

Hello Parents,

Thank you for registering your kid(s) for the **2019 St. Albans Kids Triathlon!** We hope this fun event encourages your children to be healthy and active for a life time.



Here is a bit of helpful information for you and your triathlete to know before Sunday's event.

USAT License – NOT REQUIRED

PACKET PICK UP OPTIONS:

- Race Day Only- from 6:30am until 7:30am at St. Albans Country Club Pool.

If there is any question about your kid's bike or helmet, please bring them in to any Big Shark location before race day.

We encourage you to familiarize your selves and your kids with how a triathlon works. It would also be good to preview the venue prior to Race morning.

AGE GROUP DISTANCES:

- 7 - 10 years old = 100-yard swim, 3-mile bike (1 loop), and half mile run (1 loop).
- 11 – 15 years old = 200-yard swim, 6-mile bike (2 loops), and 1.2-mile run (1 loop).

SWIM:

The swim is a time trial start. Kids will line up by proficiency and enter the water every 20 Seconds after the first swimmer begins. For safety reasons the 11 – 15-year old's will start first and complete the swim and bike leg before the 7 – 10-year old's start the swim.

BIKE:

The bike turnaround (located just past Head's Store) will be marshalled by a volunteer.

BIKE REQUIREMENTS:

Helmets and a functionally safe bike are required. If there is any question about your child's helmet or bike's safety, please bring them to any Big Shark location for inspection prior to race day. A Big Shark mechanic will be onsite Sunday 6:30 - 7:45 AM. But it is best to come by the shop prior to race day as you'll have more time and won't be rushed.

TRANSITION ZONE:

Participants (aka kids) ONLY in the Transition Zone after 7:45 AM on Sunday morning - NO parents please. Racks will not be labeled and open to all. Bikes are to be racked by Age Group (7 - 10 on the right side and 11- 15 on the left side). Six bikes per rack. There will be an area for kick stands too. Volunteers will assist kids as they transition from Swim to Bike and Bike to Run.

SAFETY: Three lifeguards will be present for the swim. Boles FD and Sheriff Department will be onsite for the duration of the event. Course Marshals will be stationed along the bike and run courses. An adult cyclist will patrol the bike course for both age groups. Please note the event happens rain or shine. Lightning, tornadoes, and/or other unpredictable forces may delay or cause the event's cancellation.

EVENT TIMING:

Provided by Big Shark Race Management. Overall times are recorded. No splits. No transition times. Just good times.

WHY ARE WE ALL DOING THIS? This is all about your kids having fun. Please remember as parents we set the example for our kids. Please be supportive and positive. Remember it's nice to be nice!

Thank you.

Your Big Shark Events Crew