

## **Welcome to the FYT Super Sprint Triathlon 2025!**

Organized by the First Youth Triathlon Team (FYT Team), this event celebrates not just athletic competition, but community, growth, and the spirit of youth endurance sports. What started as a small local triathlon has now evolved into one of the most exciting short-course events in the Bay Area — a place where future champions take their first steps in the sport.

**This Athlete Guide was created to help you and your young athletes feel confident, informed, and fully prepared for race day.** Please take the time to read it carefully — it includes everything you need to know about the schedule, course layout, transition setup, rules, and safety procedures. A few minutes of preparation today will make race day smooth, fun, and stress-free.

We would like to extend a heartfelt thank you to our partners, supporters, and volunteers who make this event possible. Hosting a race of this scale takes tremendous teamwork — from early morning setup to cheering at the finish line — and we couldn't do it without every one of you.

**To all our athletes: race strong, stay safe, and most importantly — enjoy every moment.** We can't wait to see your smiles at the finish line and capture that proud Finish Line photo you'll remember for years to come.

Race director (Anton Komarov and Aleksei Averchenko - left to right)



### **Location**

**The event site is located at 777 Embarcadero Rd, Palo Alto, CA 94303 (Rinconada pool)**

## Parking and venue layout

There is no designated parking lot for this event; however, plenty of street parking is available around the venue. Please allow extra time to find parking and walk to the pool area.

Both the **swim and bike portions of the Super Sprint will take place at the pool facility**, directly on the deck. **This means there's no need to bring additional bike equipment** or worry about setting up a transition zone — everything will be organized and managed on-site by the FYT Team staff.



## Schedule

### Saturday, November 8th, 2025

Time	Event	Location
Operating Hours	2 hours pre race clinic <b>(Swim and run equipment, trisuit)</b>	Rinconada pool
12:30 pm - 2:30 pm	Race overview, rules explained, weight check, swimming, bike setup	777 Embarcadero Rd, Palo Alto, CA 94303

### Sunday, November 9th, 2025

Schedule is tentative

Time	Event	Location
7:30 am	Registration, Body marking, Packet Pickup	Rinconada Pool
0:00 am	Transition opens, swim warm up	Rinconada Pool
8:30 am	FYT LEAGUE 1 <sup>st</sup> semi final start	Pool
9:00 am	FYT LEAGUE 2 <sup>nd</sup> semi final start	Pool
9:30 am	Break starts (Feel free to swim/spin your legs)	Pool
10:15 am	FYT LEAGUE FINAL (6 people)	Pool
10:45 am	Award Ceremony for Super-Sprint FYT LEAGUE	Pool

## **Bike Check & Equipment**

You **DO NOT** need to bring your own bike for this event — all equipment for the bike portion will be provided by the FYT Team and adjusted for each athlete.

However, **it is mandatory for all participants to attend the Saturday pre-race clinic**, where we will take individual measurements to ensure proper bike fit and safety.

Our goal is to make sure every athlete rides comfortably and confidently on race day. Please arrive on time for your scheduled clinic slot so that we can complete all fittings efficiently and athlete will be able to try race day set up

## **Medical & Safety Support**

Your athlete's safety is our top priority. Throughout the event, there will be certified EMT specialists and lifeguards stationed on the pool deck and around the course.

If any athlete feels unwell before or during the race, we strongly encourage them to notify a volunteer or coach immediately rather than continue competing.

Parents are also asked to write their phone number on the back of their athlete's last name so our staff can contact you right away if needed.

## **Packet Pickup**

All athletes should arrive at Rinconada Pool by 7:30 AM sharp on race morning for packet pickup. Simply provide your first and last name at the check-in table, and our FYT Team staff will hand you your race packet.

Each packet will include your athlete bib, swim cap, and any additional race materials needed for the event. Please make sure to arrive on time so we can begin the pre-race briefing promptly.

## Body Marking

Once you get your race packet and goodies, proceed to body marking. The volunteers will mark the athlete's body so that we know who they are, what semi final they are in, what lane they swim and what bike trainer they use.

**UPPER LEFT** BIB NUMBER

**ARM:**

**UPPER RIGHT**

**ARM:** Heat  
NUMBER

**LEFT HAND:** BIB NUMBER

**RIGHT HAND:** Heat  
NUMBER

## Transition & Race Flow

The Transition Area will be fully organized and managed by the FYT Team prior to race start. Every athlete will have a designated spot marked with their bib number, which corresponds to their assigned swim lane and bike trainer.

All bike trainers are pre-calibrated and connected to the race system based on each athlete's weight. For that reason, athletes are not allowed to use any other bike or trainer than the one assigned to them. This ensures accurate results and fair competition for everyone.

**Each athlete will also have a personal bin located at their transition spot.** This is where you should place your running shoes, and optionally, a water bottle or sunglasses. Keep it simple — this is a Super Sprint race, so every second counts!

Volunteers and FYT Team members will be available throughout the venue to help guide athletes between stages and ensure a smooth, safe flow during the event.



## Transition box

### Correct set up



### Wrong set up



## Swim

**All athletes will swim in their official FYT swim cap (provided in the race packet), along with their own goggles and tri suit. No topless racing.**

After finishing the swim, athletes will exit the pool and run directly to their transition bin to put on running shoes and start the bike segment.

Please note:

- No clip-in shoes are used — all bikes have standard pedals, so athletes will bike in their running shoes.
- No additional clothing should be worn in the water — only your tri suit, goggles, and cap.
- Swim start format (from the block or pool deck) will be confirmed closer to race day.
- Each athlete's swim lane is pre-assigned according to their bib number.

## Run Course

The run course consists of **three loops** with two U-turns and a finish line after completing the third loop. A course map will be available in this guide and on-site.

Each athlete will be paired with an assigned volunteer who will help guide them throughout the run and ensure they complete all three loops safely. Volunteers will be positioned at key turns and intersections, and the entire course will be clearly marked.

All course details will be reviewed during the Saturday pre-race clinic, so every athlete knows exactly where to go and what to expect.



## Finish Line

After completing the third loop, athletes will head straight through the Finish Line arch, where an official FYT Team photographer will capture every finish moment.

Volunteers will assist with removing timing chips (if applicable), handing out medals, and providing water to all finishers.

Please remember:

- Only athletes are allowed to cross the finish arch.

## Timing & Race Control

All race timing will be conducted manually by FYT Team volunteers.

Each swim lane will have a dedicated volunteer with a stopwatch, responsible for recording swim times accurately. Additional stopwatches will be used as backups to ensure reliability.

During the bike segment, FYT Team volunteers will carefully monitor all athletes to confirm that each completes the correct distance of 4 km — no more, no less. Volunteers will be stationed at checkpoints to assist and maintain safety and fairness.

For the run segment, lap counting and finish times will also be tracked manually by volunteers positioned at key points along the course.

We take pride in creating a safe, fair, and athlete-focused experience, where precision and support go hand-in-hand.

## Awards

In keeping with the values of the First Youth Triathlon Team (FYT Team) and the traditions of Olympic sport, **awards will be presented only to the top three overall finishers.**

There are no age groups or separate male/female divisions — everyone races together for the top three spots. This event is designed to celebrate true performance, effort, and sportsmanship.

While only the top three athletes will receive medals and valuable prizes, all participants will be recognized verbally and celebrated for their commitment and courage to

compete. Making it to the top six is already an outstanding achievement, and every athlete should take pride in completing such a unique and challenging race.

We encourage everyone to continue training, learning, and striving for the podium next time — that's how champions are made!

## **Penalties & Disqualifications**

At FYT Team, fairness and integrity come first. The rules below ensure a safe, respectful, and sportsmanlike race environment.

### **Time Penalties**

<b>Violation</b>	<b>Penalty</b>
Jumping on the wrong bike	+30 seconds
Leaving swim gear (cap/goggles) outside assigned bin	+30 seconds
Missing a run loop	+120 seconds
Littering on the course	+30 seconds
Receiving outside assistance from parents	+1 minute

Note: Volunteers are not allowed to assist athletes in any way, except for designated water station handlers during the run course.

### **Disqualifications (DQs)**

Disqualification will only occur for unsportsmanlike behavior or actions that compromise safety or fairness. Examples include:

- Fighting, arguing, or showing disrespect toward referees, volunteers, or other athletes
- Ignoring race officials' instructions
- Any form of interference with another athlete

Such behavior goes against the FYT Team spirit and Olympic values. Let's keep the competition clean, respectful, and inspiring for everyone.

## **Sportsmanship & FYT Spirit**

At the First Youth Triathlon Team (FYT Team), we believe that sport is much more than competition — it's a reflection of who you are when no one's watching.

Every athlete who steps onto the starting line represents discipline, courage, and respect for the sport.

Winning is temporary. Character is permanent.

That's why we value integrity over shortcuts, teamwork over ego, and effort over outcome. Whether you cross the finish line first or last, do it with honor, gratitude, and heart — that's the real victory.

We are incredibly proud of every athlete who races under the FYT banner. You are part of something bigger — a community built on passion, respect, and the relentless pursuit of excellence.

Now get ready, race hard, and let's make this Super Sprint Triathlon one to remember.

## **Thank You!**

On behalf of the First Youth Triathlon Team (FYT Team), we want to express our deepest appreciation to everyone who helped make this event possible.

This Super Sprint Triathlon became a reality through the dedication of our community — the parents, athletes, and supporters who funded the event through registration and ticket sales. Your trust and enthusiasm continue to drive everything we do at FYT Team.

A special thank-you goes to Team Sheeper and the City of Palo Alto for allowing us to host this race at the iconic Rinconada Pool. Your partnership and support made it possible for our young athletes to experience a safe, fun, and unforgettable race day.

To all volunteers and friends who dedicated their time and energy to help us organize, set up, and manage every detail — we truly could not have done it without you. From pre-race preparation to cheering at the finish line, your efforts created the spirit that defines this event.

To our parents — thank you for your patience, encouragement, and for believing in this vision.

To our athletes — thank you for your courage, discipline, and passion for sport. You are the reason we do what we do.

Every cone placed, every stopwatch clicked, and every word of encouragement shouted today came from people who care deeply about youth sport, fairness, and growth.

Together, we are building a community that values effort, respect, and heart — the true meaning of triathlon.

With pride and gratitude,

Aleksei Averchenko & Anton Komarov

Founders & Coaches, First Youth Triathlon Team (FYT Team)

***“Champions aren’t born — they’re built one lap at a time.”***