

Route

*Route is subject to change.

Please note that a map of the race is available at www.tooelecitey.org.

Swimming: The swimming portion of the race will be at the Pratt Aquatic Center. Once the participant has completed the correct number of laps for his/her age group he/she will need to exit the pool through the back door and patio area towards the transition area. (Please do not run in the pool area). Enter the transition area and ready yourself for the biking portion of the race.

Biking: As participants leave the transition area he/she needs to have a helmet on and buckled. Please remember to walk the bike out of the transition area. Participants will head south to Vine Street. Proceed west on Vine street. Turn south on Tooele Boulevard. Participants must to go around the turn around point and proceed back on the same route to the transition area. Please remember to walk your bike into the transition area.

Running: As runners leave the transition area he/she will head south to Vine Street. Proceed west on Vine Street. Turn south on 400 West (road to Tooele Junior High School). Runners must go around the turning point, then head north in the bus lane at Tooele High School. At Vine Street turn east to the point where you will cross Vine Street to finish at the Pool Park.

Registration Information

There is a **race fee** of \$15 for the first child and \$10 for each additional child in the same family. A race T-shirt will be included with the race fee if registered by May 31, 2016.

Registration Deadline*: Register in person by May 4, 2016 at Tooele City Hall (90 N. Main St., Tooele) or the Pratt Aquatic Center (55 N. 200 W., Tooele). Registration forms can be found at www.tooelecitey.org.

Register Online*: Register online by June 21, 2016 by 3:00 p.m. at www.tooelecitey.org.



*Please note that this race will cap at 100 participants, and it is expected to fill. Register today!

For more information please contact Tooele City Parks and Recreation at (435) 843-2142 or terras@tooelecitey.org.



Tooele City is also sponsoring a **Sprint Triathlon** for older kids and adults. The Sprint Triathlon will be held on Saturday, June 25, 2016. Please visit www.tooelecitey.org for more information.

Kids Triathlon



**Friday,
June 24, 2016**

6:00 p.m.

**Tooele Aquatic
Center Park
(55 North 200 West,
Tooele, Utah)**

Rules and Precautions

Race Overview

The Tooele Tri Kids Triathlon will be a swim, bike, run race. There will be 3 age groups for both boys and girls.

Group	Age	Swim	Bike	Run
1	11-12	150 Yards (6 lengths of the pool)	5K (3.2 miles)	0.7 mile
2	9-10	100 Yards (4 lengths of the pool)	5K (3.2 miles)	0.7 mile
3	8 & Under	50 Yards (2 lengths of the pool)	5K (3.2 miles)	0.7 mile

*The race will be professionally timed by www.runnercard.com.

Race Day Timeline

4:15-5:45 p.m. Race Check In: Racers should check in with a parent/guardian. You will be given a race bib along with safety pins. Please attach the bib number to the front of your shirt. At this time you will also have your race number written on your arm. During this time you will need to rack your bike in the transition area. You will be assigned a spot in the transition area to rack your bike. All of the items that you will need for the race should be left in your allotted space. Items you will want to leave in the transition area include: bike, helmet, towel, shoes & socks, and shirt with your number on it. You may also consider a pair of shorts and a water bottle. (There will not be any water on the bike route. There will only be water available at the end of the running route.) Be sure to leave yourself plenty of time to check in and prepare for the race.

5:45 p.m. Race Orientation: Racers and parents are asked to attend the orientation. Race directors will go over the rules, race route, and explain how the race will proceed.

6:00 p.m. Race Begins: The race will begin with swimming. Racers will be lined up in groups in the swim start area. The 11-12 year age group will be started first. When the pool is cleared the 9-10 year age group will start. The 8 and under will go last. Please be sure that you are with the appropriate age group to start.

Post Race Activities and Awards: At the end of the race each child will receive a Finish Medal. There will be snacks for race participants. After all participants have finished the race, times will be tabulated. An awards ceremony will be held to recognize the top three finishers in each age group for both boys and girls.

- Participants who are 10 and under will be allowed to wear life jackets during the swim portion of the race.
- Participants must enter the water feet first.
- There is NO RUNNING in the pool area.
- Swimming aids such as, but not limited to, snorkels or fins are not be allowed.
- Bike helmets must be worn and buckled during the bike portion of the event. Racers will not be allowed to leave the transition area for the biking portion without his/her helmet on and buckled.
- When entering and exiting the transition area riders must walk their bikes. You should push your bike completely out of the transition area before mounting, as this area is very congested. Upon returning into the transition area you need to dismount your bike before entering.
- Parents will not be allowed in the transition area during the race. (Volunteers will assist your child if they need help with his/her helmet or shoes.) Older kids need to put on their own shoes and helmet in the transition area. Remember the transitions are part of the race.
- Parents are asked to not run or bike alongside their children. We will have several volunteers throughout the race route.
- Participants need to run and ride their bikes along the right side of the road, not down the middle. Traffic needs to be able to pass them.
- The use of headphones, radios, and personal audio devices are strictly prohibited during the bike and run.
- Participants must finish all three legs of the race to be eligible to place in their age group.
- It is recommended that before the race you place a full water bottle in your child's transition area and remind him/her to drink during transitions.
- Participants can be disqualified for safety violations.