

# 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 on Friday night @ 6:30pm (July 15<sup>th</sup>)
- Inspect your bike (Check your tires, check your brakes, and make sure your helmet fits properly). Bike inspections will be available on Friday night.
- It is your race. *Therefore, it is the athlete’s and parent’s responsibility to ensure that all components of the race are completed as specified.* Our volunteers will do our very best to make sure that we assist you to that end. If you have any questions about our course, please attend the pre-race meeting, or reach out to us at [southparktriathlon@gmail.com](mailto:southparktriathlon@gmail.com).

### Race Day

- Set up your bike and run gear in the transition area – volunteers will help you
- 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
- If you are 10, 11 or 12 you will need to get a bracelet and place it on your wrist
- Get your body marked with your age, heat number and race number.
- 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!
- Take your fundraising dollars for Habitat For Humanity to the VIP tent near the entrance of the pool
- **ABSOLUTELY NO JEWELRY is permitted**
- Stay a safe distance from timing pads to avoid setting off your chip prior to start
- There is a NEW timing mat added to the course this year. Please be aware of it and do not step anywhere near it.
- Proceed to awards area for pre-race meeting and Star Spangled Banner

### After the Race

- Proceed to concession stand for post-race awards.
- You will need your race number to win prizes. (It’s on your arm!)
- Collect your Congressional Certificate outside near the entrance of the pool
- Go to [www.runhigh.com](http://www.runhigh.com) for official race results
- Go to [www.keneberphotography.com](http://www.keneberphotography.com) to order great photos of your athlete!

# 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.**

### Pre-Race Meeting

- The pre-race meeting will begin at 7:45 am in the concession area. Please be there to hear about race updates and sing the Star-Spangled Banner.

### 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 all swimmers
- 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.
- There is a new mat on the course. It will be near the turnabout/circle. Simply ride over top of it.
- 10, 11 & 12 year olds will NO LONGER need to stop to get a wrist band. Just finish your two laps!
- **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!**