

California Kids Triathlon - 2010 Event Information

Start Times:

Start times for the event are determined by age. Your start time is indicated on the following page. You must start in your assigned wave. If for some reason you miss your wave, please speak with the pool area supervisor.

Bib Numbers:

In your packet you have three bib numbers. There are two stickers. One sticker is to be put on the front of your helmet. The second sticker should be attached to your bike frame. The third, large number must be visible on the front of your body during the bike and run portions. Please do not tear off the tag at the bottom. Please remember to wear your bib, as you will not receive a finish time if it is not worn during the run. Please do not wear this bib during the swim. If you will be putting on a t-shirt for the bike and run portions, we suggest pinning this bib number to the front of that t-shirt in the morning before you start the race. Leave it in the transition area with your bike. That way, your bib number and shirt will be ready to go when you come to the transition area after the swim. Safety pins are available at registration.

Transition Area:

The transition area is where you will set up your bike when you arrive in the morning. You will be bodymarked prior to entering the transition area when you arrive. Aside from during actual competition, the only location to enter and exit the transition area will be through the Main Entrance Tent. The bike racks are labeled according to age group and bib number - please set up your bike within your age group and bib number range. Volunteers in the transition area can assist as needed. Next to your bike, you will want to put your shoes and socks, bike helmet, towel, and t-shirt/shorts that you will wear during the bike/run portion. Please remember, there will be no outside assistance helping each competitor. Parents and siblings are not permitted in the T.A. during the race. Once your child completes his/her event, please remind them to be courteous and cautious during their exit (retrieving bike, etc) as other participants will still be competing in the race.

Wristbands. Participants ages 7 and up have been provided with a green wristband in their packet. One parent may wear this wristband and help you, if needed, in setting your bike up in the morning before your race.

Participants in 4-6 and Parent/Child Division The blue wristband (included in this packet) allows temporary access in the transition area to assist your child to mounting and dismounting their bike, tying shoes, etc., and setting up their rack prior to the race. Once you have assisted your child, please move out of the way of oncoming participants. Due to limited space and athlete traffic, we ask you kindly to exit the transition area as soon as possible.

Swim:

The swim takes place in the main pool. We will call your wave / bib number 2 waves prior to your wave start time. At this time, please come down to the pool area to assemble for your wave. There is ample bleacher seating available for family and friends to watch the swim portion. For safety we ask that parents and friends spectate from the bleacher area so that we can keep the areas around the pool clear for when the swimmers exit the pool. We need to keep the pool area clear for safety. One length of the pool is 25 yards. The children will start in the pool, therefore there will be no diving. Swimmers may hang on to the lane lines and/or the side of the pool if needed. Neither swim caps nor goggles are required, but your child may wear them if they wish. Use of a kickboard or life vest is permitted if desired.

7-8 and 6&U divisions: When it is your child's turn to swim, we will allow ONE parent to stand at the exit side of the pool (east side) to assist the child out of the water if you desire (not required; there will also be volunteers there to assist). In the past, we found that seeing Mom or Dad at the other end of the pool helped make the younger children feel more comfortable during the swim. Please, only one parent at poolside, and only during your child's wave. Please note that all other spectators and siblings will be asked to remain in the stands.

Bike Course:

The bike course takes place on surrounding residential streets and is rectangular shaped. The course will be monitored by volunteers and Police and will be chalked and coned. During the bike portion, all participants must wear a bike helmet and keep it buckled the entire time - no exceptions. Training wheels are OK if desired. If you have a young athlete and wish to run alongside them during the bike leg, we ask that you remain on the sidewalk and be very cautious of other athletes on the course. Participants in the 13-14 division will complete two loops of the 2 mile bike course and receive a slap bracelet at the completion of the first lap. 15-17 year olds will complete three loops and receive two bracelets. All other entrants will complete a one-loop course.

Run Course:

The run course is a loop course traveling through the school's campus. The finish line is in the parking lot by the transition area.

Parent/Child Division:

In the Parent/Child division, you will share a lane in the pool. During the bike portion, the parent has the option to either bike alongside their child or run/walk alongside him/her - the choice is yours based on what will be better for you and your child. When you finish, please ensure that both the parent's and the child's tear tags are collected at the finish line. This determines your time.

Awards Ceremony:

Although each participant will be treated as a winner for participating in the event and will receive a finisher's medal, awards will be provided to the first three finishers (boy and girl) in each age division. Awards will be given to the top three Parent/Child finishers. There will be no official awards ceremony. Awards may be picked up at the volunteer / awards tent, near the transition area.

The Number 1 Rule for the California Kids Triathlon: Have Fun!!