





IMPORTANT INFORMATION

- Children will keep their bikes, running shoes and other gear in the "transition area" (boat launch at the south end of the park)
 - Transition area will be open at pm for children to rack their bikes
- Parents are **NOT** allowed inside the transition area, we will have escorts for your children
 - Children's swim will start and end at the boat launch ramp (inside the transition area)
- Children will start the swim individually in sequence, every 10-15 seconds, rather than in a wave
 - The transition area is the best place to watch the swim and bike portions of the event
 - The finish line is at the entrance to the park on the north end (near the pier)
 - Parents can watch their child cross the finish line near the barricades lining the finish chute, then reunite with them at the chute exit near the food tent

PACKET PICKUP

PACKET PICK UP at Murphy Park

- Friday, July 15thNoon 6 pm
- Saturday, July 16th Noon 4 pm*
- *Please note the start times for each age group below. Arrive at least 30-45 minutes prior to pick up packets.

AWARDS

Top 3 boys & girls in each age group (6, 7, 8, 9, 10, 11, 12, 13 and 14) will receive an award medal!

RACE START TIMES

START TIMES ON JULY 16TH, 2016

- Division 1 (age 6) @ 2:00 pm
- Division 2 (ages 7 and 8) @ 2:30 pm
- Division 3 (ages 9 and 10) @ 3:00 pm
- Division 4 (ages 11 12) @ 3:30 pm
- Division 5 (ages 13 14) @ 4:00 pm

Division/Ages	Swim*	Bike	Run
Age 6	50 yards	1/2 mile	1/3 mile
Ages 7-8	100 yards	1 mile	1/2 mile
Ages 9-10	100 yards	2 miles	3/4 mile
Ages 11-12	200 yards	5 miles	1 mile
Ages 13-14	200 yards	5 miles	1 mile

^{*}Water temperature and surface conditions permitting. Swim may be abbreviated at the discretion of the lifeguard director.

NOTE: Children will be assigned to the age bracket that corresponds to their age on December 31, 2016 ("end-of-year age") per USA Triathlon guidelines.



ON COURSE MAPS Trioth





Bike Routes

Run Routes

















PERKS! EVERY PARTICIPANT WILL RECEIVE

Commemorative t-shirt
Finisher medal with timed results
Free digital downloads of finisher photos
Free ice cream and root beer at finish line

