

## **Conway Kid's Triathlon Transition area instruction sheet**

The Transition area is where you make the “transition” from the swim to the bike and from the bike to the run. This is where you will keep your gear for the changeover between sports.

Transition area spots are designated by age division. Please look for the age division sign that you belong in.

Parents will be allowed in transition area before and after the race in order to help their child set up. Once the race begins, parents will not be allowed into the transition area. Volunteers will be available to assist children that might need help finding their spot, putting their dry shoes on their wet feet, etc.

Space is limited inside the transition area. Please use as little space as is necessary when setting up your things. Volunteers reserve the right to move athlete gear in order to help create spots for other competitors should the need arise.

Kids, after your swim, you will enter the transition area at the entrance closest to the pool. Go to your spot, put your shoes on, buckle your helmet, and walk/run your bike to the other end (bike exit) of transition area. No riding your bicycles in the transition area. There will be a bike mount/dismount line where you can get on your bike. When you finish the bike course, you will get off of your bike at this line and walk/run your bike back to your spot. Remove your helmet and run out the other end (the same one you ran in from the swim).

No one will be allowed into the transition area to pick up his or her things until the last competitor is off of the bike and on the run course. Please be prepared for this, we will not make exceptions. This is important for the safety of all competitors, and it will also ensure that all competitors are allowed a congestion free transition area. Thanks for your understanding in this matter.

A bike air pump and mechanic will be available before the race should you have any mechanical issues that arise before or during the race. Please come prepared with your bike in good working condition, as the mechanic's time will be limited to very minor repairs.

As is the case with all of our volunteers, please treat them with kindness. These good people are giving their time to make sure everyone has a safe and fun time. Thanks so much and let us know if there is anything we can do to improve our transition area.