

**I Tri'd 5 to 15 Kids Triathlon**  
**Kids ages 5-15**  
**Pompano Beach Aquatic**  
**Complex**  
**Produced by:**  
**In The Zone Event and Sports**  
**Management**



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**What to bring Checklist**

**Swim**

1. Triathlon bag (with USA Triathlon membership tag)
2. Small hand towel or transition mat for transition area layout
3. Towel for personal use (optional)
4. Trisuit or swimsuit
4. Goggles
5. Provided Swim cap
6. Flip flops (optional for after the race)

**Bike**

1. Bike( serviced and ready ahead of time)
2. Helmet
3. Shoes(running or cycling shoes)
4. Socks(Optional is you wear them)
5. Towel
6. Hydration(water bottle)
7. Cycling or running singlet or shirt

**Run**

1. Running shoes (with lace locks optional)
2. Singlet (optional, short sleeve and/or long sleeve depending on weather)
3. Running shorts (if you don't race in your trisuit or swimsuit or you want to change after the race)
4. Nutritional bar or snack
5. Water bottle (water and fluid replacement)
6. Provided Race number (if you picked up your race packet in advance)
7. Race belt for your race number (running singlet needed if not using race belt)

**Miscellaneous:**

Sunglasses  
Extra towel for afterwards  
Extra dry clothes  
USAT Card

**\*\*\*Please put suntan lotion on after you are body marked**

**Remember to have Fun! Fun! Fun!**

“It's not WHERE you finish but HOW you finish!”