

Race Rules and Reminders

North Park

Before the Race

- Sign in at the ATHLETE REGISTRATION table according to your age and receive your packet.
- Get your BODY MARKED with your age, heat letter and race number.
- Parent/guardian must place your TIMING CHIP on your ankle. **Please make sure that your “chip” is secure. You will be responsible for a lost or stolen timing chip.** Stay a safe distance from all timing pads to ensure that you do not set off your chip prior to race start.
- Inspect your bike, check your tires, make sure your helmet fits properly.
- Set up your bike and run gear at your assigned TRANSITION SPOT. Water will be available on the run course and at the finish. You may want to have a water bottle at the transition area. **Water bottles will NOT be permitted on the course except for the YOUTH RACE.**
- **PARENTS must remain OUTSIDE of the transition area during the race.**

Swim

- Your heat and lane assignments are written on a label attached to your race bag. The first heat will begin at 8:00 am. There will be approximately 20 swimmers per heat and we will assign spots poolside. There will be lifeguards in the pool to assist swimmers in need.
- Athletes will start in the water. Wait for the whistle.
- 7, 8, 9 year olds swim one width. 10, 11, 12 year olds swim two widths. 13-15 year olds will swim 400 meters.
- Lifeguards and volunteers will assist you out of the pool if you are unable to climb out on your own. There is a ledge to climb onto while exiting the pool. Do not cross lanes to exit the pool.
- Run through the CHUTE to the TRANSITION AREA.

Bike

- HELMETS MUST BE WORN- no exceptions.
- You must WALK your bike out of the transition area and mount outside of the transition area.
- Stay to the RIGHT SIDE of the road when riding. Be safe and pass politely on the left.
- 7, 8, 9 year olds will leave the transition area toward the ball fields, bike ONE SMALL LOOP (1 mile) and return directly back to the transition.

- 10, 11, 12 year olds will leave the transition toward the ball fields, bike ONE LONG LOOP (1.4 mile). Instead of returning directly back to transition, they will make a RIGHT near the pool entrance, bike around the pool and most of the large parking lot.
- 13-15 year olds will leave the transition area towards the ball field, bike THREE LARGE CIRCUITS and return to the transition. Youth racers must cross over the bike timing mat 2 times. Athletes that do not complete 3 CIRCUITS will be disqualified.

Run

- All runners will leave the transition area, run a short distance in the parking lot (in the same direction as the bike course), run across a short grassy area, and make a right onto the trail. Runners must stay TO THE LEFT when running on the trail.
- 7, 8, 9 year olds will turn around at the water station at the ¼ MILE mark and return to the FINISH LINE.
- 10, 11, 12 year olds will turn around at the water station at the ½ MILE mark and return to the FINISH LINE.
- 13-15 year olds will run past the water station at the ½ mile mark and turn around at the water station at the ONE MILE mark and return to the FINISH LINE.
- Volunteers will be in eyesight of children at all times and will direct them to turn around at the appropriate time.
- It is okay to walk as long as you...**Have FUN and FINISH!**