

2011 Kids Tri Info

Race Day Timeline

8:00 a.m. Transition opens/ check-in, heat assignments
8:45 a.m. Transition area closes for Parent/Athlete Meeting
8:55 a.m. Heat line up
9:00 a.m. Heats Begin (junior cats will go first)

_ Awards / Announcements at the conclusion of all races

_ Post Race Breakfast from McDonald's/Refreshments from Pepsi

_ Bikes need to be claimed at T2 at conclusion of event

Triathlon Participation Liability Statement

The Harrison Parks & Rec Kids Triathlon is NOT a USAT sanctioned event. Each participant and their parents/guardians signs and enters the event with the understanding that the waiver on the entry form releases the promoters, sponsors, or any other person or organization from any and all liability associated with participation in or at this event. No athlete will be able to compete without a signed entry form.

Race Divisions and Swim Start/Heats

The HPR Kids Triathlon will utilize a heat start. Swimmers will start max six at a time in one of six swim lanes.
Heat assignment will be given at Athlete check in with jr. cats going in the first heats.
We will be utilizing the age up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.
For Example: If you are 10 on the day of the race, but turn 11 before December 31, 2011, you will be placed in the 11 year old age group. If you are 10 on race day and turn 11 after December 31, 2011, you will be placed in the 10 year old age group.

Athlete Check-In

Athletes MUST check in on Sat, Aug 27 starting at 8am.

_ Parents and Athletes are encouraged to review the course map.

_ Athletes must confirm their athlete number on athlete list.

_ Pick up Registration Packet, which will contain race numbers, safety pins, etc.

Timing

Timing is done with one official time clock at the end of the race that begins at the start of first heat and one clock for the start of the heats. Athletes are timed from the start of their heat until they cross the finish line.

Parking

Please park in the parking lot next to the city pool, use the entrance off of Hwy 7 south. Spring St. and Lakeshore Drive will be closed to traffic.

Course and Race Information

Start Time

9:00 am – Swim starts will be conducted in heats. Divisions and Age Groups have identified heats and there will be a maximum of 6 swimmers at a time.

Course Cut-Off Times

There are NO cut-off times for this race.

General Course Description

The HPR Kids Triathlon will include a pool swim; bike ride and run on closed streets and around Lake Harrison, Crooked Creek Trail, City Park, and First National Bank Soccer Complex.

	6-7 y/o junior	8-9 y/o junior	10-11 y/o senior	12-13 y/o senior
Swim	50 yards	50 yards	100 yards	100 yards
Bike	.5/mile	.5/mile	1.34 miles	1.34 miles
Run	.4/mile	.4/mile	.9/mile	.9/mile

Assistive Devices

Only athletes in the 6-7 y/o division as of 12/31/2011 will be permitted to use assistive devices such as floatation aids or bicycle training wheels. Additionally, athletes can receive aid or assistance from individuals, including parents and/or guardians, during the T1 portion of the race. Only athletes and race volunteers are permitted in T2 or on the race course during the event past the T1 bike mount area.

Aid Stations

Water will be located at the swim finish, and both T2 areas.
At the finish line, we will be distributing bottled Water.

Body Marking

The HPR Kids Triathlon will not use body marking. If you want to do so instead of wearing a race number it is strictly voluntary. If an athlete cannot be identified by their own body marking then their time will not be recorded.

Race Numbers

Each participant will receive a race number in their race packet and it is to be worn on the front of your running shirt or shorts. The number **MUST** be visible when you start the bike portion of the race. Do not cut, fold, or alter your race number in any way. Race belts are permitted. Swim caps may be worn but are not required. Race belts are allowed.

You must start in your designated heat, NO EXCEPTIONS.

Transition Area Notice/Bike Inspection

Unlike most triathlons, T1 & T2 are not at the same location. Due to the course layout, T2 is located away from T1 for both junior and senior competitors and they will not have the same T2. Please review course map.

It is up to each individual to make sure his or her bike is in safe and proper working order. All athletes must wear a bike helmet and the chin strap must be fastened before mounting their bike and during the race. Straight bike pedals are recommended for this race. If athletes choose to use clip pedals, please make sure their running shoes are placed at the T2 location before the race starts. Do not enter T2 after race has started to place or collect any item.

Penalties

The only time penalties will occur during this triathlon will be due to athletes not mounting or dismounting at the proper places; parents, guardians or other non event individuals assisting them past the T1 phase of the race; or athletes interfering with other athlete's progress during a race. A 10 second penalty will be given for each of the following: riding through transition cones and not properly mounting/dismounting; throwing bikes or helmets in transition area; outside assistance other than T1; and athlete to athlete contact that hinders ones forward progress.

Awards Ceremony/Race Results

Official race times will be calculated after all athletes have crossed the finish line and there will be an awards ceremony at the check in area. Medals are given to the top three finishers in each gender and age division. A letter will be mailed that contains a competition ribbon and sheet of times/rankings. All competitors will receive a finisher's button when crossing the finish line.

Post Race

There will breakfast items from McDonald's and Pepsi products available at the check in area.