



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## RODS Jr Youth Triathlon at Hidden Springs

### RACE INSTRUCTIONS

Start Time: 9am South Meadow Pool

13 & older will start first at 9am

12 & Under will start at 9:30am

1 Mile Run will start at 10:30am

Be sure to review the instructions. If you have questions please ask volunteers or staff.

### SWIM INSTRUCTIONS

The distance is 150 yards for Youth 12 and under (6 pool lengths or 3 laps) or 300 yards for the Youth 13 and Older (12 pool lengths or 6 laps).

- Timing chips must be on the athletes ankle before starting the swim. This is the orange band and chip.
- Swimmers will start in the water, diving is prohibited when starting the race.
- Swimmers may stop and rest at anytime at the wall or on the lane ropes.
- Once the swim is complete, participants will be directed to the transition area outside the pool area.

### TRANSITION AREA:

Transition is the area that athletes leave biking and running shoes, water bottles, and running bib numbers, a small towel to sit is encourage. **Only racers are allowed in the transition area during the race.** Volunteers will be present to help participants with shoes, bikes and helmets.

Parents are allowed to follow their children on the bike and run course.

### BIKE AND RUN INSTRUCTIONS

1. Helmets are required throughout the bike portion of the race.
2. Bicyclist's must have their bike race number clearly visible on their bike.
3. You must walk your bike in the transition area. Please follow the instructions of the volunteers about when to mount and dismount your bike. Signs will be posted. Slow down when entering the transition area.
4. Team Tagging is done by high fiving your teammate!
5. Runners must wear race bibs on the front where race officials can see it.
6. The YMCA is not responsible for lost or stolen items from this area.

### BIKE AND RUN DIRECTIONS

Bike Course: Please review the bike map with your athlete. The 12 & under will have 1 lap and the 13 & up do 2 laps on the bike

5K = 1 LAP 10K = 2 LAPS

Run Course: Please review the run map with your athlete. The 12 & under will have 1 lap and the 13 & up do 2 laps on the run course

Ages 12 & under = 1 lap, 13 & up = 2 laps

### \*\* When parking for the Youth Triathlon:

There is not a parking lot at the South Meadow Pool. Participants and spectators need to park in the neighborhoods and in the lot on N Humphreys Way. You can park on the N Humphreys on either side of the area that is closed. Please do not block neighborhood residents driveways!!!