

**Race Distances: Note your child races according to his/her age on December 31, 2018. Example: If your child turns 7 by December 31, 2018, he/she will race in the 7-8 age category NOT the 5-6 age category. This follows USAT rules.**

- Juniors (5-6) Swim 25 yards / Bike 1.6 k / Run 1 k (start time 7:00 am)
- Juniors (7-8, 9-10) Swim 100 yards / Bike 6 k / Run 1 k (start time 7:30 am & 8:00 am)
- Seniors (11-12, 13-15) Swim 200 yards / Bike 9 k / Run 2k (start time (start time ~ 8:45 am)
- Parents Swim 200 yards / Bike 9 k / Run 2k (start time ~ 9:45 am)

**Entry Fees & T-shirt Guaranteed Date**

- Youth \$35.00 until June 15, 2018
- Youth \$50.00 from June 16, 2018 – June 30, 2018
- Family Team \$70.00 until June 15, 2018– one child and one parent
- Family Team \$100 from June 16, 2018 – June 30, 2018 – one child and one parent
- Registration closes June 30<sup>th</sup>, 2018 or when the race becomes full.
- T-shirts are guaranteed until June 15, 2018. **NO** guarantee of t-shirt after this date.
- Children who race as part of a team are eligible for individual age category awards and team awards. Racing as a team does not affect your USAT rankings or eligibility for series participation.

**Withdraw/Refund/No show Policy**

- No refunds.
- Racers who do not show for any reason forfeit their race packet and t-shirt. Race packets and t-shirts will not be mailed.

**USAT Membership Required**

- All athletes must be a member of USAT and will be required to provide proof of USAT membership along with parent photo ID at packet pickup.
  - You may purchase a year or one day USAT membership when registering for our race online.
  - You may purchase one day USAT membership at packet pickup (we HIGHLY prefer that you sign up online).
  - You may purchase a USAT annual membership online at [www.usatriathlon.org](http://www.usatriathlon.org)

**Weather Contingency**

- We will have an hour postponement contingency due to bad weather.
- We may cancel the adults' division if time allows for us to hold the kids' divisions but not the parents' division.
- The racecourse may be altered due to unsafe conditions.
- There will be **NO** refunds.

**Bike Inspections**

- You cannot race without end plugs because it is a safety hazard. If you don't know what handle bar end plugs are, you are exactly the type of racer who needs to go to a local bike shop for inspection.
- Please take your child and their bike and helmet to a bike shop for inspection for proper fit.
- Helmets are required and will also be checked for proper size and fit.

- We reserve the right to pull an athlete from the race due to an unsafe or improperly sized bike or helmet.
- NO AEROBARS, DISC WHEELS or AERO HELMETS. USAT rule and you will not be allowed to race.

## Packet Pickups

**You may NOT pick up another racers packet except for your child's. No exceptions! This is USATs rule not ours! A parent/guardian will be required to sign a USAT waiver for his/her child.**

1. Friday, July 6, 2018 from 11:00 am - 7:00 pm at Stroud True Value. Address: 224 W. Main Street, Stroud, OK, 74079. Phone: 918 968-3942
2. RACE DAY PACKET PICKUP will be an additional \$5

## Packet Contents

- Race bib number (pin on front of t-shirt or use with race belt)
- Safety pins
- Bike and helmet stickers
- T-shirt

## Kids Race Overview

- 5:00 & 6:00 pm on Friday, July 6, 2018 at Stroud Public Pool.
- Transition and course review for kids.
- Highly recommend that you drive the bike course after the clinic. We will have the bike course marked with directional areas. Highly suggest that you review the turnoff area for the bike loops/finish with your kids. This area will be marked with tape / chalk but cones will not be up yet.

## Swim

- The course starts with a pool swim at Stroud Public Pool.
- NO Flotation devices are allowed this year even for the 5-6 year old category<sup>Ⓜ</sup> Unfortunately, this is due to our insurance / sanctioning through USAT. A swimmer must be able to swim his/her distance.
- Swimmers are allowed to hold on to the side of the pool or stand if rest is needed.
- Swimmers cannot hold onto the lane line ropes, as our system is unique allowing for flip turns and eliminating the need to swim under the lane ropes. The lane ropes will not support a swimmer.
- The swim will be a staggered start with swimmers entering the water every 5-10 seconds according to his or her estimated swim time. Faster racers start first in each age category. It is very important that you enter the correct estimated swim time for your child's race distance. This ensures that slower racers do not have to battle faster racers swimming past/over them.
- We start the next swim wave (5-6 / 7-8 / 9-10 / 11-12 / 13-15 / adult) when the current age category is off the bike course (exception: 9-10 will start right after the 7-8 wave and 13-15 will start right after the 11-12 wave).
- We will have a minimum of two lifeguards present as well as additional volunteers.

## Bike/Run

- The racer must wear his bib number pinned to his/her shirt or wear a race belt with the number. Bib numbers are assigned by age category.
- The bike and run courses are closed to car traffic with volunteers and off duty police officers lining the course to ensure safety.
- We have one cyclist riding the course throughout the race monitoring safety.
- No training wheels are allowed this year even for the 5-6 year age category because of time constraints & USAT rulesⓈ Kids with training wheels have not had the experience in the past to maintain an appropriate pace for keeping the race on schedule for our allotted road closure time.
- No headphones are allowed on the course.
- Medical personnel will be present at the finish line and the bike split for first aid and emergency injury care.
- Your child is responsible for knowing his/her loop count on the bike course.
- We also highly recommend that you drive, walk or bike the bike course with your child on Friday and make sure they understand how many loops they need to do for their age category and where the turn off is for additional loops or finish line. We will have the bike course marked with chalk or tape indicating where the lanes start for more loops versus finish but cones will not be up yet. Please review with child.
- One minute penalties will be given out for lane violations on the bike course. Racers will be DQ'd for cycling down the run course because of a failure to slow down. Must follow road markings and signs to get in correct lane and slow down.
- See race website for course maps and loop count. Please notify us if your child does not bike the correct number as this will take an award away from the deserving athlete.

## Parent Division portion of Team

- We have included an optional parent mini tri that will start after all of the kids finish racing. This is one of the coolest features of our race!!!
- Parents and kids love the chance to race on the same day and compete in the team division!! Times for the parent and child are added together. Team wards are given for teams by child age category male and female combined.
- The adult race starts when the 11-15 year olds are off the bike course.
- We do **not** provide day care for your child while you are racing.

## Parking

- **Racers** – Park in the school lots. Transition is closed until last adult racer is off bike course. You will not be able to leave the race until sometime between 10:30 and 11:00 am because our course is closed.
- **Spectators** – If friends or family members are coming to watch and need to leave before the race is over, they may park on a side street that is **NOT** on the racecourse!!!!!! **TELL friends and family they may not park on the racecourse!!!**
- **Volunteers** - Park in the school lots. Transition is closed until last adult racer is off bike course. You will not be able to leave race until between 10:30 and 11:00 am because our course is closed. If you made prior arrangements with the volunteer coordinator to leave early, park on a side street that is not on the racecourse.
- **IF you park on a side street that is NOT on the course, please make sure you are not blocking a mailbox!**

## Transition

- Transition opens at 5:45 am.
- One parent in transition per child. Only parents with wrist bands are allowed in.
- Body marking for age and bike/helmet sticker/safety checks will take place before the athlete enters the transition area.
- Bikes are racked according to age group and size of bike. Rack bikes by the saddle (seat) NOT the handlebars. Our transition is tight so we require this to help keep transition organized. We have appropriately sized bikes for all ages so this will work. I promise. The front wheel must touch the ground. Our transition captain reserves the right to move your child's bike to the correct size rack if you do not rack your child's bike properly.
- All bikes will be racked starting at one end and working towards the other alternating sides. This helps us keep from having to move bikes to fit bikes in.
- Your racer may place their triathlon gear on a 2' by 1' towel next to the tire on the ground. You may NOT use a full size towel. This takes up too much room.
- Consult with a transition volunteer if you have questions or problems on race day. They are nice people who will help you. It may take a few minutes but they will help you
- **Transition closes to all racers at 6:40 am sharp.**
- Make sure you give yourself plenty of time to get to the race site, park, get helmet and bike checked for safety, get body marked and set up your transition area.
- No spectators will be allowed in the transition area during the race. Our volunteers in transition will help your child.

## Body Marking

- **Race number: lateral lower left leg and lateral right upper arm**
- **Age: back of right calf**
- **We will have sharpies available for last minute body marking on race marking as you enter transition.**

## Pre-race Meeting

- Mandatory pre-race meeting begins at 6:45 am south side of the pool area.

## Awards & Amenities

- Every racer will receive a finisher's medal.
- Trophies will be awarded to the top three finishers in each age group for boys and girls (5-6), (7-8), (9-10) (11-12) (13-15) as well as for family team awards by child age category. We will combine the child's race time with his/her parent's time for a team family time
- Post-race food, face painting, water slide and awards will follow each race category in the playground area.
- Awards will occur at approximately 11:00 am at the finish line.
- If you leave early, awards will not be mailed to you.

## Spectators

- We encourage all parents and supporters to line the course and cheer on the racers.
- Our course design enables parents to easily cheer at different points. We ask that all spectators stay on the east side of the pool outside the fence.

- No parents or coaches will be allowed in the swim area.
- You will have to run back around the pool to see the child on the bike course. This is slightly inconvenient to the parent who wants to see everything up close but for safety reasons we have to set the course up this way.
- **Team Tents: Put up in the grass area. No tents on the school side of the course.**

**Contact Info:** [route66kidstri@gmail.com](mailto:route66kidstri@gmail.com)