

RACE REMINDERS CHECKLIST

South Park

*******Please bring this with you on Race Day*******

Before Race Day

- Review all information in this confirmation packet
- Attend “race and rules overview” meeting
- Inspect your bike (Check your tires, check your brakes, and make sure your helmet fits properly)
- Pack sunscreen!

Race Day

- Set up your bike and run gear in the transition area
 - You may want to have a water bottle at your transition area, but it will not be permitted on the course (volunteers hand out water on run course and at finish line)
- Pick-up your race packet
- Get your body marked with your age and heat number (wristbands if 10-12)
- Place your timing chip on your right ankle (parents or an adult should help)
 - Make sure your chip is secure. You will be responsible for lost or stolen timing chips!
 - Stay a safe distance from timing pads to avoid setting off your chip prior to start
- Proceed to awards area

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 and wristbands (if age 10-12) are securely fastened.
- Heat starts are posted on the wall. 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 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.
 - Volunteers will attach a second wristband after your first loop.
 - Every athlete age 10-12 must slow down to have the wristband secured.
 - You must finish the race with 2 wristbands.

Run

- 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 run-around at the right spot.
- It is ok to walk just as long as you....**Have FUN AND finish!**