



## Kids Triathlon & Super Sprint

### GREETINGS!

With less than two days to go until race-day, we wanted to highlight some important reminders!

### RACE RULES

Each participant found to be in violation of the following rules, will be assessed a 1 minute penalty for each violation committed. This time will be added to the end of their final race time.

- 1. All participants will have and wear goggles during the swim portion of the race.**
- 2. All participants will wear proper running shoes. (No Flip Flop or Crocs).**
- 3. All participants will wear their assigned running number, either on their shirt or on a race belt during the run.**
- 4. Bikers must walk/run their bikes to and from the mount and dismount lines.**
- 5. No aero bars or aero helmets are allowed on the course.**
- 6. All participants will wear a helmet while on their bikes whether they are racing or not.**
- 7. Slower bike riders must stay to the right while on the course.**

**NO BLOCKING OR ZIG ZAGGING WHILE ON COURSE**

**8. No drafting of another participant while on bike course.**

**9. No musical electronic devices while on the course.**

Each participant found to be in violation of the following rules, will be assessed a one (1) minute penalty for each violation committed. This time will be added to the end of their final race time.

## PACKET PICK-UP

We highly encourage you to come to packet pick-up and our pre-race clinic on Saturday April 13th and November 16, 2019. Packet pick-up will open from 10:00am until 2:00pm at Alex's Bike Shop (**16098 W State Rd 84 #3, Weston, FL 33326**). You may also register for the race, if you have not done so already. **There will be no opportunity to register for the race on race day. However you can pick up your packets the day of the race.**

We will also do a walkthrough of the course at Bamford Park 3801 S. Pine Island Rd at the pool area at 2:00pm. We will meet in the parking lot on the south west corner of the pool.

## TRANSITION AREA

The transition area will be open on Sunday April 14th and November 17<sup>th</sup>, 2019 from 6:45am-7:30 am. Bike racks will not be numbered, and are first come, first serve. Parents/Guardians are welcome to help their kids set up their bike and gear in transition on Sunday. Once the race begins, only athletes with body markings will be allowed access to the transition area. NO parents/guardians are allowed in transition area during the race. We will have bike techs and knowledgeable volunteers to assist the athletes in transition. The transition area will open when all runners have cleared the course. *The Race Director has the final say of when the transition area will open for equipment removal.*

*We thank you in advance for your cooperation on this matter as athlete safety is our number one priority.*

## AGE BRACKETS

There will be medals for the top three finishers, both male and female in each age bracket. Brackets are not based on the heat they are competing in but in their individual age groups. Brackets are as follows;

5, 6,7,8,9,10,11,12,13,14,15,16 &17, 18-39, and 40 years old and up.

## DISTANCES

AGE BRACKETS	SWIM	BIKE	RUN
5-7 Yr Olds	25 yds	.5 miles	.5 mile
8-10 Yr Olds	100 yds	3.1 miles	1K
11-15 Yr Olds	200 yds	6.2 miles	2k
16-17 Yr Olds	250 yds	6.2 miles	2k
18 and Up	250 yds	6.2 miles	2k

## TRIATHLON

We 'Age Up' (per triathlon sporting standards) each participants will race according to the age they are as of Dec 31, 2019. For example, if you are now seven and turning eight in November they will be racing as 'Age 8' rather than 'Age 7'

## ATHLETE INFO BRIEFING

Tim Albury will host a course walk through at 2pm on Saturday April 13th and November 16th, 2019 at Bamford Park. As a reminder, the course will not be open for viewing prior to the race so we encourage you to come to the walk through to help with any questions you may have about the course, the athlete briefings are an excellent opportunity to get them answered!

## SPECTATORS

Volunteers will be staged throughout the course to assist the athletes if they need it. Bring your cameras and video cameras so you can relive all the action after the race.

**THANK YOU AND WE WILL SEE YOU AT THE RACE!!!**

[www.daviepal.org](http://www.daviepal.org)

Davie PAL Staff

Thank you, Police Athletic League of Davie {Reply to email}