

2020 Laurel Park Youth Triathlon Guidelines

Plan to arrive 30 minutes before your event start time. Parking is available at Crossroads Church.

Upon arrival, do the following:

- Check in at the clubhouse parking lot to pick up your race packet and receive your body markings.
- Set up your area of the transition zone. Be aware of athletes who may be finishing earlier events.

Report to lap pool, ready to swim 10 minutes before event start time. Adhere to social distancing, keeping 6 feet between you and other participants/spectators.

The events will be color-coded and will take place in the following order:

- Youth Intermediate Triathlon – black and blue markings and arrows
- Youth Beginner Triathlon – red markings and arrows

YOUTH BEGINNER – Participants may have a parent complete the course with them. This is recommended for athletes who do not yet know the rules of bike safety. The parent must walk/run the bike segment. We will also have several volunteers completing the course with these young athletes to keep them safe.

SWIM RULES

1. Caps, kickboards, and flotation devices are allowed.
2. Swim goggles or facemasks may be worn.
3. Swimmers in the Youth Intermediate will snake through the lanes. This will be demonstrated.

SAFETY NOTE

For the safety of our athletes, **ONLY ATHLETES and DESIGNATED VOLUNTEERS** are allowed in the transition zone (i.e. parking lot) during the race. The only exception is for the Youth Beginner participants who may have one parent. Please be aware of your surroundings and stay out of the way of other athletes.

BIKE RULES

1. We recommend familiarizing yourself with the course before the race.
2. There will be arrows and volunteers along the course.
3. No athlete should be riding their bike in the transition area.
4. There will be a clearly marked “Bike Mount” line and a clearly marked “Bike Dismount” line. Athletes must obey all traffic laws while on the cycling course.
5. A helmet is required during the entire bike portion including in and out of the transition area.
6. A golf cart will be roaming the bike course should you need assistance.
7. A water station will be set up in the transition zone.

RUN RULES

1. No form of locomotion other than running, walking or crawling is allowed.
2. The sole responsibility of knowing and following the prescribed running course rests with each athlete.
3. Earphones are allowed on the running course.

WHAT TO BRING

Following is a checklist of suggested items for the event:

1. swimsuit, goggles, towel, cap, sunscreen
2. bike, helmet
3. shorts, shirt, shoes, socks, sunglasses
4. stopwatch (we will calculate total race time, no splits)