

South Park Information

Location: McConkey Road at Wave Pool
Township of South Park
South Park, PA 15129

RACE RULES South Park

IMPORTANT!!!

- **Parents must remain outside of the transition area during the race**
- **Parents are not allowed to help any athlete at any point during the race**
- *****No unsafe or unsportsmanlike conduct will be permitted at any point in the race. Course patrol volunteers reserve the right to disqualify any participant failing to follow these rules.**

Swim

- Prior to the swim start, please check that your chips are securely fastened
- Heat starts are indicated by letter (A – Z). The first heat will begin at 8 a.m. there will be approx. 12 swimmers per heat. We will assign spots poolside. There will be life guards in the pool to assist swimmers in need.
- We will start in the water. Wait for the whistle.
- 7, 8, 9 year olds do one width, 10, 11, 12 year olds swim two widths.
- Lifeguards and volunteers will assist you out of the pool. Please do not cross lanes to exit the pool.
- Be sure to cross the electronic mat on the way to transition.
- Return to transition area through the chute.

Bike

- Helmets must be worn – no exceptions.
- You must walk your bike out of the transition area and mount on the road.
- Be safe and pass politely on the left.
- Stay to the right side of the road when riding (except when passing).
- 7, 8, 9 year olds do the course **ONE** time.
- 10, 11, 12 year olds do the course **TWO** times.
- **We strongly recommend you attend the pre-race meeting to understand key changes to the bike portion of the race.**

Run

- Make sure to cross the electronic mat on the way out of the transitions area to the run course
- 7, 8, 9 year olds go half way down the hill to the turn around.
- 10, 11, 12 year olds go to the bottom of the hill.
- Volunteers will make sure you turn around at the right spot.
- It is ok to walk just as long as you....**Have FUN AND finish!**