recreation)



# 2026 Just Tri It Kids Triathlon

WELCOME...WELCOME...WELCOME!



**Event Location:** *Solomon Calhoun Community Center  
1300 Duval Street, St. Augustine, FL 32084*

*Free Parking will be available to all participants, spectators, and volunteers*

## **Sunday – Race Day:**

- Date: **Sunday, April 26, 2026**
- 6:30 AM **Packet pick-up and Bike check-in OPENS**
- 7:30 AM **Packet Pick-up CLOSSES - ARRIVE EARLY!**
- 7:45 AM **Bike Transition Closes**
  - **Pre-Race Meeting**
  - **National Anthem**
- 8:00 AM **1<sup>st</sup> Swim Wave Starts**
- 9:30 AM\* **Age 12-14 Awards Ceremony**
- 10:00 AM\* **Age 9-11 Awards Ceremony**
- 10:30 AM\* **Age 5-8 Awards Ceremony**
- 10:30 AM\* **Roads Re-Open to Traffic**

*\*Approximate*

### **Road Closures:**

All roads closest to the facility will be closed at **7:45 AM** – please do not be late!

Parking and Access Roads will open as soon as the last child is off the Bike Course. **NO SOONER!**

**See Parking Map Below**

## IMPORTANT RACE INFORMATION:

Remember, although this triathlon is USAT (USA-Triathlon) certified, this is meant to be FUN. Your times will be recorded, but for most of you winning should not be the ultimate goal – finishing should be. As you participate in this triathlon in years to come, you will be able to measure your success. Enjoy the experience and excitement of something new and encourage your fellow triathletes as you see them on the course. USAT rules, regulations, and safety procedures will be in force for this event. **Please note that Division and Age Group are determined by the year the youngster was born, not their age on date of event.**

### **Your Start Time is based on your Age Group:**

However, each participant will be timed separately based on their start and finish time – times are tracked automatically. We will start the Older Kids Race - Age 12-14 (**BORN 2012 – 2014**) first (usually with 10-15 seconds separation between kids). There will be a short break while we transition from the longer course to the shorter course for the next group. The next wave will be the Kids Age 9-11 (**BORN 2015-2017**), followed by the youngest Kids – Age 5-8 (**BORN 2018-2021**). The last wave is the Tri4Fun Category, where Parents can participate with their children. They use the short course and are not timed or scored. Remember, the swim is the first part of the race. Keep in mind that each participant is timed separately (based on their start time) so the order in which they finish has nothing to do with their place of finish. The time in which they complete the entire course is their individual time.

## What Should I Eat & Drink?

While there is no one meal that will magically make you go faster on Race Day, it is very important to eat (and drink) smart on Saturday and Sunday before you race.

First and foremost, **STAY HYDRATED**. It is expected to be around 63 early Sunday morning but it will climb fast to about 80 by the end of the race, and you do not want to get dehydrated. Stay away from sodas and focus on water. This goes for all day Saturday and Sunday morning before you race. Sports drinks are also good (though water is the original sports drink).

## Race Day!

**DO NOT BE LATE** (remember, you need time to park, **WALK** from main parking lot to Race Village and get set-up in the transition area – so plan to be early!) You also **MUST** have all your equipment in the transition area **no later than 7:45 a.m.**

**Parking:** Parking for everyone will be in the main parking lot of the Community Center off Duval. Volunteers & parking signs will be there to help guide you.

**Wristbands:** Make sure your child has put on their wristband. This is for the safety and welfare of your child and there will be no exceptions.... ***Parent, the person picking up the child at the end of the race MUST have the matching wristband to pick up your child!***

***Dress Warm in the Morning!*** Expected Temps to be around 63 at Start of Race. It's not freezing, but it can get cold if you're only wearing a swimsuit. Wear something to stay warm prior to the race. It will warm up quickly, but don't let your child get cold in the morning. They can drop clothes prior to the lineup. Bring a bag!

### **Race Bib/Number:**

Every participant is assigned a number automatically by our registration system. When you collect your race packet at registration on Sunday morning, you will receive this number – it's called a race bib. This is the same number that is to be marked on your body (see Body Marking below). The bib **NEEDS** to be attached to the (we will give you pins to attach them) to the **FRONT** of your child's shirt (or whatever they will put on after their swim). Please attach this for them during set-up. Bib numbers must be worn on the **FRONT** of the athlete during the run portion of the event.

### **Body Marking:**

In triathlons, each participant is marked (with Sharpies) with their bib number (see Race Number above) on their arms and legs. This will be done starting at 6:30 a.m. Sunday. As soon as you arrive, you will proceed to body marking on your way to the transition (bike rack) area in order to be permitted into the transition area.

### **RFID Chip Timing:**

This race will be timed using the RFID timing method. As most of you are new to triathlons, let us explain what this means. Each participant will be issued a chip that matches your bib number (the number you put on your shirt). This chip (which will be strapped to your LEFT ANKLE) will track the participant on each course and actually record separate swim, bike and run times.

All athletes will have your **Disposable Timing Chip** included in your Race Envelope. Simply remove the small tab at the end of the strap to reveal the adhesive. *Make sure to leave 2 fingers of space between the strap and your leg to avoid chaffing.* DO NOT REMOVE THE FOAM PIECES ON THE STRAP. Chips DO NOT need to be returned at the end of the event!

***NOTE: You will be required to have your race number (Bib number) with you in order to get body marked. Make sure you bring your Bib number with you on race morning.***

### **Bike/Run Transition Area:**

The transition area is located in the parking lot next to the pool area. This is where the bike racks are and where you will place your bike and run gear (shoes, helmets, etc.).

- Only participants will be allowed in the transition area. **Parents are NOT ALLOWED in the transition area.** We will have plenty of volunteers available to help your child with their bike and equipment.
- The transition area will have an entrance and an exit. You will enter from one side after the swim and from the other side after the bike.
- All participants will have their own numbered bike rack. Find your numbered bike rack and then find an open space on that rack. Place your bike on/under the rack. There is space between bikes for placing your gear. Each rack is designed to hold up to 6 bikes.
- Participants will not be allowed to ride bikes inside the transition area. This is for everyone's safety.
- **Helmets are required for ALL participants.** No kids will be able to start without a helmet. **NO EXCEPTIONS!** There will be a LIMITED number of helmets for youngsters that do not have one this year. These are offered on a first come/first serve basis at packet pickup. Don't count on it.

**Pre-Race Instructions/Meeting:** There is a meeting at 7:45 a.m. at the Main Registration Tent area. **All participants** (and available parents) need to attend this meeting, as we will review safety, the course, the finish area, rules, and how to have fun! Any last minute changes will be announced during this meeting.

**COURSE MAPS ARE AVAILABLE ON THE RACE WEBSITE AT:**

**<https://drcsports.com/race/just-tri-it-kids-triathlon>**

**The Swim:**

- Swimmers **MUST** enter the water feet first. **NO DIVING** is allowed.
- Be prepared to line up outside the Building for the swim start a minimum of 15 minutes before your specified starting time.
- Participants will go off individually in 5 to 8 second increments.
- The swim will be a “snake” swim through which each kid will swim a 25-yard lap, touch the end of the pool, then duck under the lane line and start their next lap.
- Participants may wear swim clothing during the entire event. If they choose, they may bring extra clothing to put on over their swim clothing, but it is not required.
- Participants will be given a color-coded swim cap in their race packet to wear during the swim. The colors are used to designate each age group. Everyone **MUST** wear the cap color assigned to you in your packet.
- Swimmies (Arm Floatation) and Kickboards will not be allowed in the pool

**The Bike:**

- Bike frame numbers that are provided in your Race Packet must be attached to the top tube of the bike between the seat and the handlebars.
- Hard shell helmets must be worn and fastened before leaving the transition area for the bike course.
- For safety reasons, no headphones, earphones or any radio-type devices will be allowed.
- Stay towards the curb as you ride and allow faster cyclists to pass towards the middle of the road.
- ALL athletes will bike the same course. (1 mile)

**What if I Get a Flat?**

If your bike gets a flat (or you have any other bike issues), walk your bicycle safely to the closest volunteer or race official. They will arrange to bring the child back to the transition area with their bike.

**The Run:**

- The course will be well marked.
- A water station will be located on the run course.
- Please make sure your kids have their Bib number on the front of their person and visible as they cross the finish line.
- Ages 12-14 will run 1 ½ miles. (3 Laps)
- Ages 9-11 will run 1 mile. (2 Laps)
- Ages 5-8 will run ½ mile. (1 Lap)
- **Be aware this run is on the sidewalk around the Baseball Fields and through the parking lot. Athletes should be careful as they run from one surface to the next.**

## Post Race:

Parents will be issued a wristband, matching their child's for pick-up in the finish line area. After your child finishes his/her triathlon they will be kept under the finisher's tent with water until parents collect them.

**NOTE: Adults must have matching wristband to collect their child out of this area.**

There will be an assortment of athlete refreshments available under the Registration tent for our young athletes. We will have water, fruit, granola Bars, and cookies. This will be for our **ATHLETES only**, not for parents and other family members.

## Results & Awards

Every child who finishes is a winner and will receive a custom Finisher's Medal. We also encourage everyone to stay around as we deliver up to 60 awards to our top three winners for each age group. Division and Age Group are determined by the year the youngster was born, not their age on date of event. The award ceremony begins at 9:30 AM and should be complete around 10:30 AM. Results will be posted for each age group shortly after the **FINAL racer of each group** crosses the Finish Line.

**Please note that Division and Age Group are determined by the YEAR the youngster was BORN, NOT their age on date of event.**

- |                     |                      |                      |
|---------------------|----------------------|----------------------|
| ◆ Age 5 (Born 2021) | ◆ Age 9 (Born 2017)  | ◆ Age 13 (Born 2013) |
| ◆ Age 6 (Born 2020) | ◆ Age 10 (Born 2016) | ◆ Age 14 (Born 2012) |
| ◆ Age 7 (Born 2019) | ◆ Age 11 (Born 2015) |                      |
| ◆ Age 8 (Born 2018) | ◆ Age 12 (Born 2014) |                      |

## What Do I Need to Bring?

*Last but not least*, we do not want you to arrive on Sunday morning without all your gear. Clearly, some things are more important than others, but here is a general list of the most common things triathletes bring with them on Race Day.

- ◆ Race Bib Number (you pick it up on Sunday!)
- ◆ Swimsuit (very useful). Girls can wear a one or two piece. Boys should wear shorts or trunks.
- ◆ Goggles (optional, but helpful)
- ◆ Towel (useful)
- ◆ Bike (mandatory check-in by 7:30am)
- ◆ Bike Helmet (mandatory) *(There will be a **LIMITED** number of helmets for youngsters that do not have one this year. These are offered on a first come/first serve basis on Sunday at packet pickup.)*
- ◆ Running shoes & socks (a good idea)
- ◆ Bottle of Water or Powerade to put with your gear (watch your hydration)
- ◆ Breakfast or Snack (depending on start time)
- ◆ Sunscreen (a very good idea, however, **Please Apply AFTER your Child is Body Marked**)
- ◆ Excitement & confidence (required)

We know it will be a great event and we are very proud to have you as one of our athletes.

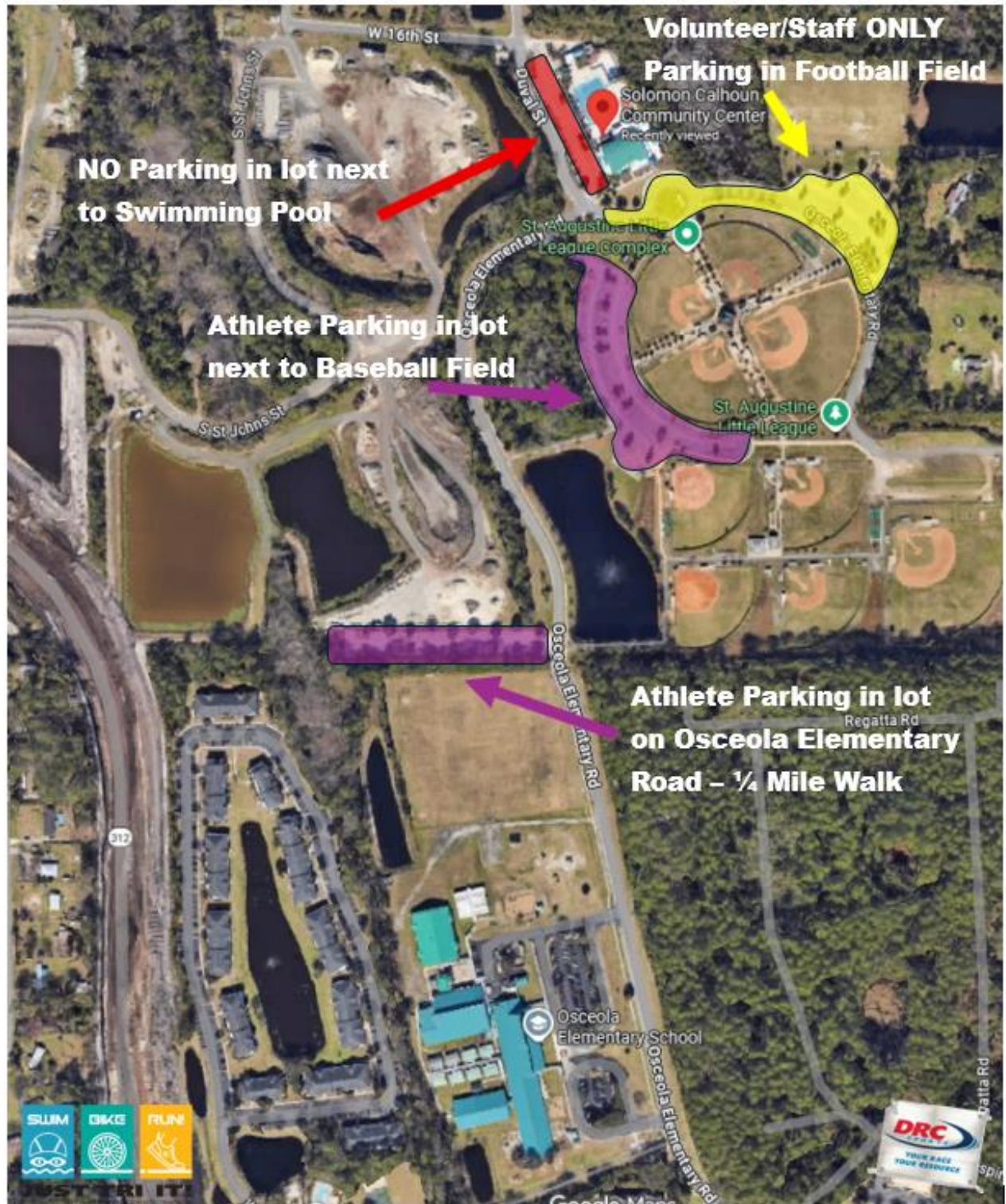
**BEST OF LUCK - NOW HAVE FUN!**



# Just Try It Kids Triathlon Parking Map

Solomon Calhoun Community Center - 1300 Duval Street, St Augustine, FL 32084

 Available Parking       Staff/Volunteer Parking Only       NO Parking



# Thanks to our Sponsors!

## 2026 JUST TRI IT KIDS TRIATHLON

PRESENTED BY

