



Saturday June 21, 2014 @ 7:30 am
Course Map and Guidelines



Kid's Triathlon

- Participants **must** have a parent/guardian or an adult over the age of 18 present at the duration of the event.
- Each participant will receive a finishers medal.
- This event was created to place an emphasis on activity for children.
- Electronic timing chips will be picked up before the event and returned at the finish line.
- Individual recognition for 1st – 3rd place boys and girls will only be recognized in the competitive divisions. Results will be posted on-line.

There will be a meeting for participants and the parent/guardian attending the race Friday June 20, 2014 at 7:00 pm at the football stadium at Blue Springs South High School.

This meeting is not mandatory, but suggested for those new to the race.

Racing chip pick up will take place inside the Blue Springs Y from
6:15 am until 7:00 am

Participants should have their tri tat on before getting their chip.

Blue Springs Y

1300 SE Adams Dairy Pkwy

Blue Springs, MO 64014

(816) 224-9620

This event will not be rescheduled and refunds will not be provided if the event is cancelled or a participant does or cannot compete after registration is paid. All registration fees will be collected before a participant is considered enrolled in the event.

Race guidelines

- Participants must report to the Y with their tri tat with the number matching their bib before 7 am race day before getting their racing chip. Bib should be safety pinned to the front of the participants shirt during the bike and run. A belt that secures the bib is acceptable.
- All equipment and clothing must be stored at transition.
- Participants are responsible for their items. Race organizers, volunteers, and/or race site is not responsible for your equipment/clothes.
- No parents are allowed in the transition area (except for tot race).
- Follow the direction of race volunteers and emergency services.
- Signal parent/guardian, volunteers, life guards, and/or emergency services if you feel tired, hurt, fatigued, or injured.

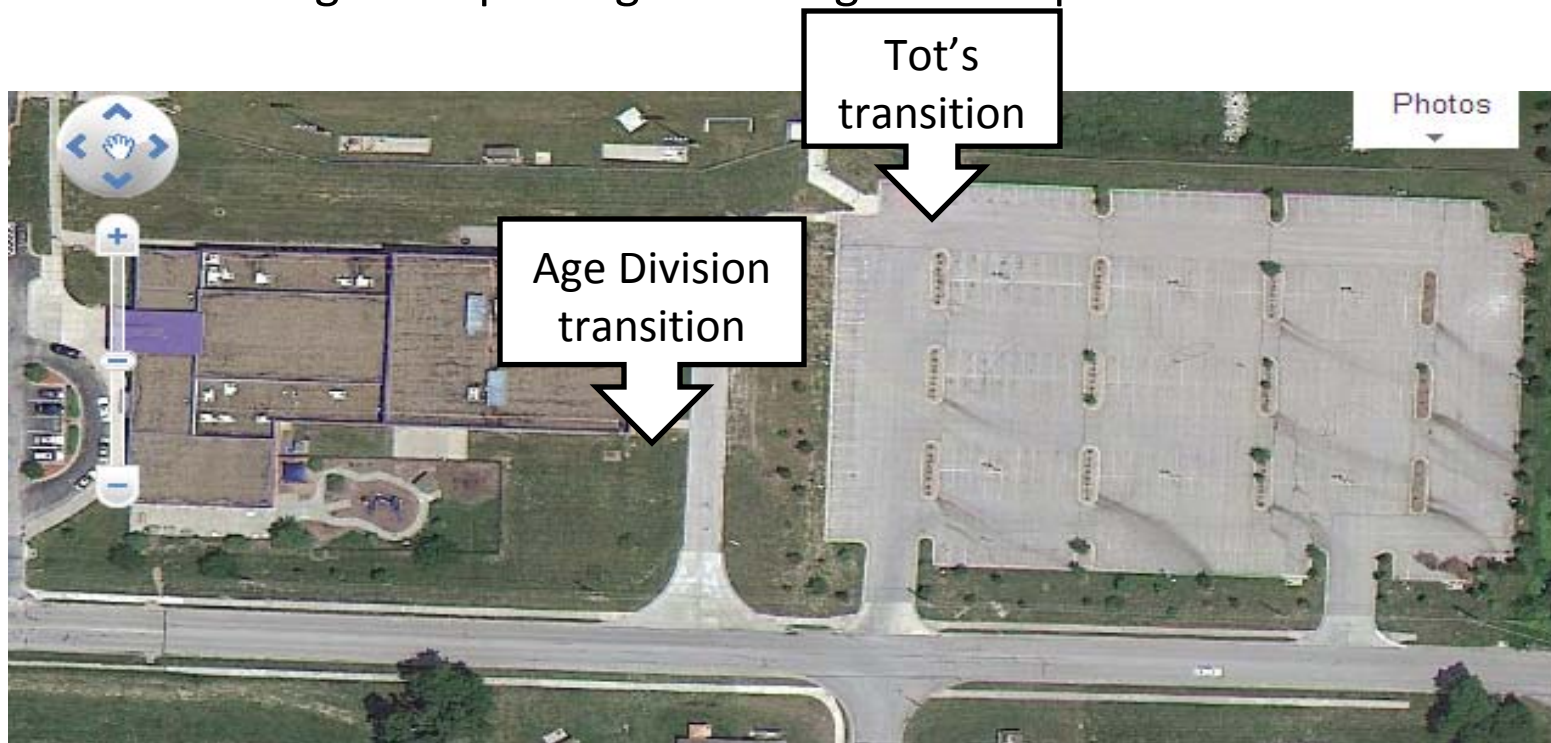
Race Division Descriptors

- Tri for Tots Ages 4 and older who need any of the following during the race:
 - Flotation device for the swim
 - Training wheels for the bike
 - Parent/Guardian to for the run
- Age Division Novice and Competitive (6-10 and 11-14)
 - No assisted devices used during the race
 - Parent/guardian not allowed in transition area

Bike Drop off

Bicycle's may be dropped off in the appropriate transition area before 7:00 am.

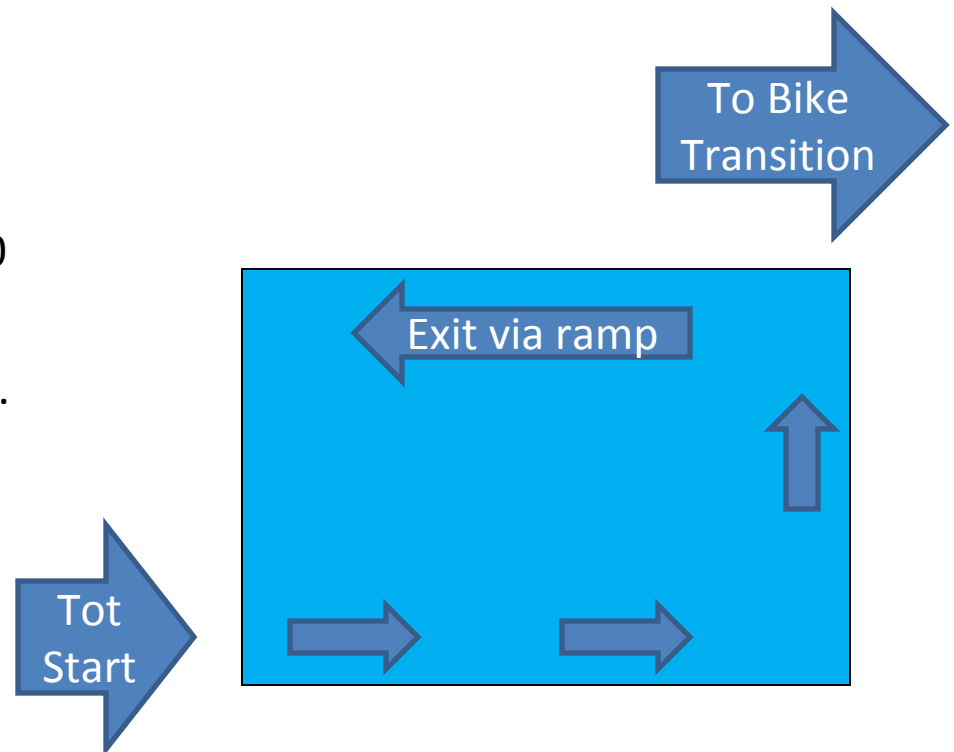
Access to the transition area will be available by pulling into adjoining parking lot. After dropping off bicycles and equipment cars **MUST** be moved to designated parking in the registration packet before 7 am.



Swim

Tots Division

- Swim to the right and pass on the left. If you need someone to move so you can pass, then tap them on their left foot. Individual participants will start in the water according to their designated start time. Individual racers will begin every 20 seconds. Parents may watch their child from outside the pool. Participants swim to the opposite wall and to the exit ramp. Parents/guardians may accompany their child from the pool, to transition, and to the bike. Parents/guardians may hold slip on flip flops/sandals for the participant to quickly put on while going to transition for their bike shoes/clothes and bike equipment.



- **NO RUNNING IN THE POOL AREA!**
- **FOLLOW THE DIRECTIONS OF LIFEGUARDS**
- **SWIM CAPS ARE NOT PROVIDED OR MANDATORY. PARTICIPANTS WILL NEED TO USE THEIR OWN GOGGLES.**

Parents will not be allowed in the pool, but may watch from the perimeter. Parents may want to have shoes available for their child to put on before going outside to the transition area.

Transition Exits out of the Pool

T = exit for Tots division to transition

AD = exit for Age Division to transition



Tot Bike .20 mi

Tot Run: Head north to the track up the sidewalk and run a lap around the track to the finish.



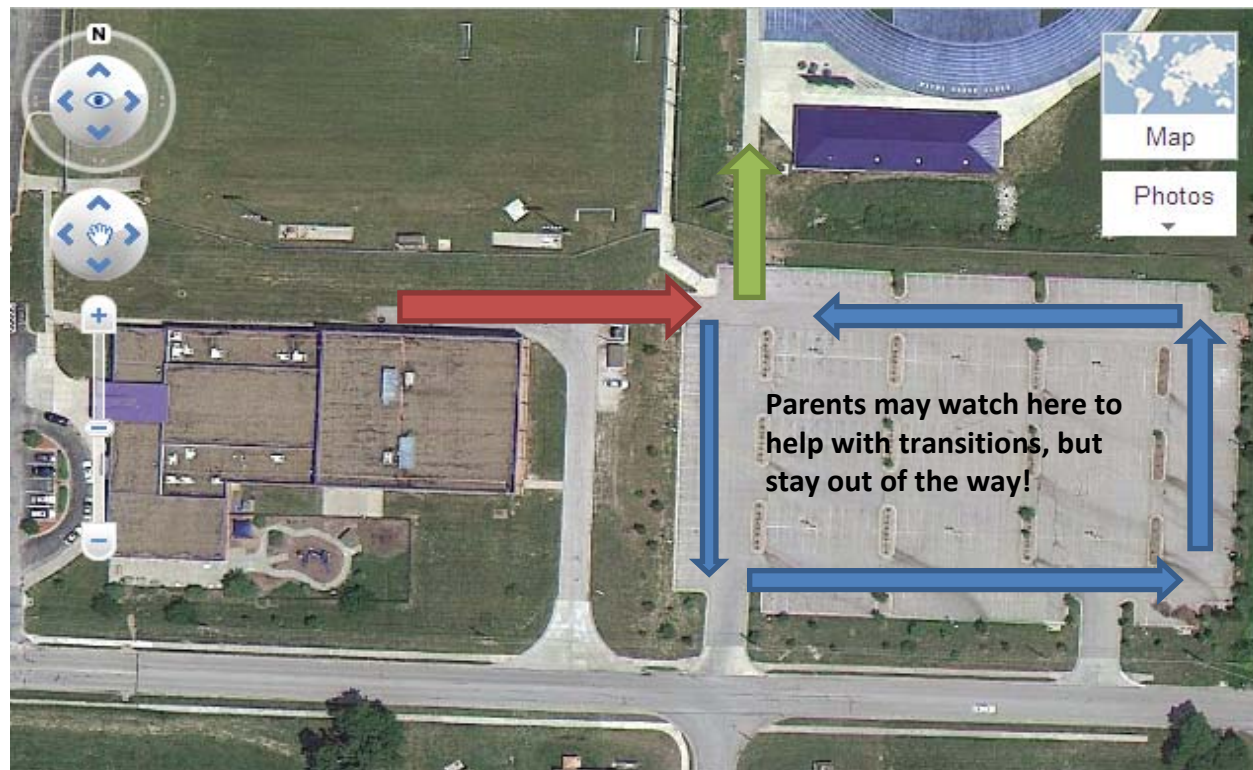
Tri for Tots

Bike transition and bike map (closed course)

Red Arrow: exit from pool, put on socks, shoes, shorts, shirt with bib number attached, helmet, and other equipment parent may deem necessary.

Blue Arrows: bike route – ride to the right, pass on the left, no drafting, say passing left as pass, and must have 3 bike lengths between each participant

Green Arrow: transition to the run on the track



Tri for Tots

Bike to Run and Finish

- Participants will transition from the bike to the run by taking off their helmet, storing bicycle, and running a lap around the track to the finish line. Parents/guardians may run the lap with their child or go to the finish line to take pictures. Friends and other family may view the finish from the bleachers.

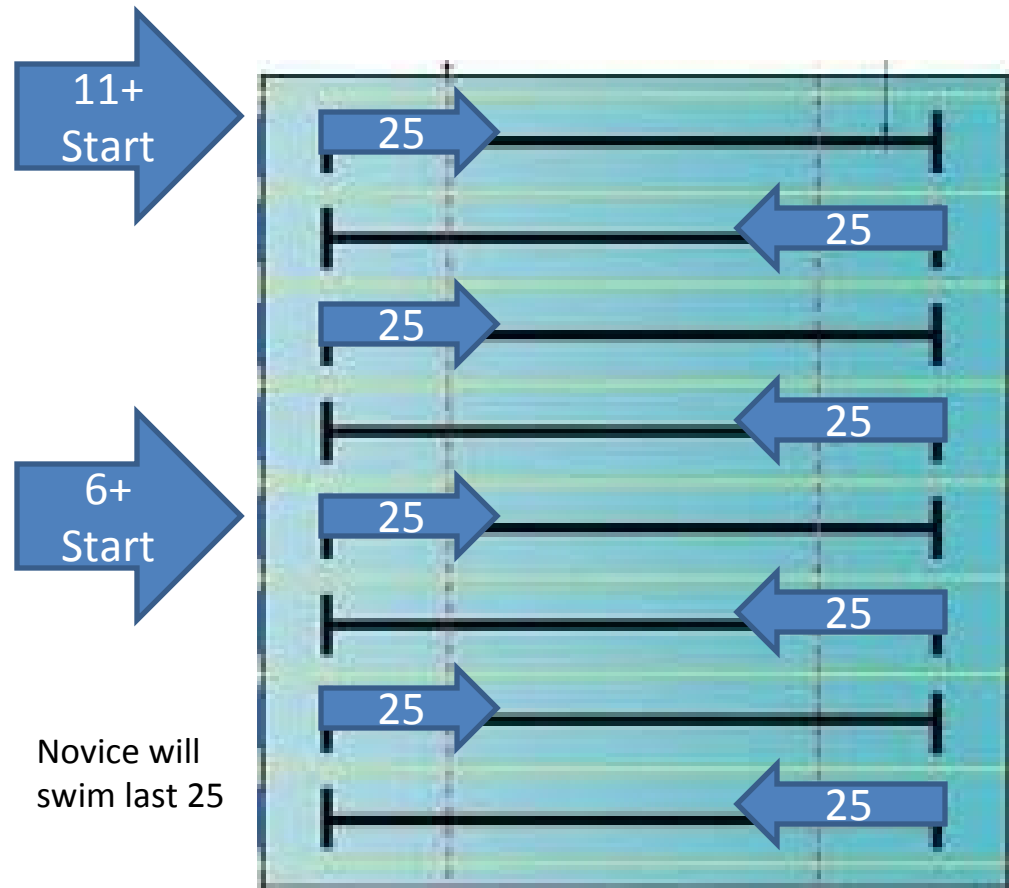


Swim (lengths are yards)

Age Group Divisions

- Swim to the right and pass on the left. If you need someone to move so you can pass, then tap them on their left foot. Individual participants will start in the water according to their designated start time, will be told when to go, and will swim their laps. The wall at the end of the lane should be touched before going under the lane divider to swim down the other lane to complete the necessary meters for the race. Pushing off the wall is okay. The wall or lane divider can be rested upon if needed, but not used to advance down the lane. Individual racers will begin every 20 seconds.

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Novice will swim last 25

To Bike Transition



Parents will not be allowed in the pool, but may watch from the bleachers.

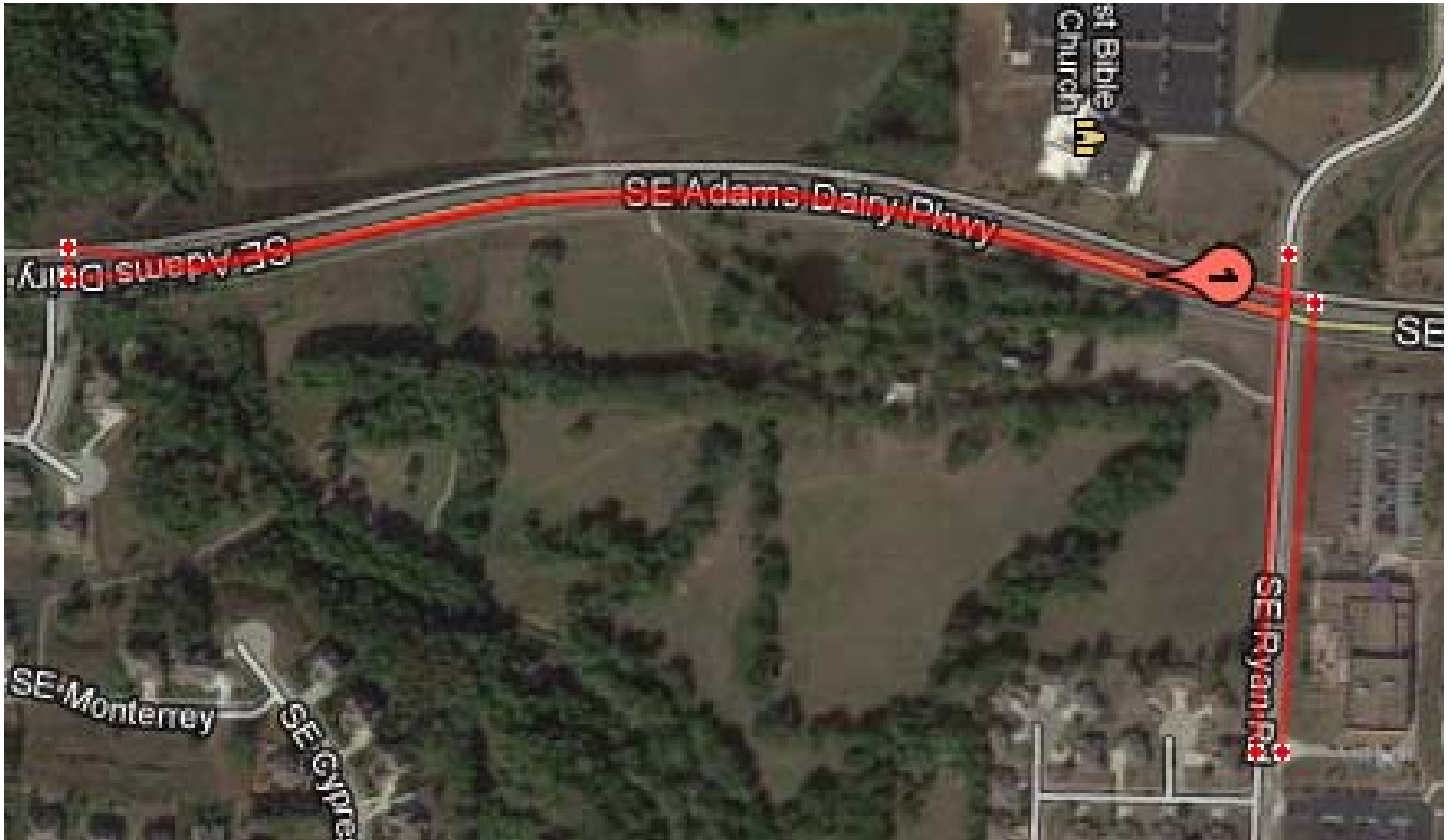
Age Division

Bike Route (Closed Course)

- Participants must wear a shirt, their bib number attached, shoes, helmet, and other equipment deemed necessary by the individual in the transition area.
- Bikes may not be ridden in the transition area.
- Riders must stay to the right keeping 3 bike lengths between other competitors.
- Passing must take place on the left. Yell passing left as passing and pull to the right once 3 bike lengths ahead. No drafting.
- Age group 6-10 will do one lap on Adam's Dairy before going back to the transition area by turning right back to Blue Springs Y at the red mark.
- Age group 11-14 will do two laps on Adam's Dairy Parkway by going past the red dot on the map and turning right at the red dot towards transition after the second lap.
- **Route:** Exit transition from lower lot behind the Y and go West on Ryan Road. Turn North on Adam's Dairy Parkway. Turn around (after median) before AA. Go South on Adam's Dairy Parkway to turnaround. Go North on Adam's Dairy Parkway and turn back East onto Ryan into transition in lower lot once the appropriate number of laps is completed.



Novice Bike 1.25 mi 2K



Tots and Age Division

The matching wristbands provided in the envelope in your registration packet must be worn by the participant and adult accompanying the participant.

Adults may wait in the area between the track and bleachers for their child. An adult will verify matching wristbands.

Parking

Display your parking tag so the police let you onto closed roads before the roads close at 7 am

Adam's Dairy Parkway and Ryan Road will not be open to traffic until the last participant is off the road. Do not park in the Blue Springs Y lot or the east lot at BSS.

If you wish to leave before the bike portion is complete or you have a child in the Tot Division you may want to park at William Bryant Elementary. Participants will turn just south of Sunnyside School Road so you would be able to cross Adam's Dairy Parkway without interfering with the race.

If you plan on staying for the duration of the bike or have a child in an age group division you may want to park in the lot marked with a star to the right. There is an exit onto Adam's Dairy Parkway that will open once the bike is complete. The exit will not put the runners in jeopardy.

The lot marked with a V is for volunteers only. The exit will not open until the whole race is complete. Exiting during the race will put kids in jeopardy.



A copy of this power point is on the
Blue Springs Parks and Recreation
page for the triathlon.

<http://www.bluespringsgov.com/kidstriathlon>

Thank you

Blue Springs Hy-Vee

Remember to shop at Hy-Vee where
there is a helpful smile in every aisle