

GENERAL INFORMATION

This section contains information that is important to parents/guardians and to their young athletes. Reading and following these instructions will help assure that race day will be a safe and enjoyable day of the kids and adults alike.

CHECK –IN:

When you arrive on Race morning, you will have to check in and pick up your Race Packet, T-shirt and goody bag. Check-in is held on the morning of the event beginning at 6:30 am. We suggest not checking in too early. You may check in at a time that is convenient based on your child's age group swim start time. An **estimated** detail of swim start times are below.

IN YOUR RACE PACKET

You will have a numbered tag and twisty ties; use the twisty ties to attach the numbered tag to your bike. There is also a timing chip that you will wear around your ankle during the race and return at the end of the race.

AGE GROUP SWIM START

We will be starting the triathlon at 7:30 AM. At 7:30 we proceed by age groups beginning with the youngest 4 thru 6

There will be many waves in each age-group but your athlete must be at the event no less than one hour before the **FIRST** wave in his/her age-group to allow time to set up his/her transition area and be ready to swim

Age 4-6 First Wave is 7:30

Age 7-8 First Wave is 8:45

Age 9-10 First Wave is 10:00

Age 11-12 First Wave is 11:15

This means if the athlete is age 9-10 they would need to arrive by 9:00 as to pick up packet and set up in transition area and be ready to swim at 10:00.

The athletes will be corralled in the swim area and wait in chairs until their swim wave. There will be 2 athletes per lane and there are 6 lanes. So there will be 12 athletes swimming at one time. The following waves will then start 2 minutes after the last athlete exits the water from the previous wave. The use of swim aids is allowed and encouraged if your athlete needs it. There will also be one student for every athlete in the water. Your athlete will be closely watched and encouraged if need be.

RULES & PRECAUTIONS

In order to make the **Troy Kids Triathlon** a fun and safe event, the following are some rules and precautions for parents/guardians and athletes to keep in mind:

1. BIKE HELMETS

Bike helmets must be worn and buckled during the bike portion of the event, including when in the Transition Area. Parents/guardians must assure that the helmet fit is proper for the athlete.

2. BIKES

Parents/Guardians are encouraged to pay attention to brakes, steering, wheels, inflation pressure, tire condition, chain, and pedals. In other words **DO A MAINTANCE CHECK ON THE ATHLETE'S BIKE.**

3. SWIMMING

Swim aids such as kickboards, floatation vests, etc, will be allowed (see event policies). There will a student for every athlete in the water.

4. RUNNING

Parents/guardians should assure that the athlete has footwear that is suitable for running the designated distance. There will be students in transition to assist your athlete with tying his/her shoes, etc.

5. SUN PROTECTION

Due to the wave start, many athletes will have to wait before beginning the event. Similarly, after the finish athletes may choose to wait for the results to be posted. Parents/guardians should provide appropriate sun protection in the form of sunscreen and clothing.

6. ATHLETE HEALTH

Parents/guardians should assure that the athlete is in a physical condition that will permit him/her to participate in the event without jeopardizing his/her health or that of other participants.

7. FIRST AID

The event will have a medical person available in the event of an emergency.

8. EYEWARE

Children that require prescription glasses might consider a headband to hold the glasses in place during the event. If the glasses must be removed for the swim there will be a volunteer available to hold the glasses. .

9. HYDRATION

The weather in July can be hot (unless it's like last year) and it is vital that your child consume water to prevent dehydration. There will be water available before and following the event. It is suggested that your child place a full water bottle at their transition area. Any child showing signs of dehydration should be brought to the attention of the medical person.

TRANSITION AREA

WHAT IS THE TRANSITION AREA AND WHAT HAPPENS THERE?

In the sport of triathlon the Transition Area is like the hub in the center of a wheel with the swim, bike and run like the wheel spokes. The athlete passes through the Transition Area twice in the event. In the Transition Area the athlete moves from swimming to biking and then from biking to running.

Every athlete has a spot in the Transition Area (by age-group) where his/her bike, helmet, shoes/socks, clothes, towel and other needed stuff is located. The triathlon begins at the pool. Following the swim the athlete moves to the Transition Area where he/she removes any swim equipment such as goggles and swim cap, quickly dries off, puts on what is needed for the bike ride, takes his/her bike and (walking the bike) exits the Transition Area following the sign that says BIKE OUT. Bathing suit removal is not permitted. Athletes put on shorts and shirt over their bathing suit, if choosing to do so. Some athletes just ride and run in their bathing suits.

After the ride the athlete returns to the Transition Area and (walking the bike) goes back to where his/her equipment is located. The bike is placed in the rack, helmet and other riding equipment is removed, and the athlete prepares for the run. Runners may jog to the RUN OUT sign in the Transition Area, watching for bikes and other runners. The triathlon finishes with the run on the levy.