

Multisport Merit badge

Who: first 12 – 48 Scouts and Venturers interested in participating in multisport events like Triathlons or Adventure Races and to earn the Multisport Merit badge to register

What: Multisport Merit Badge hosted by GTBAC

When:

- May 1st starts with Check in and Bike Inspection at Wood Hall and campsite set up at Baden Powell between 4:00p to 6:30p
- **Eat dinner before you come**
- Instruction starts at 7:00p
- Ends May 3rd at 5:00p after placement review, recap and next step actions to improve

Where: Flaming Arrow Scout Reservation

How: Events will be off-road oriented with trail running, mountain biking, paddling and/or swimming

Note: Per requirement 7, all participants will complete one of 4 shortened sport options

Name	Swim	Bike	Run
Triathlon	100 m	3 km	1 km
	(0.06 mi)	(1.86 mi)	(0.62 mi)
Duathlon	Run - 1.5 km	3 km	.75 km
	(0.93 mi)	(1.86 mi)	(0.62 mi)
Aquathlon	100 m		1 km
	(0.06 mi)		(0.62 mi)
Aqua Bike	100 m	3 km	
	(0.06 mi)	(1.86 mi)	

Prerequisites:

- Participant must have earned Swimming Merit badge prior to attending
- Preferred if the participant has earned their Cycling Merit Badge prior to attending
- Attend 1 of 2 Zoom sessions in Early March and Early April for requirement 3 and 5 and then complete the 4-week plan in 5 (Date and times to be provided after registration)

What to bring:

Camping gear:

- Standard packing for a weekend

General:

- Backpack with
- Water bottle/cup
- Notepad and pen or pencil
- Personal medication and items like EpiPens
- **A-B-C Medical form (Due to the physical nature of the Merit Badge)**
- Sunscreen

Swimming:

- Goggles if desired
- PFD's option will be available if desired

Mountain Bikes:

- **Bring your own mountain bike, helmet, and gloves.**
- **Bike shoes if they are clip in pedals**
- Attached Water bottle cage(s) with water bottle(s)
- Tools and spare tube and know how to use them (See Cycling Merit Badge)
- Notes:
 - o Bikes will be inspected for functionality and safety prior to being able to ride them
 - o Participants will ride their bikes between the stations on Saturday
 - o The council has 12 mountain bikes of different sizes available but no guarantee there will be one to fit everyone if needed
 - o Gravel bikes will work but may bog down in some sandy areas

Running:

- Shorts and t-shirt combination that can go from swim to bike to run (Dri fit)
- Pair of running shoes
- Ankle high Sock (optional)
- Hat if desired

Optional items:

- Heart rate or timing watch,
 - o A watch with a lap option is preferable as participants will be keeping their own times and splits
- Sunglasses
- Hydration pack/Bladder

Divisions:**Merit Badge Introduction**

Triathlon swim (100 m/.062 miles), bike (3 km/1.86 miles), run (1 km/.62 miles)

Duathlon: run (1.5 km/.93 mile), bike (3 km/1.86 miles), run (.75 km.46 miles)

Aqua bike: swim (100 m/.062 miles), bike (3 km/1.86 miles)

Aquathlon: swim (100 m/.062 miles), run (1 km/.62 miles)

Optional longer course versions

Super Sprint Triathlon: swim (500 m/.03 miles), bike (10 km/6.2 miles), run (2.5 km/1.6 miles)

Sprint Triathlon: swim (750 m/.05 miles), bike (20 km/12.4 miles), run (5 km/3.1 miles)

Results will be subdivided by age groups: 11-12, 13-14, 15-16, 17-18+

References

[Best 2025 Youth Triathlon Races in the U.S. — Triathlete](#)

[Youth Triathlon | USA Triathlon](#)

[Youth Triathlon | USA Triathlon](#)

[Kids and Youth Triathlons: What You Need to Know \(2026\)](#)

[A Guide to Youth Triathlon — Triathlete](#)

[Ultimate Guide to a Kid's First Triathlon – Next Generation Triathlete](#)