

INFO FOR PARENTS!



COURSE MAPS ON BACK!

Boys & Girls 6-14

Children will compete at their "end-of-year" age, which means their age on December 31, 2018.

TRANSITION (BIKE) AREA CHECK IN

Ages 6 – 10 1 pm – 2 pm
Ages 11 – 14 1 pm – 2:30 pm

To reduce congestion, only one parent of children ages 6-8 is allowed inside the transition area to assist the child with setting up their bike. The parent must remain at the child's bike inside the transition area and may not loiter at the swim ramp exit or in the aisles.

AWARDS

Top 3 boys & girls in each age (6-14) will receive an award medal.

AWARDS CEREMONY TIMES

Ages 6- 8 3:00 pm
Ages 9 – 10 3:30 pm
Ages 11 – 14 4:00 pm



RACE START TIMES

Division/Ages	Wave Color	Anticipated Start Time	Swim*	Bike	Run
Age 6	Red	2:00pm	50 yards	1/2 mile	1/3 mile
Ages 7-8	White	2:10pm	100 yards	1 mile	1/2 mile
Ages 9-10	Blue	2:30pm	100 yards	2 miles	3/4 mile
Ages 11-12	Yellow	2:45pm	200 yards	5 miles	1 mile
Ages 13-14	Yellow	2:50pm	200 yards	5 miles	1 mile

*These will be the swim distances, water temperature and surface conditions permitting. The organizers may abbreviate the swim to ensure the safety of the participants and the lifeguards.

IMPORTANT INFORMATION

- Children will keep their bikes, running shoes and other gear in the "transition area" (boat launch).
- The swim will start and end at the boat launch ramp and adjacent beach (inside the transition area).
- Children will line up on the beach and start their swim individually every 5 seconds.
- We can provide flotation vests for the younger and/or more nervous swimmers.
- To make sure the kids go the proper distance, the buoys and turnaround flags on the swim course, bike course and run course are color-coded to match the wave colors of each age group (see above).
- There will be bleachers near the swim area to accommodate viewing.

Parents are encouraged to watch the start and finish of the bike from the perimeter of the transition area (boat launch).

- The finish line is at the main entrance on the north end of the park 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 entertainment stage.

COURSE MAPS



BIKE ROUTES

1/2 MILE (AGE 6)



1 MILE (AGES 7-8)



2 MILES (AGE 9-10)



5 MILES (AGES 11-14)



RUN ROUTES

1/3 MILE (AGE 6)



1/2 MILE (AGES 7-8)



3/4 MILE (AGE 9-10)



1 MILE (AGES 11-14)



PERKS!

EVERY PARTICIPANT WILL RECEIVE

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

Thank you!
See you next year

Contact Us!

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