



Athlete Packet 2019

Thank you for registering your child/teen for RI Youth Triathlon! We are getting close to the event and we have some information below that you should read carefully. Please go over the schedule and race course with your child. NOTE: **Please leave your dogs at home for this event!**

SCHEDULE AT A GLANCE

- RACE DAY: **Saturday, July 20, 2019**
- PACKET PICKUP OPENS/CLOSES: **6:45-7:30 AM**
- TRANSITION OPENS/CLOSES: **6:45 AM-7:45 AM**

RACE START: 8:00 AM

WAVE- (5-6) 8:00 AM Start- 50 yard swim

WAVES-(7-10) 8:05 AM Start- 100 meter swim

WAVES- (11-17) will begin once all 7-10 waves have finished the swim- 200 yard swim

WAVES- (Supersprint) - 300 yard swim

1) PARKING

Ninigret Park is located in Charlestown, RI. The address of the Park is **5 Park Lane, Charlestown, RI**. PLEASE NOTE: drive very slowly as you enter the park area. Participants and families will be walking bikes, moving around, and getting their transition area setup. Please use caution as you drive by these areas. Follow the road in and to the left. Parking is very close to the beach and transition area. Restrooms are next to the playground and beach.

2) RESTROOMS

Restrooms are located in the beach area next to the large pavilion and playground. These are permanent restrooms and very close to the transition, finish line and where you park.

3) PARTICIPANT CHECK-IN

Once you are parked, proceed to the Packet- Pickup under the pavilion. Please do not bring your bike into the packet pickup line. Park it off to the side. Check in opens at **6:45 AM**. At this check in you will receive one bag per registered participant. Pickup is by your child's last name.

It will contain:

- 1 race bib
- 4 pins for the bib if you choose to pin it;
- 1 timing ankle bracelet to be put on the left ankle and secured with safety pin included in the bag. Blue chip facing outward.
- The 1st 75 participants registered will receive a hat. All those who registered by 7/14 will receive a hat.
- Check in CLOSSES at 7:30 AM. You must pick up your packet before **7:30 AM** to participate.

4) PARTICIPANT BODY MARKING

After you have your packet, proceed to the second area where volunteers will mark your child's arms and legs with their bib number and age. This should be done before entering transition.

5) **TRANSITION**

Transition opens at **6:45 AM**. One parent or guardian is allowed into transition with the participant prior to 7:45 AM only. Siblings and additional people may not enter the transition area. If your child needs assistance in how to set up their area please ask one of the transition volunteers.

- Each child will find a bike rack which is open racking for Saturday.
 - The bike may be racked by the seat or left with the kickstand down under their spot. However, no bike may be laid down under the rack.
 - Racking is first come first serve on the rack - **do not move another child's bike!** Each bike is racked on a white sticker, which are on both sides of the rack. See "bike racking" in #7.
 - All items for their transition must be within their space (width of handlebars). Suggestions for transition items include: bike, helmet, towel, sneakers, water bottle, etc.
 - If your bib number is not pinned to your swim suit you will need it in transition pinned to a shirt the participant will put on or on a race belt. No participant may enter the bike or run without their bib number on the **FRONT** of them.
 - Helmet must be worn during the race.
 - Please familiarize participants with the swim in, bike out, bike in and run out locations of transition.
- Volunteers will be assisting them throughout the race as needed. If your child needs help tying shoes or putting their kick stand up the race volunteers will help them. Parents and guardians are NOT allowed into transition or allowed to assist a racer once the race has begun. No parent/adult may take a child's bike for them or tie their shoes. A participant must complete the race themselves WITH the assistance of race staff as needed.
- 6) Transition closes at **7:45 AM**. Once your child's area is setup, please proceed to the beach where opening ceremonies will be held at **7:50 AM**. All athletes must be down at the Beach for the **athlete meeting**. We will be meeting on the beach.

7) **RACKING YOUR BIKE**

Each participant will rack their bike on the appropriate bike rack. Racking is first come first serve and any participant can rack their bike on any space on that rack. If you prefer the left or right side you can choose the side as long as you line up your bike on the sticker. See picture below. Bike is backed into the spot and the seat sits on the bar. If you have training wheels, you can leave your bike on the ground under the sticker. Bikes will be racked on both sides of the rack, staggered. Anything left in the transition must be under your bike's front handlebars. 8 bikes will be racked on each rack. Do not move another child's bike. If there is a problem- please alert a volunteer.



8) OPENING CEREMONY/ATHLETE MEETING

At 7:50 AM all athletes will meet on the beach. We will go over last minute reminders.

9) SWIM

The swim will take place in the pond area. We will have volunteers on hand to assist. Waves will be grouped by division of approximately 10-15 athletes per wave.

Waves will start with the 5-6 group- and proceed in order by division. All athletes should be ready by 8:00 AM as they will be checked off by the volunteers.

Participants will start on the beach at the designated location. Staff will count down from 10 to 1 and sound the air horn. Those participants in the designated wave will run into the water and run/swim out to the first buoy marker. This will not be over their head for children ages 5-10. All children should be able to touch if they need to during the race at any time except those 11-17. Certified life jackets may be worn if you desire. Running the entire way in the water is not allowed. Swimmers will swim past the second buoy where they may turn and run/swim into the beach.

10) BIKE

All bikes must have the end caps of the handlebars plugged prior to the race. All bikes come with caps on the ends but occasionally they fall off. Please check prior to the race to make sure your child's bike has the ends covered with a cap. All athletes must have their helmet on and strapped before they leave the transition area. They must also have their race bib number on the FRONT of their shirt/suit. Participants will walk/run their bike out of transition and get on at the mounting line. Find this line prior to the race start so your child knows where it is.

***See course maps on the website.** Ages 5-6 will bike out to the bike crit and do 1 lap. Ages 7-10 will go out to the bike crit and do 2 laps. Ages 11-17 will go to the bike crit and do 4 laps-

each teen will be checked off as they pass each lap. The super sprint will do **6 laps** of the bike course. Ultimately each athlete is responsible to do the correct number of laps. Participants will walk/run their bike into transition and leave it in their spot. They must leave it in the same place as it started. Volunteers will help them find their spot if they have forgotten. Volunteers will help each child rack their bike if they need help.

- **For those athletes 11 and up who are doing multiple laps- you must count your own laps.** We will have bike lap counters out in the park who will mark down each time you go by. Those sheets will be turned into the timer at the conclusion of the race. Any athlete who does not complete the correct number of laps will be removed from awards. They will still have a time. If your child is doing multiple laps, have them walk to the crit (where the bike goes out) and see the entrance and exit. It is right next to the rocks. As athletes circle in front of the rocks, they can call out their bib number to the counters as they go by. While certainly not required, it will make the counters job easier.

11) RUN

The run will proceed out of transition and turn left onto the bike path. Runners must stay to the left of the line. All runners will run out and back with the older participants going further onto the course. Volunteers will be at the site your child turns around making sure they go the right way. It is important the participant has their bib on the front of their body waist level and pinned at ALL 4 corners so it does not flap up. All runners will complete the race under the FINISH line. They will receive their medal there as well as a bottle of water. All timing devices must be removed prior to leaving the finish area. If a participant does not finish the race, you must return the timing device to the finish line. No participant may leave with the timing ankle device. Participant race times will be posted at the conclusion of the race.

12) FOOD

As athletes complete the course, they are welcome to enter the food line to eat. All parents and guardians are welcome to eat after all race participants have completed the course and the last finisher is done running. We want to ensure all participants receive what they want prior to opening up the food line to family members and volunteers.

13) AWARDS CEREMONY

The top three male and female finishers in each age group will receive an award. We will begin the ceremony following the last race participant coming over the line. All New England Multi-sport Challenge Champions will receive their award during this ceremony.

14) MAP

Race course maps are on the race website.

15) RESULTS

All results posted prior to the awards ceremony will be tentative.

16) RULES

- a) No headphones allowed to be worn during the race.
- b) All bikes must have end caps on the handlebars.
- c) No aerobars, aero wheels, or aero helmets allowed per USAT rules.
- d) Watershoes, training wheels, and Coast Guard certified lifejackets are allowed during this race. **No** floaties, arm floats, fins, or other floatation devices are allowed.
- e) Bib must be worn during the bike and run on the front of the body.
- f) 1 parent only will be allowed into transition prior to the start of the race to assist with setup.

- g) **Participants can't receive any help from parents or spectators**- this means no pacing, no tying their shoes, no taking their bikes, no giving them a different bike, etc. This is a challenge for each participant to complete without parental help. We will have volunteers all throughout the course to help them.

If you have any further questions, please contact us at 860-447-5230 so we can help you before the race. We want every child to have a safe and fun event!