

**2011 Nixa Youth Triathlon - Transition Volunteer Information**  
(Transition Area noted in **GREEN**.)

**Course Captains: Richard & Marcy O'Connor (830-5652/839-5307)**

**Logistics Coordinator: Matthew Block (830-6407)**

**Race Director Assistant: Sharon Whitehill-Gray (880-0860)**

**Race Director: David Liss (861-6019)**

- Plan to be at your designated post no later than 7:45a.m.
- **Safety is first and foremost on the course** – both for participants and vehicles.
- *Your primary task will be to time cyclists or runners **leaving** transition. Mark the time and notate their race number in time order.*
- No riding of bikes or throwing things in the transition area.
- All cyclists must be wearing bicycle helmets with the strap buckled.
- No throwing of equipment in the transition area.
- All runners must be wearing number bibs visible from the front.
- Parents are not allowed in the transition area or on the race course.
- **Cheer for the racers as they pass you!**
- Age groups are as follows: yellow number tags are 7 to 10 years old; white number tags are 11 to 15 years old (and 16+ exhibition).
- Plan to remain at your post until the last participant is finished.
- You will be notified when the last racer has passed your post and you are free to leave but we hope you will stay for pizza and the Awards Presentation.

**THANK YOU! THANK YOU! THANK YOU!**

**5<sup>TH</sup> NIXA YOUTH TRIATHLON**  
**SWIM**   
**BIKE**   
**RUN**   
 JUNE 18, 2011   
 OPTIMIST INTERNATIONAL

