



# Daniel Island Kids' Triathlon 2018



## General Rules and Guidelines

1. No outside assistance may be provided during the race, except by race or medical personnel.
2. Each participant must complete the entire prescribed course in order to be eligible to receive age level awards. Volunteers and signage are available throughout the course to show the way, **but participants bear the responsibility for being familiar with the course.** See attached map.
3. Inappropriate or un-sportsmanlike conduct will not be tolerated from participants, parents, or spectators. Please remember we are here to have fun and respect everyone.
4. All rules and enforcement are subject to the interpretation of the race officials whose decision is final.
5. Participants may be disqualified if they do not follow the course routes they have been provided. Staff members will be checking off their bib numbers throughout the course to ensure they reach each checkpoint.

## Swim Rules and Guidelines

1. The swim will be a wave start. The 11 -14 year olds will go first followed by the 7-10 year olds.
2. Participants will start the race from inside the pool. On command, participants will swim their allotted distance. Upon the completion of the heat, six more swimmers will enter the pool and a whistle will sound to start the next heat. This will help eliminate kids swimming on top of each other. As a reminder, you are racing the clock not just the kid to the right of you, so race hard the entire race.
3. No flotation devices are permitted during the swim. Athletes are not allowed to stand on the bottom of the pool; they may hang on the wall if rest is needed.
4. For safety reasons parents will not be allowed to stand around the pool during the swim. We will have lifeguards on the deck and do not want any interference with kids being able to enter and to exit the pool to the staging area.

## Bike/Run Rules and Guidelines

1. Bikes are required to have end caps at the end of the handlebars. If they are missing you may place a cork in the ends to ensure they are enclosed.
2. Race bib, shirt, and shoes must be worn for the bike and run portions (sandals are not permitted).

3. Race bibs must be pinned on the shirt. Please make sure that you do not safety pin the pull-tab on the bottom of the bib. Stickers must be worn on the front of the helmet so the volunteers can easily see and send each athlete in the proper direction, as there are two different courses.
4. Shoes must be tied or buckled before removing the bike from the transition area.
5. **Helmets are required for the bike portion.** The helmet must be buckled before the athlete removes the bike from the rack in the transition area and must remain buckled until the bike is returned to the rack.
6. Participants may not ride their bicycles in the transition area. Bikes must be walked through the transition area and then mounted at the exit and entrance to the transition area.
7. Athletes must stay to the **right** at all times on the bike course. Riders should always pass on the left and alert other cyclists before passing (i.e. calling out “passing on your left”)
8. When running the child needs to stay to the **right** side of the running route.
9. Parents are not allowed to run or bike alongside the course. Violation of this rule may result in a disqualification.
10. **All bikes must have a kick stand.** This is due to the limited space in the transition area. Bikes laying on their side will not fit in your designated space.

#### **Packet Pick-Up**

1. Packet pick up will be **Wednesday, June 6- Friday, June 9<sup>th</sup>, 2018**
  - Office hours are 12pm to 5pm. Our location is 235 Seven Farms Drive
  - **Packets must be picked up in advance. There will be NO packet pickup on the morning of the race.**
2. Items in your race packet that you **MUST** bring to the race:
  - a. Race bib
    - i. Color
      1. 7-10 year olds will have a RED bib
      2. 11-14 year olds will have a GREEN bib
      3. Please verify that your bib is the correct color for your age group.
    - b. Safety pins- These should be used to pin your race bib to your shirt
  - c. Helmet sticker
    - i. You **MUST** place this sticker on the front of your bicycle helmet
    - ii. Color
      1. 7-10 year olds will have a neon RED sticker
      2. 11-14 year olds will have a neon GREEN sticker
      3. Please verify that your sticker is the correct color for your age group
3. Other items in your bag:
  - i. Race t-shirt
  - ii. Promotional items from our sponsors and community partners

## Race Day Procedures

1. The morning of the race, make sure your racer has breakfast, drinks plenty of fluids and apply sunscreen.
2. What to bring: Be sure that all personal items are labeled with your name.
  - a. Race bib with safety pins
  - b. Shirt
  - c. Bathing suit- wear this to the race
  - d. Bicycle
  - e. Helmet
  - f. Helmet sticker
  - g. Tennis shoes
  - h. Socks
  - i. Towel
  - j. Goggles (optional)
  - k. Swim cap (optional)
3. Parking
  - a. Pierce Street, in addition to other streets on the race course, will be closed starting at 7 AM and parking will not be available on these streets. A listing of affected streets has been included with this information.
  - b. Everyone is encouraged to walk or bike to the race, if possible.
  - c. Additional parking will be available at the Daniel Island School, located at 2365 Daniel Island Drive. The school is only a short walk from the Pierce Park Pool. (When leaving the Daniel Island School, cross Daniel Island Drive and walk up Bulline Street, which will lead you straight into the Pierce Park Pool.)
4. Arrive at Pierce Park Pool by **6:45 AM for pre-race check-in.**
  - a. Racers will be given their timing chip.
  - b. Racers will have their arm marked with their race number.
  - c. Bikes and equipment will also be checked in. You will be required to have the following items at check-in: Bike, helmet, helmet sticker, shoes, socks, shirt and race bib with safety pins.
5. After receiving approval for your equipment you will set up your gear in the transition area.
  - a. Gear will be set up according to your age bracket. 11/12 and 13/14 year olds will set up closest to the exit of the transition area. 7/8 and 9/10 year olds will set up at the end of the transition area closest to the pool entrance.
  - b. The transition area will close at 7:15 AM, so check in no later than 7:05 AM.
  - c. All race gear, including shirts, shorts, shoes, socks, towels, helmet and bicycles must be arranged in the transition area prior to the start. Please do not use bike locks. No gear may be brought in afterward, or provided by spectators on the course. Violation of this rule may result in disqualification.
6. The pre-race meeting will be held at **7:15 AM for all racers.** In this meeting we will remind racers of the rules and regulations for the race and answer any questions.
7. Participants are encouraged to retrieve their gear from the transition area as soon as the race has ended because we will need to reopen the street.

8. After the race finishes may enjoy a snack provided by **Harris Teeter and the City of Charleston Department of Recreation**. The snacks and drinks will be under the pavilion and they are for **RACERS ONLY**.
9. 20 minutes after the last racer finishes we will present the awards for the top finishers in each age group and gender. Please feel free to enjoy the post-race snacks and festivities until the official results are prepared. Awards will presented to the top three finishers, male and female, in each of the following divisions:
  - 7-8 years old 100 meter swim, 2.4 mile bike, ½ mile run
  - 9-10 years old 100 meter swim, 2.4 mile bike, ½ mile run
  - 11-12 years old 200 meter swim, 5.5 mile bike, 1 mile run
  - 13-14 years old 200 meter swim, 5.5 mile bike, 1 mile run

Good luck! We look forward to seeing you on Saturday, June 9<sup>th</sup>, 2018!

If you have any questions please feel free to contact:

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