

Youth Age Group Athlete Guide

We look forward to hosting you on Sunday in the Pleasant Prairie age group race. Even though the races do not start until the afternoon, please consider coming earlier and watching the top developmental athletes (age 13 – 19) in the country compete in the Pleasant Prairie Youth and Junior Development Cup race. Here are some details to help you prepare for this weekend's race:

Location of the Race

- Rec Plex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158 – actual race site is across the lake from the Rec Plex

Packet Pick Up

- Packet pick up is available on Saturday from 9:30 – noon in conjunction with the elite race packet pick up
 - The only item you will be picking up is your race T-shirt
 - Timing chips will be distributed at the beach prior to the races starting
- Packet pick up is also available from 10:30am until 12:00pm on Sunday at the race site (White tent near the pavilion)

Pre-race Meeting

- The pre-race meeting will take place prior to the event at the beach area

Body Marking

- Please ensure you are body marked prior to your race. There are no bibs, bike numbers, etc. necessary for this event

Chip Distribution

- Chip distribution will occur just prior to the start of the event at the beach area

Race Distances

- Juniors (6-10 year olds)-100 Meter lake swim, 4K Bike, 1K Run
- Seniors (11-14 year olds) –200 Meter lake swim, 8K Bike (2 laps), 2K Run

Water Temp

- Water Temps should be warmer than usual due to the warm up we are experiencing (but still a little chilly!). Due to the shortness of the swim, most athletes are typically in the water in the 2-3 min range in the 6 -10 age group and the 3-4 min range in the 11-14 age group.

Race Start

- The race is expected to start after the elite races are done (in the 1:00pm timeframe). We will announce when transition is open. Seniors will race first and then Juniors will race afterwards
- The start will be a mass start separated by males and females so please instruct your athlete to seed themselves accordingly. Weaker swimmers should start towards the back. We expect about 60-70 athletes for the entire race so I would expect each start group to have approximately 12-20 athletes in it.

Transition

- When transition opens, you are welcome to select any spot for your bike and belongings
- There will be bike racks available for athletes to use but they may also place their bike and transition gear on the pavement. For younger athletes, we find that sometimes it is difficult to lift their bike on and off the racks

Course Map

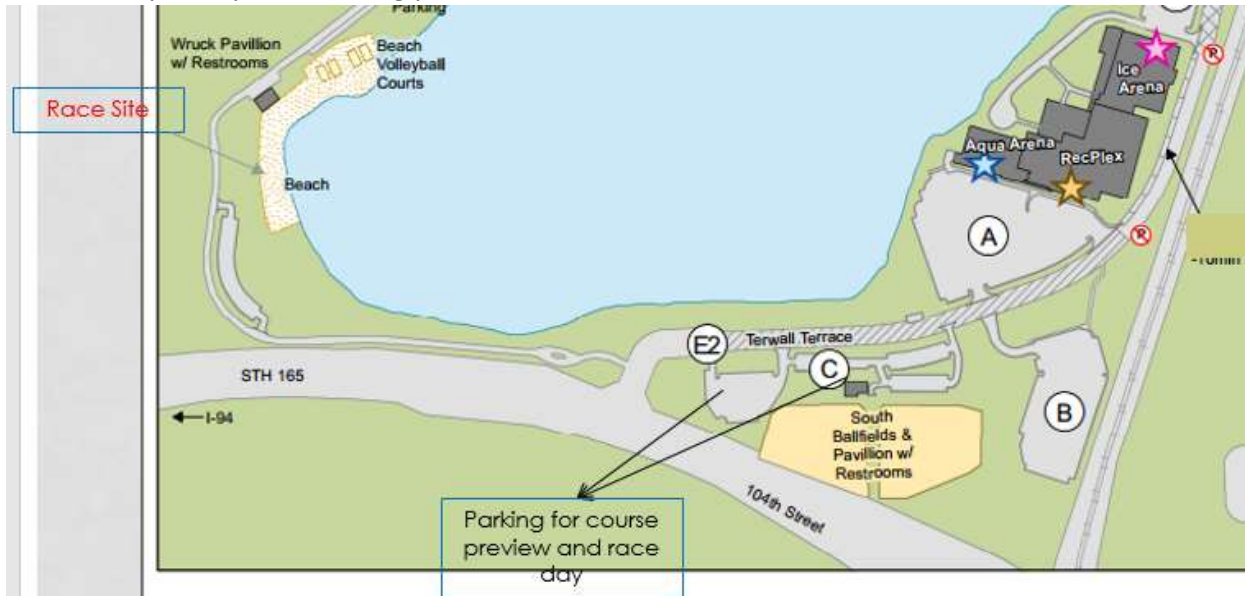
- Course map is located at the link below and also included with this email. Note the Seniors have to do two loops of the bike course.

○ <https://www.trisignup.com/Race/PleasantPrairieYouthTri/Page/CourseMap>

- On the bike, athletes should stay on the right side of the road. Faster riders will be passing on the left hand side
- Please be aware of riders around you when you are approaching the turns on the bike course. On the bike turn arounds, athletes should slow down and hold their spot – do not pass on the turn arounds
- No drafting is allowed in the Junior and Senior event. Participants should stay at least 2 bike lengths behind the participant in front unless they are passing

Parking

- Parking map is located below – recommended parking locations are E2, C and B. There is a ¼ mile to a ½ mile walk to the start so please plan accordingly.



- Please be mindful of the elite races taking place on Sunday and stay off the course – even if the course is not currently in use

Results & Awards

- Results will be posted at the race site but they will also be posted here: Age Group:

<https://www.trisignup.com/Race/PleasantPrairieYouthTri/Page/RaceResults>

- Awards – there will be an awards ceremony after the two events are completed. Trophies will be provided three deep in the following male and female age groups: 6-8, 9-10, 11-12 and 13-14. Due to the depth of the field we will call up 4th and 5th place in each age group as well and have a small token of appreciation for them.