

Christian County Optimist -

Nixa Youth Triathlon!



Friday, June 16th

4:00-6:00pm - Packet Pickup (Community Center Gym)

6:00-6:45pm - Pre-race Meeting (Community Center Gym)

7:00-9:00pm - Epicenter Setup around the Community Center

Saturday, June 17th

5:30-6:30am - Transition Setup

6:00-7:00am - Finish Line Setup

6:00-7:00am - Bike/Run Course Setup

6:30-7:30am - Race-day Check-in & Body Marking (**ALL participants must check-in race morning!**)

6:30-7:40am - Transition Open for Setup (Transition area closed and cleared by 7:45am)

7:15-7:30am - Volunteer Check-in (Pavilion west of the pool at the Nixa Community Center)

7:45-7:55am - Pre-race Meeting, National Anthem & Prayer

7:55-8:00am - Swim Staging

8:00am - Bike Course Volunteers at their posts!

8:10am - Run Course Volunteers at their posts!

8:15am - Finish Line Volunteers at their posts!

8:00am - Start of the OMC Super Sprint Triathlon!

8:20am - Start of the 11th Annual Nixa Youth Triathlon!

10:00-10:30(ish) - Pizza Party!

10:30-11:00(ish) - Awards!

11:00-11:30(ish) - Teardown & Cleanup

Below is IMPORTANT INFORMATION – You'll need to know!

Directions to the Nixa Community Center: From the corner of Hwy 160 and Hwy 14, travel east on Hwy 14 (Mr. Vernon St.) to Main St. Turn north on Main St. and travel to the three-way stop. Turn east on North St. and travel to Taylor Way - The Center is on the north side of the street.

Packet Pickup: Packet pickup will be held in the Nixa Community Center Gym, just inside the Nixa Community Center. Racers will be able to pick up their packets, number bibs and shirts* between 3:00pm and 6:00pm.

*All racers registered by the May 30th deadline are guaranteed a shirt in their size; all other racers will be given a shirt closest to their selected size while supplies last based on their date of entry.

Friday's Pre-race Meeting: This meeting will be an all-inclusive meeting for parents and racers that will encompass all aspects of the race including rules, racer responsibility, what to expect, when to be where, parking, where spectators can and can't be, what they can and can't do, swim, bike and run course issues and safety issues. This will also serve as a time for question/answer to clarify anything. Each race captain (Swim, Transition, Bike, Run & Finish) will have a chance to address the racers and parents as well as take questions on their respective areas.

Race-day Check-in & Body Marking: **All racers need to check in on race morning *prior* to setting up in transition. Racers are asked to arrive at Check-in no later than 7:00am.** Race-day Check-in will be held at the park pavilion adjacent to the community center (west of the pool by the playground). This will give *us* time to get them checked in and give *them* time to set up their transition without the stress of being hurried. At the time they check-in, they will be body marked with their race number on both arms and on the back of their right calf as well as their age group and swim heat number on the back of their left calf.

We will make every effort to close Check-in at 7:30 in anticipation of the pre-race meeting and the start of the race. **If racers are not checked in by 7:30, they won't have time to set up transition in time for the 7:40 closing time of the Transition Area.**

Transition Area: The Transition Area will open for racers at 6:30am; racers are allowed to pick their spots on a first-come, first-served basis, so those who arrive early get the choice spots. The Transition Area will be divided into four sections; racks, kickstands, bikes lying on their sides and the adult racers area. Parents will be allowed in the transition area with their children until 7:40am at which time the transition area closes in anticipation of the Pre-Race Meeting and start of the race. Once the transition area is closed, ONLY racers **currently racing** are allowed in until after the last racer is on the run.

Equipment: **A bicycle helmet is mandatory for every participant. To reemphasize, no racer will be allowed to race if they do not have a helmet. They are required to wear their helmet with the strap buckled any time they are on their bike – even before or after the race.**

Swim Staging: The swim staging will begin approximately 7:55am (immediately following the pre-race meeting). We will begin with the *OMC Super Sprint* racers (16+) followed by the 13-15 year olds and work our way down to the 7-8 year olds.

Swim, Bike, Run: Most swimmers will share a lane. Each swimmer will stay on their side of the black line, between the black line and the lane marker. The bike course is a 3.1 mile (5K) lap bike course. Junior divisions will be easily identified with a yellow number bib and will do only one lap, senior divisions and the Super Sprint will have a white number bib and will do two laps. **Each biker will need to be marked on each lap.** The run will be an out-and-back for both junior and senior divisions. The first turn around will be **only** for juniors with the yellow number bibs and the second turnaround for seniors with the white number bibs. **Each runner will need to be marked at their respective turnaround. Again, only yellow number bibs get marked on the first turnaround (Roubidoux & Bluegill) and the white number bib gets marked on the second turnaround (Ozark Jubilee & Walleye). You will need the appropriate number of markings to be eligible for age-group awards.**

(Partially) Closed Course: The bike and run course will be completely coned, however, on the other side of those cones will be vehicular traffic. We have more than 20 volunteers in addition to Police and Sheriff's Officers, Emergency Response Team volunteers on the bike course. Although each of these individuals has your child's safety and best interest as their priority, please stress to your child to be aware of their surroundings at all times. Please be careful.

The Party: The Party will start around 10:00. Many racers will finish well before 10:00, so be patient, stick around and encourage the other racers. **We will start the The Party when the race concludes and the food is here...whenever that time is.**

Awards: Awards will start as close to 10:30am as possible. Awards will be presented to the overall girl and boy finisher for both the long and short courses as well as 1st, 2nd, and 3rd places in each age division for boys and girls. Overall course finishers will be exempt from age group placing. We will tabulate times as quickly as possible...PLEASE BE PATIENT! After the Awards Ceremony we will post times. Split times will be added and posted on the website SOON after the race.

Spectators: Family and friends can watch from anywhere on the race course except ON the race course! They may cheer, but they are not allowed to assist in any way. Anywhere that's not on the course is fair game for spectating! **It will be all volunteer's jobs to ensure spectators are not impeding the flow of the race.** Many spectators will want to cross-over the course to get to the other side; this is fine so long as they wait for an opening. Volunteers, please assist them with that!

Rules: The Nixa Youth Triathlon adheres to all USAT Rules and Guidelines. A full set of USAT Rules and Guidelines can be downloaded at: <http://www.usatriathlon.org/resources/about-events/rules>. Rules will also be covered at Friday night's Pre-Race Meeting.

Hydration: **Children's bodies are not as efficient as adults as with respect to heat dissipation. To make things worse, they often aren't in tune enough with their bodies to recognize the signs of dehydration and heat illness. We will have a water/Gatorade station at the exit of the run, a water station at each turnaround of the run and bottles of water at the finish. Please encourage them to drink at every station. If they don't want it, then don't force them, but offer nonetheless. And it's supposed to be a hot one Saturday!**