

# KID'S TRIATHLON 2017



## RACE GUIDE

# Race Classification

**Kids A (5-7 yo)**

**Swim 50m | Cycling 1.8k (3 x 600m) | Run 900m (3 x 300m)**

**Kids B (8-10 yo)**

**Swim 100m | Cycling 3k (5 x 600m) | Run 1.8k (6 x 300m)**

# Event Schedule

<b>5:30</b>	<b>: Registration and Transition Open</b>
<b>6:15</b>	<b>: Registration and Transition Area Close</b>
<b>6:00-6:20</b>	<b>: Warming-up</b>
<b>6:30</b>	<b>: Expo Area Open</b>
<b>6:30</b>	<b>: Kids B Start</b>
<b>7:00</b>	<b>: Kids A Start</b>
<b>8:00</b>	<b>: Last Kids A Finish</b>
<b>8:00</b>	<b>: Main stage Expo start</b>
<b>8:30</b>	<b>: Transition Check Out</b>
<b>10:00</b>	<b>: Expo Close</b>

# Rules & Regulation

## SWIM

### What to bring:

Google and the Organizers' provided swim cap, swimwear and towel. **Kids are allowed to use floating device i.e. arm float, pull buoy, kick board;** However, fins, swim paddle and water noodle are not allowed.

### What to wear:

Tri-suit/swimsuit/bike- pants, swim cap, goggle and timing chip (will be provided on the race day).

### Basic Rules:

- Stay in your age group and swim group.
- Follow Marshals and Chaperone's instruction.
- Yield to faster swimmer.
- No kicking or punching on purpose.
- No running on the pool deck at any time.



# Rules & Regulation

## BIKE



### What to bring:

Bicycle with functioning handbrake, helmet and glove (optional).

**Kids A & Kids B are allowed to use three or four wheels bike.**

### What to wear:

Tri-suit/swimsuit/bike pant, with bike jersey, BIB, timing chip.

### Basic Rules:

- **Wearing helmet is compulsory. No helmet no race.**
- It is recommended to take professional bike inspection before the race .
- Marshal and Chaperone will assist on the safe bike start/finish.
- No bike riding inside the Transition Area and cyclists shall push their bike until Bike Mounting Line and can only ride bike therefrom.
- Cyclists are **ONLY** allowed to take any assistance in the bike course from Marshalls or Chaperone.
- Follow Marshals' instruction and ride the whole distance (Kids A 3 loops and Kids B 5 loops).
- Takeover from right side only.
- No earphone is allowed in the course.
- There is one water station in the Bike Course.
- There will be no band distribution to indicate the loops but the Organizers will provide the Loop Counter Marshal to count the cyclists' loops.
- The Organizers will rely only on the Loop Counter Marshal's count (and post race chip timing recheck) and the cyclists shall comply thereof.

Note: Due to safety reason we would not provide any bike rack in the transition area, hence we would suggest you to bring your own kids' bike stand for the race. During the bike leg, please do not call your children's name while they are racing. The children shall stay to focus on the road during their bike leg, so please don't get them to be distracted.

# Rules & Regulation

## RUN

### What to bring:

Running shoes, running cap (optional).

### What to wear:

Tri-suit/swimsuit/bike pant with bike jersey or run jersey, BIB, timing chip.

### Basic Rules:

- Slower runners shall give way to faster runners.
- Follow Marshal's instruction and cover the whole distance.
- Kids A shall run 3 loops and Kids B shall run 6 loops and shall take one wrist band in each loop at the Loop Counter Area.
- There is one water station in the Run Course.



# MAP



**SWIM**  
 Kids A  
 50m  
 Kids B  
 100m

**BIKE**  
 Kids A - 1.8km  
 3x600m loop  
 Kids B - 3 km  
 5x600m loop

**RUN**  
 Kids A - 900m  
 3x300 loop  
 Kids B - 1.8km  
 6x300 loop

**Parents Area**

**Water Station**

ONLY  
 FOR  
 KIDS

# Preparation for Raceday

## What you need to do BEFORE the Race Day:

- Put on the bike tag on the handle bar of your bike.
- Put on helmet sticker on the front side of your helmet .
- Put on the provided BIB number tattoo on each arm in the night before race day.
- Put on your BIB number to your bike/run jersey or attach it to a race belt.

## Reminder on what to bring/wear:

### SWIM

Tri-suit/swimsuit/bike pants and swim cap provided by the organizer.

### BIKE

Bike (2, 3 or 4 wheelers)

Bike helmet

Hydration bottle

Bike Shoe or running shoe

### RUN

Running shoe and BIB

Other : Spare clothes, towel, running cap, sunblock.

Note : Earphone is strictly prohibited throughout the race.

# What to do when you arrive

## What to do when you arrive at the venue:

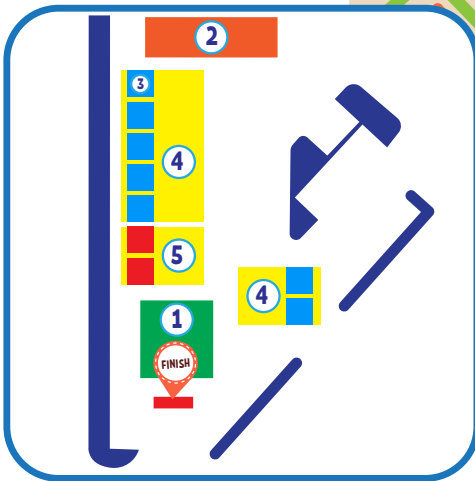
1. Park your car on the designated area around KKG
2. Bring your bike and equipment to Transition Area (Due to safety reason, parents would not be allowed to get inside the transition area – Chaperone and Transition Marshall will help the children to set their transition)
3. Put on your helmet before entering transition area, there will be bike scrutinizing (your bike must passed this checking in order to do the race)
4. You will be allocated a slot and a basket in the transition area. Find your BIB number on the basket and put your bike at the allocated place.
5. Arrange your bike and run stuffs into the provided basket next to your bike .
6. Go to registration desk.
7. Get your Chip Timing.
8. Now you are ready, go to swimming pool, warming up and prepare to start.



# EXPO & PARKING MAP



## EXPO AREA



### LEGEND

- 1 REFRESHMENT
- 2 STAGE
- 3 FACE PAINTING
- 4 EXPO BOOTHS
- 5 MEDIC

# Thank you Sponsor

