



2021

ATHLETE GUIDE



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Splash Mash Dash Kids Triathlon

August 7, 2021



Dear Splash Mash Dash Kids Triathlon Parent:

This athlete guide contains all of the information your child will need to logistically be prepared to compete in the event. Please take the time to carefully read both the athlete guide as well as any possible updated race information on the Splash Mash Dash registration page. (www.HRraceseries.org). There will be a pre-race meeting before the swim on the pool deck at 8:55am. Reminder that this year's event will not be timed so there will be no need to pick up a timing chip. It is recommended to bring clothes to wear over swimsuits so participants can transition quickly from the swimming to biking portion.

Packet pickup will be held race morning (Saturday, August 7) from 7:30a - 8:45a at Eastridge Recreation Center—9568 S. University Blvd, Highlands Ranch. Please arrive early to give your child plenty of time as there might be a line to get everyone's packet picked up before the race starts at 9:00am.

There will be no race day registration available. Please inform anyone you know who was thinking of registering their child the day of the event to pre-register online.

On behalf of our race staff and all of our volunteers, I'd like to thank you for racing with us. We are excited that your child will be part of the 2021 Splash Mash Dash Kids Triathlon!

Good Luck!



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Race Day Schedule of Events

7:30a - Packet Pickup / transition area opens for SMD Kids Triathlon

8:50a - Pre-race meeting outside pool area

9:00a - First swim wave: 10-12 year olds - 3 lengths of pool will start on South side of pool deck.

9:15a - Second swim wave: 7-9 year olds (approx. time) - 2 lengths of pool will start on North side of pool deck.

9:30a - Third swim wave: 4-6 year olds (approx. time) - 1 length of pool will start on South side of pool deck

10:15a - Post race donuts!

10:30a - Approx. conclusion of the SMD Kids Triathlon.

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COURSE MAPS

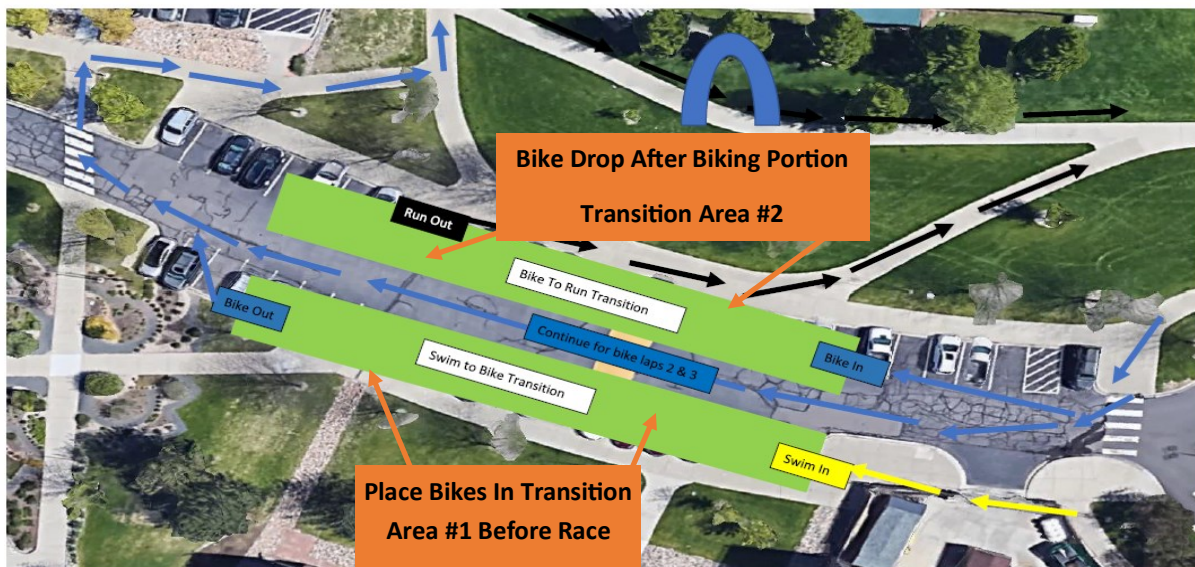
Yellow— Swim Course

Blue— Bike Course

Black— Run Course

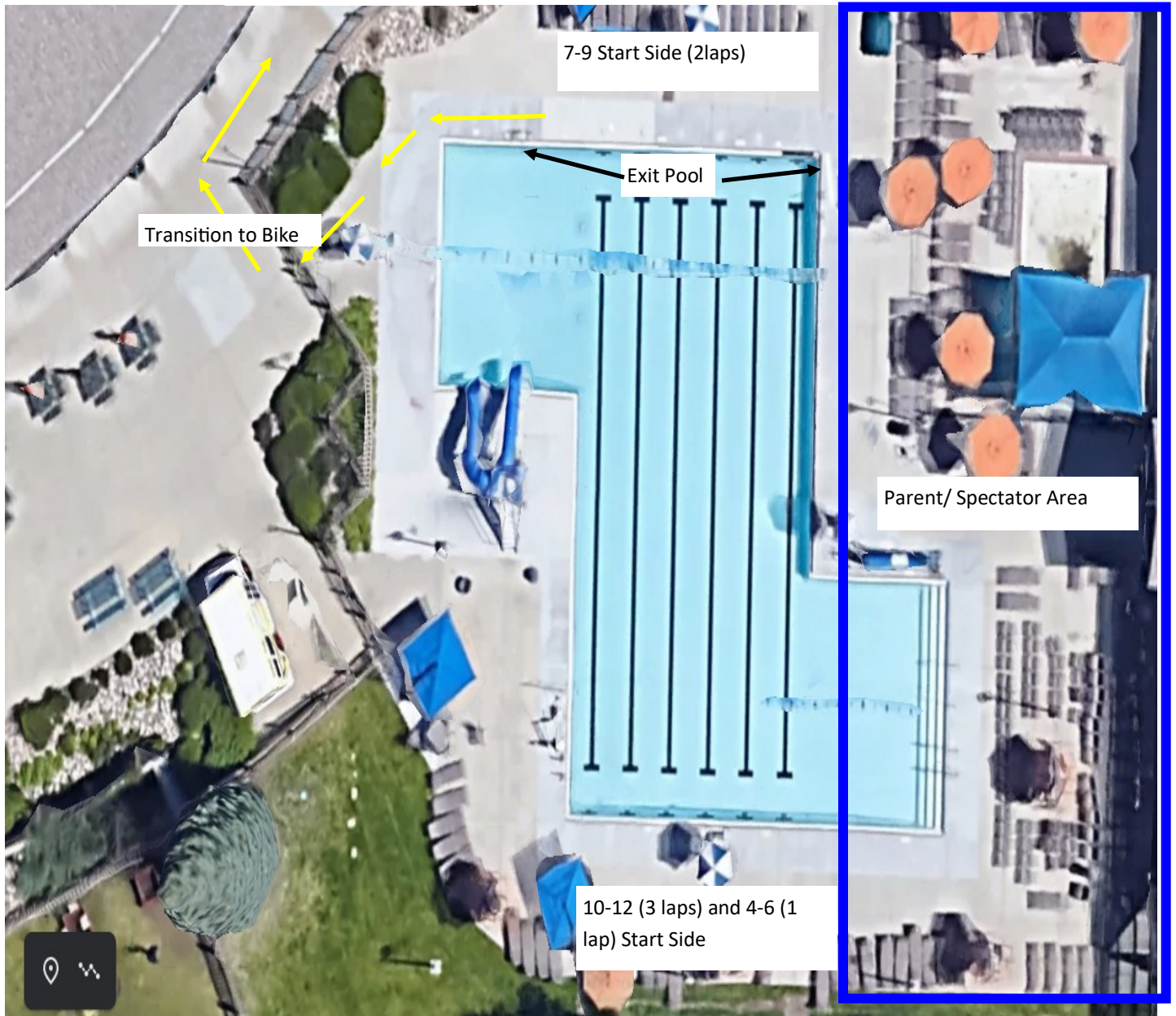


Transition Area Map



NORTH SIDE OF POOL

Pool Map



SOUTH SIDE OF POOL

Parent/Spectator Map

To avoid crowding, please watch your child swim from the blue area. Once they have completed the swim, you can meet them at the transition area by following the blue arrows on the map below.



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COURSE INFORMATION

Transition Area

- Transition areas opens at 7:30 a.m. and will close at 8:45 a.m.
- Only one parent is allowed in transition area. (please reference course maps to view transition area)
- Your child must be body marked and have their bike sticker (will receive sticker at T-Shirt pickup) already attached to your bike prior to entering the transition area.. **Parents—PLEASE BODY MARK YOUR CHILD WITH THEIR NUMBER (Same as bike sticker #)!** We will have body paint available. Race number goes on one arm. This helps keep bikes connected to each participant.
- No riding into or out of Transition area. Riders must mount and dismount at designated area outside of transition areas.
- After the race you will be able to go into transition areas to collect your bike and items. Please be sure to show your number so that you will be able to leave with your bike. Do not remove the bike sticker until after you leave transition area.

Swim Course

- We will line up the older kids to start the race first. When waiting for your wave, please have your child remain with you in the spectator area on the pool deck until their age group is called. There will be two per lane for the 10-12 and 7-9 year old's. There will be only one per lane for the 4-6 year old's. There will also be lifeguards positioned to help assist any child that needs help making the swim. 10-12 year old's will complete 3 lengths of the pool starting on the South side of the pool. 7-9 year old's will complete 2 lengths of the pool starting on the North side. 4-6 year old's will complete 1 length starting on the South side of the pool. All athletes will exit the north side of the pool. There are 2 stairs (see pool map) for those that need assistance getting out of the water. Athletes can also exit at their lane if they don't need any stairs. **Floaties are now allowed for the 4-6 age group.**
- **In an effort to run the race smoothly and prevent crowding, please do not enter the pool deck. Volunteers will help line your child up in heats and you will be asked to watch outside the fence area or outside the caution taped area.**
- Please have your child circle swim if there is more than one person in their lane. If they need to pass, kindly touch the foot of the person in front of you. That child will need to finish the current lap and let the child behind them pass at the wall.
- Sidewalk and grass will be slick so use caution when running to transition area.

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COURSE DESCRIPTION

Bike Course

- Participants will exit the West end of transition area and head to the sidewalk that wraps around the baseball fields. 4-6 year old's will complete 1 **clockwise** loops around the baseball fields then proceed back to transition area. The 7-9 year old's will complete 2 **clockwise** laps around the baseball fields and the 10-12 year old's will complete 3 full **clockwise** loops before heading back to transition area. Please use caution around the transition area when completing multiple laps, as the bike course goes between the transition areas. Children will be riding on the same trail coming in and out of the transition area and out on the trail. Please inform your child to use caution. We will have volunteers on the course to keep it safe.
- Training wheels are allowed for the 4-6 age group only.
- Helmets are mandatory.
- Bikes must be provided by each athlete.

Run Course

- Volunteers will not be responsible to keep track of laps but to assist the child in knowing when to finish based on the number of laps they tell the volunteer they have completed in the event they are unsure whether or not to finish. **Parents please make sure your child knows how many laps they are supposed to run prior to the race and to remind them to keep track.**
- Participants will exit the North end of the transition area and will run on the inside grass of the sidewalk around baseball fields. 4-6 year old's will complete 1 **counter clockwise** half loop and proceed to the finish line. The 7-9 year old's will complete 1 **counter clockwise** loops and the 10-12 year old's will complete 2 **counter clockwise** loops (stay left of arch for multiple laps). The course will be clearly marked and volunteers will be monitoring the course for safety.

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Additional Race Information

All kids that finish the race will receive a finisher medal. We will also have donuts for all to enjoy!

