

Rules

- ▶ No Parents on the course after the start of the race
- ▶ No outside assistance (unless it's a safety issue)
- ▶ No drafting on the bike course (speculative with kids)
- ▶ **Always stay to the right on the bike and run** (except to pass)
- ▶ It's the child's responsibility to get marked on the bike and run courses
 - Short Course (7-10 / Yellow Numbers)
 - 1 mark on the bike course / 1 mark on the run course
 - Long Course (11-15 & 16+ / White Numbers)
 - 2 on the bike course / 1 on the run course

Course Overview

Swim

- ▶ Staging (up to 12 racers at a time)
 - 6 lanes; each racer stays in their ½ lane
- ▶ Counting
 - Seniors & Adults – 8 lengths (200 yds)
 - Juniors – 4 lengths (100 yds)

T1 (Transition 1)

- ▶ Entrance from the swim
- ▶ Transition from swim to bike
- ▶ Mount on or past line (timing point) 🕒
 - **NO riding inside transition!!!!**

Bike

- ▶ **Helmets and straps** are mandatory before leaving transition
- ▶ **Always stay to the right** (except to pass)
- ▶ Sr. – 2 laps – 10K (6.2m)
- ▶ Jr. – 1 lap – 5K (3.1m)
- ▶ **Get marked each lap!** (marking on Main St. just before Scott Wayne)
- ▶ Dismount **at** or **before** the line coming into the transition area
- ▶ 2 No Pass Zones (**KNOW THEM!**)

(Safety! Safety! Safety!)

T2 (Transition 2)

- ▶ Entrance from the bike
 - **No riding inside transition!!!!**
- ▶ Transition from bike to run (take off your helmet!) 😊
 - Your bike AND helmet must go back in **YOUR** spot
 - **No throwing bikes or equipment!!!!**
- ▶ **Number must be on and visible from the front!**
- ▶ Run out! (timing point) 🕒

Run

- ▶ Always stay to the right (except to pass)
- ▶ Jr. – 1st turnaround – 1K (.62m)
- ▶ Sr. – 2nd turnaround – 2K (1.2m)
- ▶ **Make sure to get marked at the turnaround!**
- ▶ **Drink, Drink, Drink, Drink!**

Finish

- ▶ ***Run for the finish!***
- ▶ Finish Line (timing point) 🕒
- ▶ Tear-off number
- ▶ Medal
- ▶ **Water! Drink!**

Post-Race Pizza & Awards

- ▶ Enjoy!
- ▶ Eat & Drink!
- ▶ ***Be just as enthusiastic about the success of others as you are about your own!***

Race-day Itinerary

- ▶ 6:30-7:30am - Check-in
- ▶ 6:30-7:40am - Transition Open for Setup
(Transition area closed and cleared by 7:45)
- ▶ 7:45-7:55 - Pre-race Meeting & Prayer
- ▶ 7:55-8:00 - Swim Staging
- ▶ 8:00am - Race Start! (16+, 13-15, 11-12, 9-10, 7-8 - Female/Male)
- ▶ 10:00(ish) - Pizza Party!
- ▶ 10:30(ish) - Awards!