

Athlete Guide



PRESENTED BY:



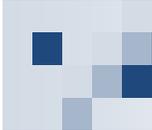
An Independent Licensee of the Blue Cross and Blue Shield Association

Saturday

June 24, 2017

The Dam Tri JR.





FROM YOUR DAM COORDINATORS

Thank you so much for joining us for the Dam Tri Jr., a youth triathlon for those ages 15 and under. We have a few last-minute instructions for you. Please take a moment to read through this athlete guide to answer some important questions you may have.

1. Your child's race # will be color coded. This will be important for them to follow directions and turn around points on the course. Please make sure they wear their # for the entire bike and run portion of the race. They may choose not to wear their # during the swim however if they choose they may wear it for the swim. Age groups are color coded as follows:

RED = 8-9 year olds

YELLOW = 10-11 year olds

GREEN = 12-13 year olds

WHITE= 14-15 year olds

Ages 7 and under are not color-coded. Their race takes place after all others have finished and easily monitored.

2. The turn around points for the bike and run will be marked with a color coded cone. Please make sure your child knows to turn around at that point and is aware of their color.

3. Your child **MUST** have a Helmet for the bicycle portion of the race in order to participate in this event. **NO EXCEPTIONS!**

4. At packet pick-up, parents/guardians will be **REQUIRED** to sign a Waiver. No waiver, no race.

5. All racers **MUST** check in before 8:30 a.m.

7. There will be a **MANDATORY** race meeting at the finish line area at approximately 8:45 a.m. This will assist you in understanding the day's events as well as the routes that each age division will be swimming, bicycling, and running.

8. Food will be available for **RACERS** and **VOLUNTEERS** only.

9. Please note that it is the athlete's responsibility to know the courses; however, we understand that young children may not be as adept to maps and directions as adults. We will have many volunteers along the course to assist with your child's race.

10. The beach area opens to the public at 11 a.m.; therefore, we need to be mindful and respectful of others using the beach for the weekend. Plus, it is a great place for you to hang around after the race!

Please keep checking the website for updates and use the contact form for any questions. We would prefer to address them in advance than be bombarded with issues on race morning.

Thank you,

Kristoph Kocan,

Race Director

EVENT SCHEDULE & WAVE START TIMES

Friday, June 23

5:00-7:00 p.m. Packet Pick-Up & Late Registration

Location: Meadville Family YMCA, 356 Chestnut Street, Meadville

Saturday, June 24

7:30-8:30 a.m. Packet Pick-Up.

Race-Day Registration for Junior Race (REGISTRATION CLOSES AT 8:30 AM)

Location: Col. Crawford Park/Woodcock Creek Dam Transition Area

8:45 a.m. Pre-race ceremony at the Finish Line

MANDATORY race briefing for all athletes (parents included)

National Anthem & Invocation

8:55 a.m. Transition Area Closes for all age divisions

9:00 a.m. Start of The Dam Tri Jr. Race

RED CAPS - Ages 8-9 will start in waves of 2 each(waves will be 30-60 seconds apart)

YELLOW CAPS - Ages 10-11 will start approx. 5 minutes after the final wave of previous age group
also in groups of 2 each (waves will be 30-60 seconds apart)

GREEN CAPS - Ages 12-13 will start approx. 10 minutes after the final wave of previous age group and will be
in waves of 2 each (waves will start approx. 30 seconds apart)

ORANGE CAPS - Ages 14-15 will start approx. 10 minutes after the final wave of the previous age group and
will be in waves of 2 each (waves will start approx. 30 seconds apart)

10:15 a.m. Approximate time of Kid's Duathlon for ages 7 and under.

Event will start when all other waves have completed the bicycle portion of the event

Children will start in transition in groups of 5-10 by age, starting with the youngest.

11:00 a.m. Bike/Gear Retrieval from Transition area, approximate time for Awards Ceremony for all age
groups. Lunch will be available at this time also.