

## **Karakung Kids Triathlon Race Day Procedures**

No race day registration. No refunds.

**Race Day Check in:** 7:00 a.m.-8:00 a.m.

**Pre-Race Meeting:** 8:15 a.m. (All participants must attend Pre-Race Meeting)

**Race Start:** 8:30 a.m. (wave-start with oldest starting first)

RAIN or SHINE

What to do when you arrive:

- Check in with registration (unless you already did so at early packet pick-up Saturday night)
- Get body marking
- Get ankle timing chip
- Attach race number to the FRONT of your shirt (or race belt)
- Set up equipment in transition area. Volunteers will direct you on where to put your bike and how to set up. (All bikes must be set-up in the Transition Area before the pre-race meeting.)
- Attend Pre-Race meeting at 8:15 a.m.

**Race Day Checklist:**

- Swimsuit and goggles
- Swim cap (optional)
- Shirt and/or shorts to wear over swimsuit during bike and run
- Running sneakers (socks are optional)
- Bike
- Bike helmet with secure chin strap
- Water bottle for transition area
- Two towels for transition area: one to dry off with after swim, and one to set your clothes on.

The baby pool area will be used for staging the triathletes in order for the swim start. Triathletes will be called to the baby pool staging area according to age groups.

Water stations will be available after the bike course, on the run course, and at the finish line.

Every competitor will get a medal and a t-shirt. Age group awards will be given for girls and boys. Parents are responsible for making sure all bikes and helmets are in safe working order. No child will be permitted to compete without a helmet which has a secure chin strap.

## **Karakung Kids Triathlon Rules and Regulations**

**Age Groups:** “Race Age” is defined as the triathlete’s age on December 31<sup>st</sup> of the current year. This is consistent with all USA Triathlon events.

**Sportsmanship:** Unsportsmanlike conduct by participants or parents will result in disqualification. The goal is to encourage the participants, and all triathletes are to be congratulated on their efforts and accomplishments.

**Course:** Volunteers will direct the participants through the triathlon, but competitors are responsible for being familiar with the course. No headphones are permitted.

**Swim:** Any stroke is allowed, there is no disqualification for stopping or walking in the pool. Children must touch each end of the pool and complete the entire distance. No kickboards or flotation devices are permitted. Racers will start in the water (3ft.), no diving. Lifeguards will be stationed to assist the children, if needed. Upon exiting the pool, participants must walk. **NO RUNNING ON POOL DECK!**

**Transition Area:** All equipment must be placed in designated transition area by 8:10 am. Bicycles are to be walked in and out of the transition area, and are to be mounted and dismounted at a designated point just outside the transition area, to be clearly indicated by volunteers. No one will be permitted to start the bike course without a secured bike helmet. All bikes must be returned to the designated spot upon finishing the bike course, without disturbing any other competitor’s equipment, or creating a safety hazard. Only participants are allowed on the transition area. Volunteers will be in the transition area to assist anyone who needs help. A transition area monitor will restrict access.

**Bike:** Bike helmet with chin strap secured must be worn at all times participant is on the bicycle. All bicycles must be in safe working order. Bikers stay to the right and pass on the left. Do not pass the yellow lines at any time except the turnaround point. No passing at curved hill before Nitre Hall (volunteer will be stationed). Do not follow the biker in front of you too closely. Be at least 2 bike lengths behind them. It is dangerous, and a possible violation called drafting. Use caution in turning, and slow down at turnaround. The bike turnarounds can be tricky- slow down when turning around on both short and longer bike course.

**Run:** Participants must run or walk the complete running course.

**Race numbers:** Race numbers must be worn on the FRONT of the triathlete at all times during the bike and run. Participants will have their race numbers and age on their right arm and leg with marker (body marking) at Race Check-in to identify them throughout the race.

**Outside Assistance:** No parent may bike or run on or alongside the course.

**Disqualification:** Failure to follow all safety rules and rules of the course will result in disqualification. Unsportsmanlike conduct will result in disqualification. Disqualified athletes will receive a participation medal but will be ineligible for age group awards and will not have their times posted.

**Results:** Official results will be posted at [www.RuntheDay.com](http://www.RuntheDay.com)

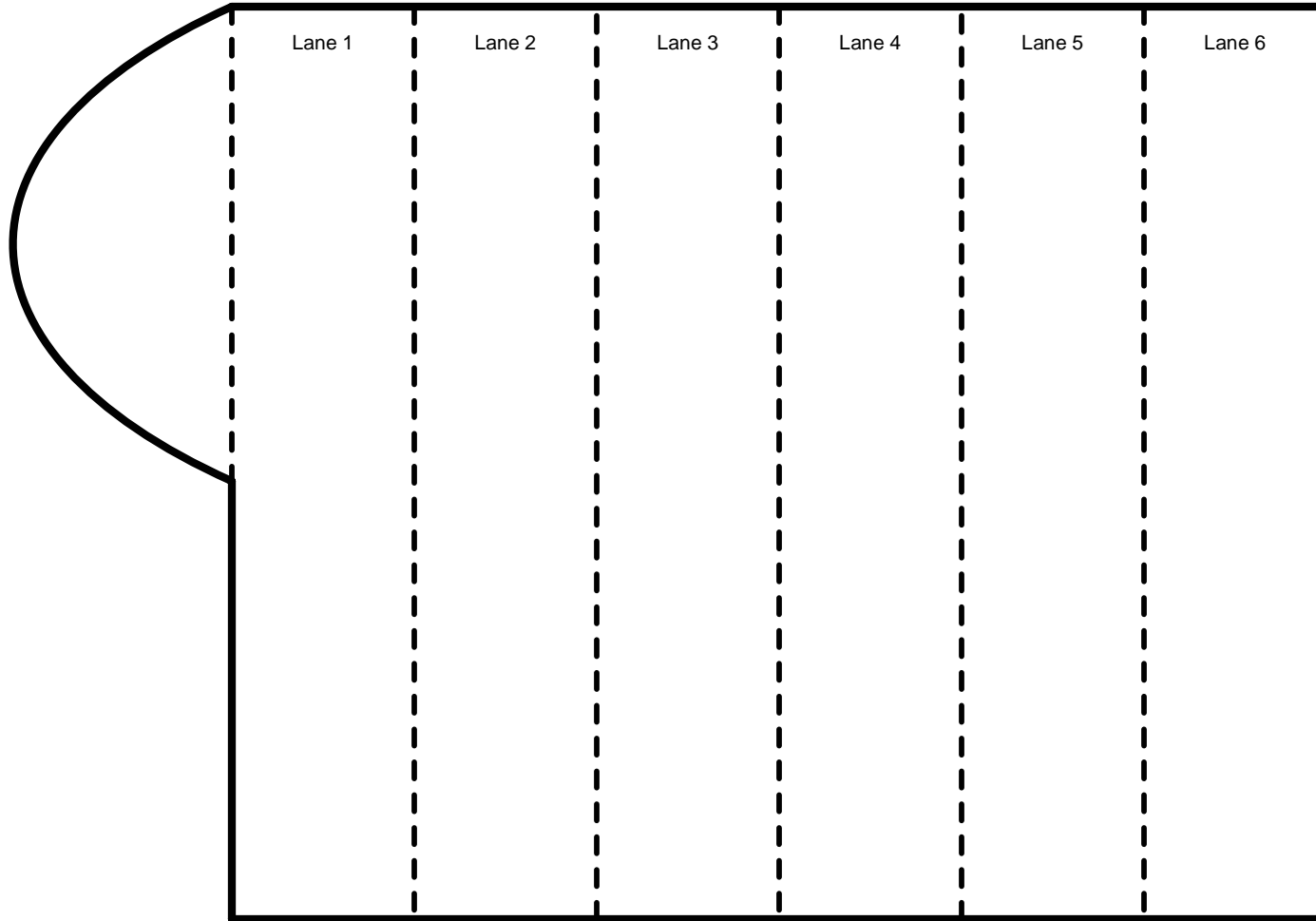
Karakung Kids Triathlon  
Swim Course  
Ages 7 - 8: 50 Meters (2 lengths x 25 meters)  
Ages 9 - 14: 100 Meters (4 lengths x 25 meters)

**In water start, two swimmers per lane**

<----- Enter and Exit from this end ----->

Staging Area near  
Baby Pool

To Transition Area



## Gmaps Pedometer

Recording...

Undo last point

english  metric

Total Distance: 1.7222 miles

Last Leg: 0.0068 miles

Turn [off](#) mile markers

Turn [on](#) calorie counter

Elevation: off [small](#) [large](#)

[Complete](#) there and back route

Saving...

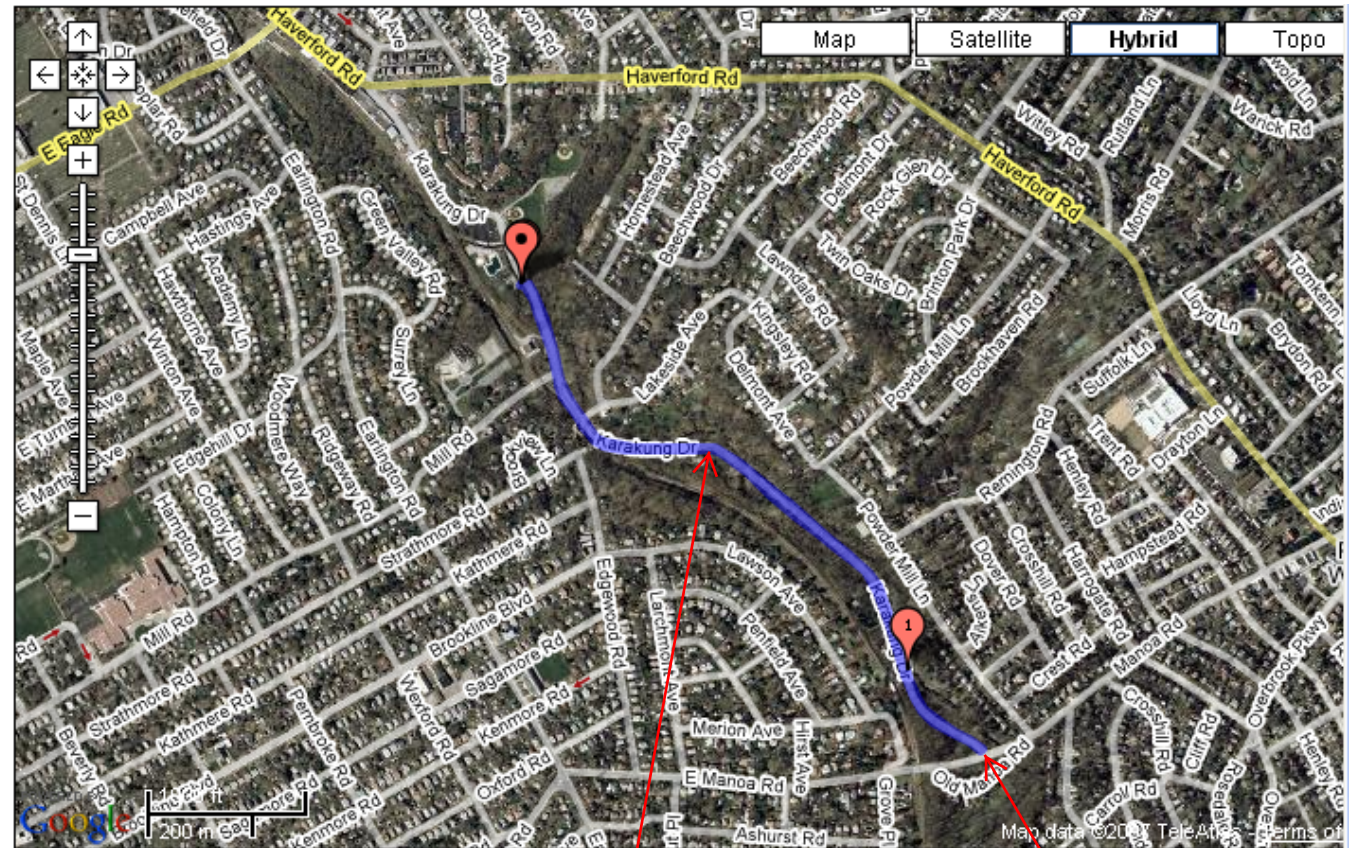
[Clear points and start over](#)

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Turn-around for 7-8 year olds

Turn-around for 9-14 year olds

KARAKUNG KIDS TRIATHLON - BIKE COURSE

KARAKUNG KIDS TRIATHLON - RUN COURSE

