



Hampton Kids of Steel Athlete Guide



We are excited to launch our first Kids of Steel Triathlon in Hampton, NB, open to boys and girls aged 3 – 13 years. This will be a fun, no-pressure event for kids and all finishers will receive a swim cap and a top quality Medal.

Please note – age-groups are based on kids age on race date – not end of year

When is the Event - Sunday 02 June from the Hampton Community Pool. Race Registration will open at 8.30am and first swimmers will start at 10.00am.

This is a fun event for kids and will not be timed.

Parking – The School Road loop will be closed to all traffic & parking. All parking will be at the Hampton Community Pool.

The Route

Swim - our swim will be in the Hampton Community Pool (in the event that the pool is not open

the event will be a Run / Bike / Run race - Duathlon.

Bike - our bike course will follow the loop road around School Street and roads will be closed to traffic. Bike course will be laps and distances will be made up of a specific number of laps based on age-group.

Run – laps of the soccer field – number of laps will be determined by age.

Transition – Important Note – we will have 2 transition areas.

Transition 1 is located adjacent to the indoor hockey rink in the parking lot for the swim to bike transition.

Transition 2 is located in the school soccer field on School Road and this will act as the transition from bike to run.

Finish Line – located on the soccer field.

The Race

Swim - Please swim the designated number of lengths provided at the Race briefing.

Flotation devices may be worn during the swim.

Leave Sneakers and any clothing in Transition 1. Parents may help their kids with dressing but this is a solo event for the kids.

Parents may not swim in the pool with the kids.

Please wear the swim cap provided.

Transition 1 – The official area between the swim & run where towels, helmet, bike, clothes & shoes can be left and wet clothes can be placed after use.

Leave Sneakers and any clothing in the designated transition area that will be needed on the bike section of the event. Parents may help the younger kids with dressing but bear in mind this is a solo event for the kids. Clothing may not be discarded in any other area except for transition.

Bike – The course will be counter-clockwise loops around the School Road loop or a shorter out and back section based on age.

Helmet must be worn and securely fastened before moving bike in transition.

Please follow directional arrows and volunteer instructions to complete required number of laps.

Upper torso must be covered for both boys and girls.

Transition 2 – place bike back in transition and change any shoes or clothing needed to proceed onto the run course.

Run Course - No bare torsos – all kids must run with their torso covered

Please look out for the yellow directional arrows located around the soccer pitches.

Parents may run with their kids if necessary but please remember that this is an event for the kids and

we will offer support and encouragement to get the kids through the event.
We will have 2 bikers out on the bike course patrolling the route.

Finish Line will be underneath the Green Fundy Sports & Tourism Archway.

All Kids will receive a Finishers Medal and a Swim Cap.

What will the kids need to take part?

Swim: Towel, Bathing suit, goggles (optional).

Bike: Helmet (no helmet = no race), any clothing for cycling, roadworthy bike (please have bike tuned up by a bike shop prior to the event). Chests must be covered on the bike. Suitable bikes are Road bikes, Mountain Bikes & BMX.

Run: Running shoes, clothing suitable for running, chests must be covered.

In addition please bring sunscreen, water & healthy snacks

Age Categories & Distances

5 years & under - 25m swim - 500m bike - 200m run

6-7 years - 50m swim - 1k bike - 500m run

8-9 years - 100m swim - 2k bike - 1k run

10-11 years - 200m swim - 3k bike - 1.5k run

12-13 years - 300m swim - 4k bike - 2.5k run

distances may vary from above based on race day conditions

Medical – St John Ambulance will be in attendance

This race would not have been possible without the help and dedication of Michelle Brenton, Sarah Blanchard and Lee Robinson plus Fundy Extreme Triathlon Club.

Our thanks to the Town of Hampton and Sport and Recreation Branch, New Brunswick

