



CONWAY KIDS TRIATHLON

Race Information

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COURSE DISTANCES

Age is based on your age on 12/31/2019 - if your birthday is after August 10 and before the end of the year, your race age is a year older than you will be on race day. If you are under 6 years old, you can compete in the 6 year old division.

Age 6-10: 50 yd. swim | 2-mile bike | 1/2 mile run

Age 11-15: 100 yd. swim | 4-mile bike | 1 mile run

REGISTRATION

Registration will close at 2pm on Friday August 9th. All registrations must be done online. **There will not be any race day registration.**

PACKET PICK-UP

Participants can pick up their race packet on Friday, August 9 from 4-7 or race day morning from 6-7:15 at the WAC (Wellness and Athletic Center). If you want someone else to pick up your child's packet, please put your name, the names of your children on a piece of paper, sign it and have them bring it to packet pickup.

TIMING CHIPS AND BODY MARKING

All athletes will pick up their timing chip and get their body marked (race number and age) on race day morning. **Parents - be sure your athlete returns their chip at the finish line after the race.**

RULES OF THE RACE

You can review the complete [Competitive Rule Book](#) for additional information, focusing on the **Supplement for YOUTH RULES**, which we will be enforcing at this event. Please ensure you review these rules with your racer so they are prepared for race day. If you have any questions prior to the event, please email [Pete Tanguay](#). If you have a question or a complaint during the event, ask a volunteer to put you in touch with Pete Tanguay, the Race Director. All decisions by the Race Director are final.

RACE DAY MORNING

We recommend you arrive between 6:30 and 7:00. After you arrive,

- Get your bike set up in transition. You must have a bike helmet to compete in the race. Leave this in the transition area.
- Pick up your race packet (if you did not pick it up the day before).
- Pick up your timing chip and put it on your ankle. Parents, make sure this is turned in at the end of the race.
- Get "body marked" with your race number and age.
- Walk into the pool area and see where you will exit the pool. Walk from this exit to your bike so you remember where it is, make sure you know where you will exit transition on the bike and where you will exit transition on the run.

You are ready to race. Transition will close at 7:45 sharp. Once it is closed, you will only be allowed to enter or exit during the race. Non-participants are not allowed in transition until the last participant has left transition onto the run course.

NOTES ON TRANSITION

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.

You may park your bike anywhere you like, it's first come first serve in transition.

Parents will be allowed in transition area before and after the race to help their child set up. Once transition closes (7:45am), parents will not be allowed into the transition area until all participants are through transition and onto the run. **NO EXCEPTIONS.**

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 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 your bike at this line and walk/run your bike back to your spot. Remove your helmet and run out the other end (where the Run Out sign is).

BIKE CHECK-UP AND ASSISTANCE

Compliments of [The Ride](#), a 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 volunteers, please treat them with kindness. These good people are giving their time to make sure everyone has a safe and fun time.

RACE ORDER

The race will begin with the 11-15 age division with the oldest participants going in the water first. We ask that anyone who feels they have the potential to win an overall award, to notify the starter in the pool so he can put you in the first wave. After the 11-15 age division is on the course, the 6-10 division will start in the water, beginning with the oldest participants. Again, we ask that anyone who feels they have the potential to win an overall award, to notify the starter in the pool so he can put you in the first wave.

Once the 6-10 year old participants are almost through the bike course, the Community Connections Special Needs division will be started. Transition will open for participants to pick up their bike after all participants are through the bike transition and awards will begin after all participants are finished.

WEATHER

The safety of our athletes and volunteers is our primary concern. In the event of inclement weather, it is our goal to have the race if possible. The Race Director will monitor weather conditions closely and make any decisions regarding weather the morning of the event. Wet conditions can increase risk of injury and parents should exercise judgement based on the abilities of their child should the race go on in wet conditions, regardless of whether the race goes on in inclement weather.

Please [check our website](#) and our Facebook Page "First Security Conway Kids Triathlon" for weather updates on race morning. We will post any changing information there.

The event will NOT be cancelled or postponed due to rain alone. The race could be delayed under the following circumstances: Lightning, Wind/Heavy Rains, Tornado Watch/Warning. If there is lightning- the event will be postponed by 30 minutes. If lightening is closer than 6 miles away at 8:00AM using the Flash to Bang method, or if there is a tornado warning at that time, then the race start will be postponed by 30 minutes. The race director will be in communication with law enforcement officials to determine the safety of the course and the weather conditions. Watch the website and Facebook page for updated information.

If it is determined that the bike portion of the race would be unsafe due to wet roads, then the race could be changed to a swim-run duathlon. Athletes will be informed of such a change via the website and Facebook page.

In the case of severe weather, the Race Director will make the final decision whether to delay or stop the event and whether to cancel the event.

PACKETS WILL NOT BE MAILED IN THE EVENT OF CANCELLATION. We regret that no refunds may be issued for weather-related cancellations as well.

Bottom line: We are planning for a great, safe Conway Kids Triathlon! Watch our website and Facebook page to stay updated if the weather is inclement. Thank you for racing with us!

NO TRANSFERS/NO REFUNDS WILL BE ISSUED IN THE EVENT OF SEVERE WEATHER RACE DAY CANCELLATION.

AWARDS

All participants who finish will receive a finishing medal. The top 5 male and female participants in each age group will receive a trophy. In addition, the top 3 male and female participants in each division (age 6-10 and age 11-15) will also receive a special award. This is a change from prior years where overall winners only got the overall award.