



Dear Parents and Triathletes:

Thank you for participating in the 4th Annual Santa Barbara Kid's Triathlon! We are so happy to have you here and want to be certain that we create an environment that is both fun and safe. With that in mind, we are asking you to be familiar with the following information.

The race location is at Los Baños Pool on Cabrillo Blvd. The start and finish will be at Los Baños Pool. Parking for the event will be at the Parking Lot behind Los Baños Pool at the Marina (see attached map).

The USA Triathlon "age up" rule now requires that athletes participate in the age group corresponding to their age on December 31st of the year of the event.

The race will start at 8:00 a.m. We recommend that you arrive at the race site at 6:15 a.m. Kids ages 7-10 will be directed to the pool on the south side of Los Baños pool entrance (opposite side from transition area) at 7:50 a.m. to begin lining up for the start. All participants should have their bikes, helmets and shoes set up in the transition area before that time. The athletes will be lined up with the 7 year old girls going first. The 7-10 year olds will swim 1 lap in the pool (down and back) and the 11-15 year olds will swim 2 laps (down and back two times). There will be a 3 minute pause between each of the 7-10 year old waves and 11-15 year old waves will not start until the 7-10 year olds are on the last lap on the bike course. There will be a 10-15 minute break after the last group of 10 year olds starts in order to give the younger athletes time to clear the transition area before the older groups begin.

Parents can watch the swim from the observation deck along the pool area and then exit the deck on the east side. Please do not attempt to enter the pool area once the race begins. Volunteers will be stationed to direct spectators. Bathrooms are available at the front entrance of Los Baños along Cabrillo Blvd.

Please be certain to have a UPSC certified bike helmet at the event. **MAKE SURE YOUR CHILD'S HELMET FIT PROPERLY!** We do not want to stop anyone from participating, but USA Triathlon sanctioning states that athletes without UPSC helmets are not be allowed to compete.

Kids ages 7-10 will do two laps (3 miles) on the bike course and kids ages 11-15 will do 4 laps (6 miles). The transition area (where the kids will leave their bikes) needs to be as free from obstruction once the race begins so we are asking that parents stay out of the transition after the race starts. We will have several volunteers in the transition area that will assist participants as needed.

Athletes will have their arms and legs marked with their race number. They should put the large race number on a race belt or worn on the front of their shirt secured with safety pins. The uses of assistive devices, including flotation devices and training wheels, are NOT allowed during the triathlon. These athletes will receive a finisher's medal if appropriate.

We are unable to refund entry fees, however entry can be transferred from one child to another if the registered child is unable to participate and the race director is notified no later than 72 hours prior to the race start.

We hope that each of you has a wonderful racing experience. We are thrilled that you have chosen the sport of triathlon and hope that you continue to participate for many years to come.

Thank you for being a part of the Santa Barbara Kid's Triathlon!

Marcella Young and J. Ritterbeck – Race Directors

Event Area



Parents Must:

- 1) Have child pin their numbers to the front of their shirt.
- 2) Stay out of the Transition Area while the race is in progress [TA closes at 7:45a.m.].
- 3) Ensure their child puts their helmet on before leaving the Transition Area.
- 4) Assist their child by counting their laps and ensure they do the appropriate 2 or 4 bike laps –and- 1 or 2 run laps. [Take a moment to explain this to your child.]
- 5) Make sure their child understands where the Mount and Dismount Lines are located.
- 6) Make every effort to cheer encouragingly to their child.

Juniors:

Swim: 1 Lap = down and under the lane line and back

Bike: 2 Laps on the bike

Run: 1 Lap – Finish after 1 lap.

Kids Must:

- 1) Transition area closes at 7:45 – must be set up and out.
- 2) Always walk on the pool deck.
- 3) Feet-first entry into water.
- 4) Must have helmet on and buckled before getting on the bike. [This is the first thing you do in Transition]
- 5) Ride to the right side of the road and bike lane - No side by side riding and you pass only on the left side.
- 6) Share the road with other kids and share the bike path with everyone [The bike path is open to everyone].
- 7) Know where the line is to Mount and Dismount lines for the bike.
- 8) Listen to your parents if you forget what lap you are on.

Seniors:

Swim: 2 laps, swim down and under the lane line and back. You will go 4 lengths, going under 3 lane lines

Bike: 4 laps on bike

Run: 2 laps – Stay to the Left and DO NOT cross the Finish line when going to do Lap 2

Thank you for your assistance in these matters.