

Here are all the details you need to know about the 2016 Big Shark New Town Kids Triathlon brought to you by Melander Sports Medicine:

PACKET PICK UP:

There are two opportunities to pick up your child's packet:

- Friday July 8th at Big Shark ([Big Bend Location](#)) 11:00am-7:00pm.
- Saturday July 9th at the New Town Triathlon Expo 6:00am-8:00am. The Expo is located at the New Town Amphitheatre.

RACE COURSES:

Course maps are posted on the event webpage at www.newtowntriathlon.com. **The courses are the same as last year (2015) but do differ from previous years.** Volunteers will be placed at major intersections along the bike and run courses.

SWIM START:

Swimmers must enter the water in a "walk in" manner. **Jumping or diving is not allowed** due to the shallow, rocky waters at the start. There will be rubber mats at the entrance to help with footing. Once in the water, swimmers must maintain a forward motion. If tired or in distress, lifeguards will interpret any of these things as a sign for help: 1. Swimming to the wall or lake edge. 2. Waving and shouting for help. 3. Turning over on their back. Swimmers may not make forward motion on their back due to not being able to see the swimmer in front of them.

BIKE REQUIREMENTS:

Helmets, a functionally safe bike and a good attitude are required. If there is any question about your child's helmet or bike's safety, please bring your bike to any Big Shark location prior to the race for inspection by a professional Big Shark mechanic. Mechanics will be at New Town on Saturday but we'll have over 100 kids racing that day, we can't guarantee your bike will be looked at.

TRANSITION ZONE:

Volunteers and staff will be stationed at the entrance to the transition zone to mark your child's shoulder with their bib number. This is important for timing as well as safety and identification throughout the event. Transition racks will be have a letter on them. Your child is free to rack their bike anywhere they like. The letter will serve as a reminder for their location. Volunteers will be in the transition zone to help with this process.

SAFETY:

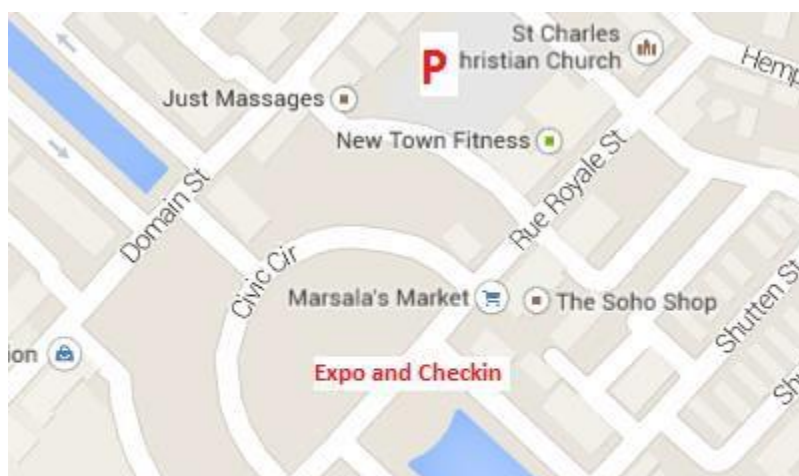
All athletes and parents are required to attend a brief safety orientation conducted by lifeguards and the race director just prior to the race start. This will be located in the Transition zone. Lifeguards will supervise the swim leg. Volunteer Course Marshals will be stationed in the transition zone, on the bike course and along the run. They will help with traffic flow, guiding athletes around the course and cheering them on. EMS will be on site during the event in case of an emergency. **NO HEADPHONES** allowed.

EVENT TIMING:

This event is chip timed with an ankle strap that must be worn for the entire event. Wearing the ankle strap on the left leg facing outward will ensure minimal interference with your child's bike. Please have your child use the bib number (Facing forward), helmet number and the chip provided in addition to having their shoulder marked. This is for your child's safety and to ensure timing accuracy. **PLEASE return ankle chip after race.**

PARKING:

Please park in one of two large lots conveniently located in the center of New Town on both sides of the Amphitheater. Enter New Town off of New Town Blvd; go right on New Town Lane. Take New Town Lane to Domain Street; you will see the parking lots to the left and to the right. Please be courteous and leave room for residents. Also, please avoid parking on the Run Course. Thank You.



RACE DETAILS:

- The transition zone will open at 7:30am and close at 8:40am.
- **(NEW)** At 8:45am there will be a 10 minute instruction session by the Lifeguard Captain and the Race director.
- The older kids, (11-14) will begin their race at 9:00am. The younger group (7-10) will start at 9:40am.
- The Swim start will be a time trial start with kids leaving approximately every 3 seconds. Volunteers will be stationed at the swim start to assist with this process. It's not a huge deal if kids leave a tad early or late because their time is captured by the timing mat.
- Older kids will do 3 laps of our 1.25 mile bike course. The younger kids will do 1 lap.

TIMELINE FOR RACE DAY:

6:00 AM Packet Pick up Opens for Kid's Triathlon (@ *The Amphitheatre under the Big Tent in the heart of New Town*)
7:30 AM Transition Zone Opens for Kid's Triathlon
8:15 AM Packet Pick up Closes for Kid's Triathlon
8:40 AM Transition Zone Closes for Kid's Triathlon
8:45 AM **Athlete Instruction (New)**: Kids will gather at the transition zone to hear instructions from Lifeguard and Race Director
9:00 AM 11-14 Kid's Triathlon STARTS
9:40 AM 7-10 Kid's Triathlon STARTS
11:00 AM Kid's Triathlon Awards Ceremony under the Big Tent

RESTROOMS:

Port-a-potties with hand sanitizers will be located within walking distance from the Transition Zone.

FRIENDLY REMINDER:

Please be respectful of New Town residents and their property. They are gracious enough to host this unique event every year and we'd love to keep returning. Thanks.

We know there are a lot of local events to choose from and we appreciate you and your child's participation!

YOUR BIG SHARK CREW

