

YOUTH ATHLETE PRE-RACE CHECKLIST

2 Weeks Prior to Race Day:

- Make sure you've completed registration
- Get bike tuned up if needed
- Make sure that all equipment is good to go, and replace items if needed (remember – nothing new on race day!)

1 Week Prior to Race Day:

- Make plans for packet pickup (where you will receive race numbers and “swag”)
- Double check race day transportation/logistics plans
- Transition practice at home if needed (coaches will generally review transitions during race week as well)
- Ask coach about specific race goals/strategy if athlete has any questions
- Fill out the Playtri Race Worksheet if your athlete likes a more structured approach to competition
- Go online and check out the race course – make sure athletes know swim format (pool or open water), how far they are going, and how many loops they need to do on each section
- Review the team race day itinerary at www.playtri.com/upcoming-events

3 Days Prior to Race Day:

- Good nutrition, hydration and sleep are key in the days prior to the race – triathlon rewards a strong healthy engine, so make sure your child's is good to go!
- Review our youth race day nutrition guidelines so you have a good plan ready to go for race day

Day Before the Race:

- Get up and moving – some light activity the day before the race is actually helpful to make sure athletes' muscles are firing and reading to work the next day
- Pack everything up and apply race numbers the night before the race, and triple check our race day checklist to make sure you didn't miss anything important
- Eat a light dinner that you know will digest well – skip anything greasy or low carb, and DON'T try to cram in as many calories as possible (this is a great way to have GI issues the next day)
- Don't forget to hydrate!

Day of the Race:

- Eat breakfast before leaving home – preferably 2-3 hours before race start
- DON'T wait until the last minute to get there – newer athletes should ideally arrive around the same time transition opens
- Remember – most races DON'T allow parents in transition, but your child is generally within speaking range during set up if they need a reminder or two
- After setting up transition, help your athlete look for landmarks near their bike so they don't get lost in transition during the race
- Remember to thank volunteers and race staff – these are generally thankless jobs, and a little bit of gratitude goes a long way!
- Finally – remember to HAVE FUN, and encourage your kids to do the same! There are no bad days in triathlon.