

2010 Commonwealth Sports Medicine Triathlon

RACE INFORMATION

Race Start Time: 8:00AM



Arrival Time: Arrive at the race site no later than 7AM.

Parking: Parking is available around the race site. Please follow the directions of our volunteers.

NOTE TO PARENTS: YOU are required to show a Photo ID to pick up your child's race packet. You also need to bring your CHILD'S USAT card that was mailed to them by USAT. If one has not arrived you can bring a printout of the email/receipt that USAT sent to you.

Packet Pickup Time and Location:

Friday 8/20 from 3-7PM:
Commonwealth Sports Medicine
4101 Cox Rd, Suite 301- Glen Allen, VA

Chip Pick-up: Pick up your child's timing chip race morning in front of the pool building. You must bring your run # with you and show it in order to pick up your chip. Chip Pick Up will be available from 6:30-7:30AM race morning

Body Marking: Body Marking will take place adjacent to chip pick up during the same hours.

RACE DAY TIMELINE

Time	Event
7:00-7:30 AM	Chip Pick Up / Body Marking outside the transition area
7:30 AM	Chip Pick Up and Body Marking Close, start lining up for the start of the race
7:45 AM	Pre-Race Meeting
8:00 AM	Race Starts
10:00 AM	Estimated time for awards ceremony

General Rules:

- This is a kids race, ie this is a race for kids to get excited about the sport of triathlon.
- Please cheer for all kids and be considerate of all children and ability levels.
- Foul language or unsportsmanlike conduct from athletes or parents will NOT be tolerated.
- HAVE FUN!!!

Race Distances

Ages 0-10: Swim = 50 Meter, Bike = 1.1 Mile, Run = 0.5 Mile
Ages 11-18: Swim = 100 Meter, Bike = 2.4 Mile, Run = 1.0 Mile

Transition Area:

- ◆ The transition area will close at 7:30AM for check-in.
- ◆ No bike storage the night before the race and please, no glass containers in the transition area.
- ◆ Only one parent per child in the in the transition area prior to the race
- ◆ Be sure to tell your family and friends that they can watch from outside the TA.
- ◆ Bike rack assignments will be made for individual participants. Please rack your bike in the designated bike rack for your number
- ◆ If helmet, shoe, clothing adjustments need to be made please make those from the side just outside the transition area
- ◆ Only the race participant will be allowed to remove his/her bike from the transition area.
- ◆ Participants will not be allowed to mount bikes inside transition area – and will be required to dismount at transition area entrance following the bike segment.

Swim:

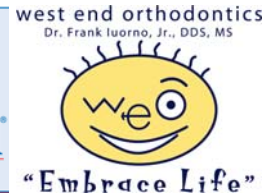
- ◆ Race Order:
 - Wave 1 will be the 6 and under children – (first 12 kids)
 - Wave 2 will be the next set of 12 for that age group, if no more are on deck for that age group then the next age group will start.
- ◆ There will be 2 children starting in each lane. They will need to stay on the same side of their lane during their lap or two (no circle swimming)
- ◆ Children will exit the pool and run to the transition area
- ◆ Parents: Please be sure to stand clear of the path leading from the pool to the bike storage area

Bike:

- ◆ The bike course map is posted on the race website.
- ◆ All children must wear hard shell helmets with the chin strap fastened before they un-rack their bike till they rack it again.
- ◆ When on the bike course stay to the right of your lane to allow faster cyclists to pass on the left
- ◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but please know where you are going
- ◆ There will not be a water bottle hand off on this course. You should be able to carry sufficient fluids on your bike.

Run:

- ◆ The run course map is located on the website.
- ◆ The run number found in your race packet is to be worn on your front during the run portion of the event
- ◆ Water will be located at the start of the run and at the turnaround point.
- ◆ No Headphones, earphones or any radio-type devices will be allowed.



Epperson Eye, P.C.



STRIDES

GROUNDFORCE™ IT

ChampionChip Sports Timing System

PLEASE READ CAREFULLY!!!!

This event will be timed using the CHAMPIONCHIP Electronic Timing system. Please be advised of the following procedures.

You will receive your ChampionChip on Race Morning at the Chip Pick-Up Tent

You will receive the ChampionChip along with a disposable medical ankle strap. (NOTE: relay teams will receive a neoprene ankle strap that allows for transfer from swimmer to biker and biker to runner). You may purchase a neoprene band to use at all Championchip events when you collect your timing chip.

RACING!!!!

***You must be wearing the ChampionChip strapped to your LEFT ankle or YOU WILL NOT BE TIMED.**



Wearing the Chip:

1. Thread the medical strap through the timing chip
2. Place the strap around your LEFT ankle
3. Insert TWO (2) fingers between the medical strap and your ankle (to prevent the strap from being too tight)
4. Fasten the medical strap SECURELY.
5. Double check that you fastened strap securely, if you lose the chip you'll owe use \$30.

MAKE CERTAIN YOU SNAP THE SNAP FULLY UNTIL IT LOCKS INTO PLACE!!!!

REMEMBER, YOU MUST RETURN YOUR CHIP AT THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES

IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.

You will be assessed a \$30 charge for your chip if not returned

YOU ARE RESPONSIBLE FOR THE

******RETURN OF YOUR CHIP******

THANKS AND HAVE FUN!!



SETUP