

# Tulsa Triathlon

## Kids Triathlon Course

### TAT Kids Triathlon

Age	Swim Distance	Bike Distance	Run Distance
5-8 years old	50 meters	1 mile	1/2 mile
9-12 years old	100 meters	2 miles	1 mile

Parents are encouraged to let the kids experience the triathlon sport at their own pace. Volunteers will provide support before and during the race. Parents can help the kids setup in the transition area but are required to stand outside the transition area during the race. Volunteers will be in the transition area to help the kids with equipment, shoes and encouragement.

Most of our volunteers are triathletes, runners or bicyclist and have supported these events before. Please follow their instructions so everyone can have a safe and enjoyable time.

### Kids Triathlon Tips

- There will be a transition area setup just like the adult events.
- The swim will be along the Twin Coves Beach inside the marked swim area.
- All kids must wear their helmet (with chin strap fastened) anytime they are riding their bike.
- Parents are encouraged to let the kids experience the triathlon sport at their own pace. Experienced volunteers will provide support before and during the race.
- Parents are allowed to help the kids setup their gear in the transition area.
- Parents are not allowed in the transition area during the race. Volunteers will be in the transition area to help the kids as needed.
- All gear for the 5-8 year olds must be setup in the transition area. Be sure to remember bib, shoes, bike, helmet, towel, shirt, water bottle.
- There will be a pre-race meeting at the start line on the beach.
- Ages 5-8 will race first followed by the 9-12 year olds.
- Timing will be tracked by total time to complete all three legs of the triathlon. This is not a chipped timed event.
- Each finisher will receive a Tulsa Tri medal. No age group awards for the Kids Triathlon.
- Start times could be delayed based on when the adult Sprint Triathlon participants finish.

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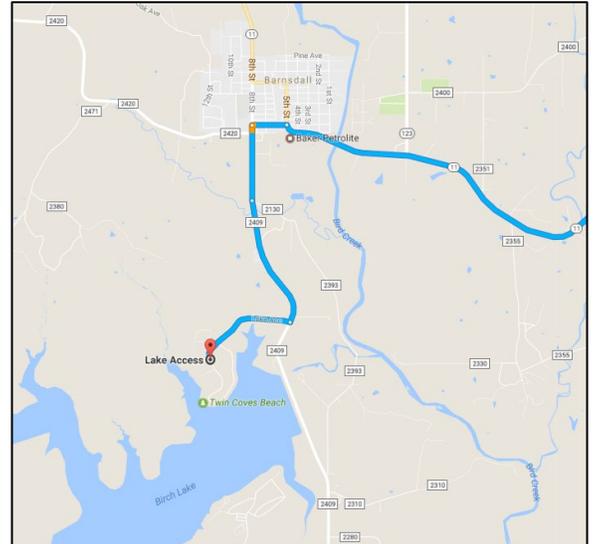
## Kids Triathlon Course

### Race Location

Birch Lake in Barnsdall, OK, Twin Coves Area - [Google Map Location](#)

Driving Directions from Tulsa:

- Take HWY 75N to OK-20 Collinsville/Skiatook exit
- Turn left onto OK-20 W/ E 146th St N (signs for Skiatook)
- Turn right onto OK-11 W and follow about 20 miles into Barnsdall
- Turn left onto W Chestnut Ave
- Turn left on 8th Street and follow road past church
- Turn at the first right into Birch Lake Twin Cove
- Follow road in about ½ mile for parking to begin



Be aware when arriving near the park. The adult Sprint Triathlon will still be active and there may be bicyclist and runners on the roads.

Please park in one of the designated parking lots or in the grass beside the roads within the park. Please do not move or cross any barricades as we need to keep the roads course clear for the participants.

At the start of the Kids Triathlon we will close the course and no cars will be allowed to enter or to leave until both Kid Triathlons are complete.

### Transition Area

There will be a smaller kids' transition area in the parking lot at Twin Coves Beach. Volunteers will be on hand to provide assistance, support and instructions before and during the race.



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## Kids Triathlon Course

### Kids Swim Course

The swim is an open water swim at Birch Lake in the Twin Coves protected swim area. Race directors and volunteers will be in the water to assist the kids. The water will be shallow but swimmable for all the kids. The Race Director will be at the start line to provide instructions and ensure the safety of everyone.

The 5–8-year-olds will swim along the shore from one end of the swim area to the other. Approximately 50 meters.

The 9–12-year-olds will swim along the shore from one end of the swim area and then back to the starting point. Approximately 100 meters.

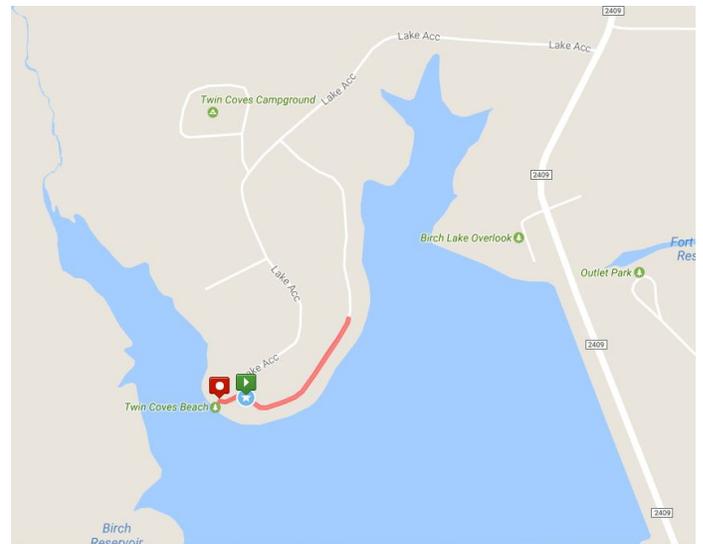
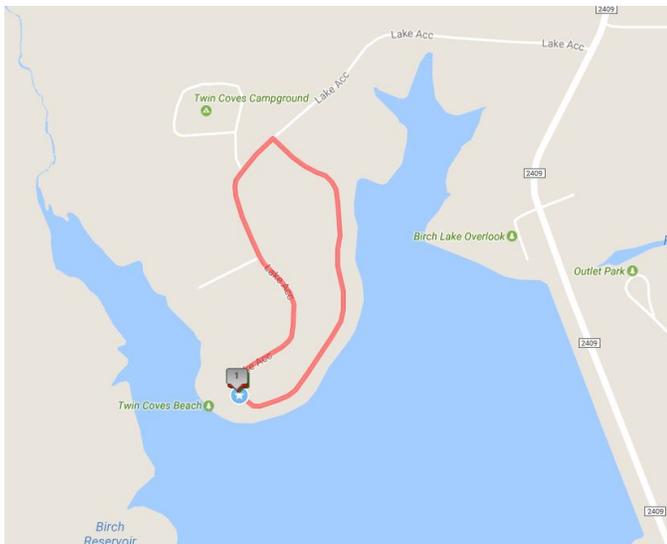
### Bike & Run Course

Kids must walk their bike in and out of the transition area to the Mount/Dismount lines on the pavement. Volunteers will be there to provide these instructions (just like during the adult races).

The map on the left below shows the 1-mile loop through the Twin Coves Beach camping area. 5–8-year-olds will ride this loop one time. 9–12-year-olds will ride the loop twice (passing the transition area after the first loop). Volunteers will be on the course to provide directions and assistance as needed. Bike and run loops are counterclockwise.

The map on the right shows the 1/2 mile run course for the 5-8 year olds. They will run from the transition area to a cone (and volunteer) located 1/4 mile away. They will turn around, run past the transition area, down the carpeted path and to the finish line arch located by the beach.

9–12-year-olds will run a 1-mile loop around the camping area (same as the bike course). They will turn right towards the beach as they approach the transition area, run down the carpeted path and to the finish line arch located by the beach.



1 Mile Kids Course  
2 Mile Kids Course – 2 laps  
Ride/Run Counterclockwise

1/2 Mile Kids Run (5-8 y/o)