



KIDS DAY ATHLETE GUIDE

August 22, 2026 | South Boston, MA



Welcome to the 12th Annual Kids Day at the Boston Triathlon, Saturday, August 22, 2026

The Boston Triathlon is committed to introducing youth to the world of multisport. Kids Day is designed to inspire health and fitness, providing kids with a positive pathway through sports. This year's race is once again FREE for all participants. Kids Day at the Boston Triathlon will feature the USA Triathlon-sanctioned Kids Splash & Dash for athletes aged 7-15, as well as a Kids Fun Run for athletes aged 6 and under.. Following the event, all participants are invited to celebrate at the post-race Finish Pizza Party and Ice Cream celebration.

We encourage all athletes and parents to review the information in this Kids Athlete Guide, which provides important details for race day. If you have any questions after carefully reviewing this guide, please contact Robert Panzera at robert@active-ethos.com

Please continue to check the race website and Facebook page for the most up-to-date information about the event.

A special thank you to our 2026 Partners.



In association with..



CITY of BOSTON



KEY LOCATIONS

EVENT PARKING: Corcoran Jennison Parking Lot #1 (150 Mt Vernon St, Dorchester, MA 02125). Entrance to the Parking lot is off of Mt. Vernon Street.

REGISTRATION & CHECK-IN: Race Village on the grassy area of DCR Carson Beach; Along the beach at DCR Mother's Rest.

TRANSITION: DCR Carson Beach. *Note this Transition Area is separate from the adult Transition Area utilized for Sunday's Triathlon.*

SWIM START: DCR Carson Beach, starting in front of the DCR McCormack Bathhouse.

FINISH LINE / KIDS RACE VILLAGE: The awards ceremony will be at the finish under the arch and the post-race finish pizza party celebration will take place in the Kids Race Village.

DIRECTIONS & PARKING

GPS ADDRESS: Corcoran Jennison - 150 Mt Vernon St, Dorchester, MA 02125. Event Parking will be held in Parking Lot #1. The entrance to this lot is off of Mt. Vernon St.

FROM THE SOUTH: Take 93 North to Exit 15. Once off the highway, go right onto Columbia Rd and follow it to the traffic circle. Go a quarter of the way around the circle then exit toward William Day Blvd, and take an immediate right on Mt. Vernon St. Look for the Corcoran Jennison entrance sign (before the DoubleTree Hotel). The Corcoran Jennison (Parking Lot #1) lot is the first left off of Mt. Vernon Street.

FROM THE NORTH: Take 93 South to Exit 15. Once off the Highway, go left onto Columbia Rd, and continue to the traffic circle. Go a quarter of the way around the circle then exit toward William Day Blvd, and take an immediate right on Mt. Vernon St. Look for the Corcoran Jennison entrance sign (before the DoubleTree Hotel). The Corcoran Jennison (Parking Lot #1) lot is the first left off of Mt. Vernon Street.

KIDS DAY SCHEDULE OF EVENTS

Saturday, August 22, 2026

TIME	EVENT	LOCATION
9:00 AM	Kids Day Registration & Check-In plus awesome pre-race activities for the kids to participate in!	Race Village/DCR Mother's Rest
9:00 AM	Kids Transition Setup	Transition: DCR McCormack Bathhouse Parking Lot
9:45 AM	Kids Splash & Dash Mandatory Meeting	DCR McCormack Bathhouse
10:00 AM	Kids Splash & Dash Start: Ages 11-15	Swim Start: DCR Carson Beach
10:20 AM	Kids Splash & Dash Start: Ages 7-10	Swim Start: DCR Carson Beach
10:30 AM	Kids Pizza Party, Ice Cream and Celebration Begins	Race Village
11:00 AM	Kids Fun Run (6 and under, two waves)	Staging on William J. Day Boulevard
11:30 AM	Splash & Dash Awards Ceremony	Finish Line
12:00 PM	Transition closes (all equipment must be retrieved)	Transition: DCR McCormack Bathhouse Parking Lot

WHAT'S IN YOUR RACE PACKET?

Timing Chip: Timing chips enable us to record your race results. All chips will be distributed with a neoprene strap, which should be strapped around the ankle for the full duration of the race. These chips are reusable and must be collected at the finish line.

Bib Number: Bib Numbers must be attached to your shirt with safety pins (provided) or with a race belt. The Bib Number should be worn during the run portion of the event. It must be visible from the front as you cross the finish line and will correspond to your age/category:

- Splash & Dash ages 11-15
- Splash & Dash ages 7-10
- Kids Fun Run: ages 6 and under

Swim Caps: Swim caps must be worn during the swim portion of the event.

Body-Marking: Volunteers will mark the kids' left arm and right hand with their bib number at registration.

TRANSITION SETUP

On Saturday, from 9:00 AM - 9:30 AM, Transition will be open for athletes to set up their equipment in preparation for the Splash & Dash. The Mandatory Splash & Dash athlete meeting will take place at DCR McCormack Bath House at 9:45 AM. Here's a quick equipment checklist for Race Day:

SET UP IN TRANSITION	BRING TO SWIM START
• Running sneakers • Socks • Towel • Bib Number (pinned to shirt or race belt)	• Swim cap & goggles • Timing chip (strapped to ankle) • Water shoes (optional) • Wetsuit (not required)

SPLASH & DASH: AGES 11-15

RECOMMENDED AGES: 11-15

START TIME: 10:00 AM (See wave schedule in Swim Details)

DISTANCE: 200 meter swim, followed by a 2k run

LOCATION: DCR Carson Beach, McCormack BathHouse

COURSE MAP: See race course map on following pages

NOTES FOR PARENTS

PRE-RACE: Parents can accompany kids to pick up their race packets, set up their Transition area, and remain with them at the Swim Start on the beach until they enter the water.

DURING THE RACE: Once kids enter the water, there is no parental assistance permitted throughout the race. Parents are NOT permitted to enter Transition during the race.

POST-RACE: Parents will reunite with children in the Finish chute. Once the race concludes, parents and children will be able to return to Transition to pick up any remaining equipment.

SWIM DETAILS

The swim will begin with a wave start separated by 11-12 yr-olds, followed ~5 mins later by 13-15 yr-olds. Athletes will enter the Old Harbor at the McCormack BathHouse and swim south along the shoreline for 200 meters before exiting onto the beach. There will be a short run straight up the beach into the transition area.

Note: During the swim, the water may be shallow enough for kids to walk/run but we encourage all kids to swim. Any kids that walk/run will be held at the swim exit and not able to proceed to Transition until the swimmers also reach the exit.

RUN DETAILS

After exiting Transition, athletes will enter Day Blvd for a 2k loop. Be on the lookout for race signage and volunteer marshals providing instructions on following the course.

SPLASH & DASH: AGES 7-10

RECOMMENDED AGES: 7-10

START TIME: 10:20 AM (See wave schedule in Swim Details)

DISTANCE: 100 meter swim, followed by a 1k run

LOCATION: DCR Carson Beach, McCormack BathHouse

COURSE MAP: See race course map on following pages

NOTES FOR PARENTS

PRE-RACE: Parents can accompany kids to pick up their race packets, set up their Transition area, and remain with them at the Swim Start on the beach until they enter the water.

DURING THE RACE: Once kids enter the water, there is no parental assistance permitted throughout the race. Parents are NOT permitted to enter Transition during the race.

POST-RACE: Parents will reunite with children in the Finish chute. Once the race concludes, parents and children will be able to return to Transition to pick up any remaining equipment.

SWIM DETAILS

The swim will begin with a wave start separated by 7-8 yr-olds followed ~5 mins later by 9-10 yr-olds. Athletes will enter the Old Harbor at the McCormack BathHouse and swim south along the shoreline for 100 meters before exiting onto the beach. There will be a short run straight up the beach into the transition area.

Note: During the swim, the water may be shallow enough for kids to walk/run but we encourage all kids to swim. Any kids that walk/run will be held at the swim exit and not able to proceed to Transition until the swimmers also reach the exit.

RUN DETAILS

After exiting Transition, athletes will enter Day Blvd for a 1k loop. Be on the lookout for race signage and volunteer marshals providing instructions on following the course.

KIDS FUN RUN

RECOMMENDED AGES: 6 & Under

START TIME: 11:00 AM

DISTANCE & COURSE: 100 yard run

LOCATION: Staging on William J. Day Boulevard

NOTES FOR PARENTS

We encourage all kids to run the event on their own if possible. For the Fun Run only, if children need help, parents are allowed to run alongside their kids during the event.

KIDS SPLASH & DASH COURSE MAP



11-15 YEAR OLDS

- 200-METER SWIM
- 2K (1.2-MI) RUN

7-10 YEAR OLDS

- 100-METER SWIM
- 1K (0.62-MI) RUN



**PLUS, VISIT THESE
AWESOME VENDORS
IN KIDS RACE VILLAGE!**






AND MORE!

KIDS SPLASH & DASH: WAVE START SCHEDULE

WAVE START SCHEDULE:

Athletes will start with their waves based on their age. After the initial race start at 10:00 AM, all waves that follow will be released on a rolling basis once the athletes in front of them have cleared certain sections of the course.

TIME	SWIM DISTANCE	AGES
10:00 AM	200 M	11-12 yr old
10:05 AM	200 M	13-15 yr old
BREAK: The next distance will begin once all 11-15 yr old athletes are on the run course		
10:20 AM	100 M	7-8 yr old
10:25 AM	100 M	9-10 yr old



POST-RACE INFORMATION

POST-RACE PIZZA CELEBRATION: Once you cross that finish line, it's time to celebrate! All athletes are invited to join the complimentary post-race pizza party in the Kids Race Village.

AWARDS CEREMONY: The awards ceremony will take place at the Finish Line under the arch at 11:30 AM. Awards will be provided to the top 3 males and females in the 7-8, 9-10, 11-12, and 13-15 age categories.

RETRIEVING YOUR GEAR: Once Splash & Dash participants have completed the race, you will be allowed back into Transition to pick up your belongings. All equipment must be removed from the area by 12:00 PM.

RACE RESULTS: Chip timing will be provided using RaceResult chip system technology. Live results will be available during the race, and full results will be posted on the race website immediately after.

VOLUNTEERS: Volunteers make this event possible! Please be sure to thank all the volunteers as you see them. If you know people who would like to be involved as a volunteer, have them sign up online at this [link](#). Volunteers receive a custom t-shirt, snacks, and drinks.

Thank you!

Once again, thank you for signing up to be part of the Kids Day at the Boston Triathlon. We are excited to have you competing and promise to make this an experience you won't forget. Please contact Robert Panzera at robert@active-ethos.com with questions or for more information. Keep in mind that we are extremely busy during race week, so E-MAIL is the best way to communicate with us!

Please continue to check on the race website for all of the most up-to-date information about the event: bostontri.com

BEST OF LUCK WITH YOUR FINAL PREP AND WE'LL SEE YOU AT THE START LINE!

