



Kids of Steel Orientation Guide 2019

Basic Triathlon Gear List:

Swimmers	Bikers	Runners
Swimsuit	Running Shoes	Running Shoes
Goggles	Race Bib (Provided)	Race Bib (Provided)
Swim Cap (Provided)	Bike Number (Provided)	
Towel	Bike	
Life Jacket (if required)	T-shirt	
	Helmet	

Optional: Sunglasses, Shorts, Bike lock, Socks, Hat, and Water Bottle

Before Race Day:

- Attend Pre Race Orientation on **Wednesday, June 19th** (optional) :

Individual	2012-2013	5:00pm
Individual	2010-2011	7:00pm
Individual	2008-2009	7:00pm
Individual	2006-2007	7:30pm
Individual	2004-2005	7:30pm
Tikes Team	2011-2013	5:30pm
Junior Team	2009-2010	6:00pm
Intermediate Team	2007-2008	6:30pm
Senior Team	2004-2006	8:00pm

- Consider getting your bike tuned up with *Grindin Gears* and *Factory Sports* at the orientation.
- Practice a dry run of your race event(s) and transitions
- Pick up your race package from your school
- Label all of your gear including your bike, if you didn't get a bike sticker; please create your own to assist with pick up.

What Happens On Race Day?

Race Information Table

- Available for questions

Step #1 - Body Marking Stations

- All athletes will need to go to the Body Marking Station. Your arm and leg will be labeled with a black marker, which will help to identify you in the race.
- Ensure your bib is on before you go to this station.

Step #2 - Setting Up the Transition Area

- All team members must be present to place the team bike in the Transition Area; open 8:00 am – 11:00 am.
- Place your bike on the rack and equipment beside it in the area that is designated for your age group.
- Get your bearings and know the run exits from where your bike is located.
- Lay your items on an open towel so you can stand on it and wipe your feet clean and dry while putting on your helmet.
- Set your socks in your shoes (if you are going to wear socks). Put the bike in a low gear for starting out.
- This area is a parent free zone.
- *Individual Only* - Attach the race number to the clothing you'll be wearing for the bike and/or run.

Step #3 – Review Course Maps

- Take a look at the maps of the race course that are posted. Race bibs will outline the number of laps that are required.

Step #4 - Race Start and Pre Race Briefing

- Start times will be displayed on your race bibs.
- Pre-race briefing for each heat will be 30 minutes prior to your start time. Meeting will take place at the entrance of the Bio Clean Aquatic Centre. Race rules and important information will be reviewed at this time so it is important to be there on time.
- No electronics on the course including headphones, I-pods, I-phones and I-pads.

The Swim Course

- Timing chips will be distributed inside the Bio Clean Aquatic Centre following the pre-race briefing. Lanes will be assigned at this time.
- Floatation devices may be used if required. If you experience difficulties while in the pool raise one arm for assistance from the lifeguards.

- The person counting laps will hold a flutter board in the water at the edge of the pool when you are about to do your last lap.

Swim to Bike Transition

- Team Only – Bikers will be waiting for Swimmers in this area. Chip will be passed from swimmer to biker in this area.
- Biker's helmet strap must be buckled before getting on your bike.
- Biker must walk with your bike past the mount line before getting on your bike.
- Athletes must try not to interfere with other participants. A shirt and shoes must be worn on the bike.

The Bike Course

- Stay to the right on the path unless passing.
- Warn "on your left" when you are about to pass, then pass quickly and get in front of that cyclist.
- When being passed, stay to the right and let the cyclist pass you.
- Race officials will not be counting your laps, **please ensure you are keeping track of your laps.**
- If you do not do the required laps your team will be disqualified.
- Slow down on corners.

Bike to Run Transition

- Please get off your bike at the dismount line.
- Your helmet must be on with the strap fastened until your bike is back on the rack.
- Team Only: Runner will be waiting for Biker in this area. Chip will be passed from biker to runner in this area.

The Run Course

- Course marshals are positioned on the route to help you with directions if needed.
- Race officials will not be counting your laps, **please ensure you are keeping track of your laps.**

Finish

- Please remember to return your race chip. There is a water station near the finish as well as snacks to enjoy!

Removing Equipment from Transition

- Transition is closed once races start. Once you have finished your race, do not re-enter the transition area until it has been announced as open. This allows for all competitors to complete their race without interference.

Race Results and Awards

- All participants will receive a participant medal following their race.
- **NEW** - 1st, 2nd and 3rd placings will be awarded at year end school ceremonies.