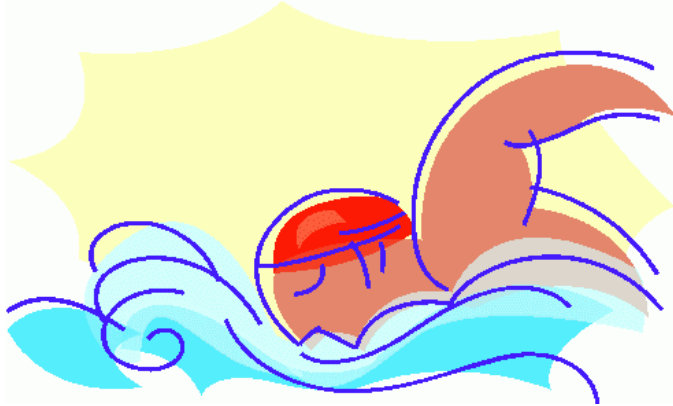




NIXA YOUTH TRI RACE-DAY CHECKLIST

SWIM

- Swim Suit**
- Goggles**
- Towel**
- Swim Cap (optional)**
- Watch (optional)**
- Ear Plugs (optional)**
- Nose Plug (optional)**



BIKE

- Shirt w/ Number**
- Bike**
- Helmet**
- Socks**
- Running Shoes/Bike Shoes**
- Water Bottle (optional)**
- Sunglasses (optional)**
- Number Belt (optional)**
- Bike Pump (optional)**

RUN

- Shirt w/ Number**
- Socks**
- Running Shoes**
- Hat (optional)**
- Sunglasses (optional)**
- Number Belt (optional)**

