

## **The Tri-Family Racing Chandler Adult & Youth Sprint Triathlon/Duathlon Race Information**

**Registration & Packet Pick up:** Packets and late registration will be available Saturday April 22<sup>nd</sup> from 2pm to 5pm at the North Tempe Landis Cyclery, 2180 E Southern Ave, Tempe, AZ 85282. Parent signature required if participant is under the age of 18 yrs old. **HELMETS ARE REQUIRED** for the race! **There is still plenty of room to sign up now at [trifamilyracing.com](http://trifamilyracing.com).** Please tell any friends to sign up now at [trifamilyracing.com](http://trifamilyracing.com). Please also view race entry forms or race maps at [trifamilyracing.com](http://trifamilyracing.com) and click on the events tab.

**Transition Area:** Everyone **MUST** have their bicycle in the transition area race morning no **LATER** than 5:45 (recommend earlier 4:30am to 5:30am), The transition area will close just before the **YOUTH TRI** start AT 6:15/6:30. Please allow plenty of time to get your bike in the transition area, listen to the race meeting, and get body marked before your race. There is plenty of parking at the race site located at 3838 S. Arizona Avenue the Hamilton Aquatic center. If this is your first race, show up at 5:15am and no later. If you have **ANY** questions after reading this, I highly suggest talking to the professionals on our staff at the Saturday packet pick up. All race maps are located on the website [trifamilyracing.com](http://trifamilyracing.com) once you click on the events tab.

**Race Times: Youth at 6:15/6:30 am, Sprint Triathlons & Duathlon at approx. 7:00/7:15am.**

**Triathlon Explained:** The Youth Triathlon starts first; we will **NOT** start the adult race until all youth are done and have finished the bike and run. The youth event will be 4 laps in the 25 yard pool (serpentine fashion) swimming only one lap in each lane. All race entrants will swim in swim number order, for youth the first swimmer (number one) goes off at approx. 6:15am, at 6:15 and 10 seconds number two, ten seconds later number three and so on and so forth. Passing and being passed is easy with this format as everyone is always swimming in the same direction. The youth will then run to the transition area (just outside of the pool) and begin the bike ride (one 4.4 mile pancake flat lap) **Parents are allowed to bike with their kids as long as they wait outside of the transition area and also wear a helmet.** Remember from the time you touch your bicycle to the time your bicycle is racket you need to make sure your helmet is on and clipped closed. The bike course is Policed and barricaded. On the bike return the youth will place their bike in a bike rack and begin the ½ mile run which is essentially an out and back run to the first **YOUTH** water station and back. **The finish line for the youth is the SAME finish line for everyone.**

The adult Sprint triathletes will do the exact same as mentioned above **except they are placed at 15 second intervals** The Mini Sprint triathletes will do a serpentine swim of (8) 25 yard laps 200 yards getting out at the stairs and going to transition area for start of your bike ride, the Maxi Triathletes will do 16 laps or 400 yards. Once they exit the pool from their first 8 laps they will run (walk fast) back to lane one, **jump in feet first again** for another 8 laps, and finally the Maxi Sprint Tri PLUS triathletes beginning also in number order will begin their swim. Once they exit the pool from their first 8 laps they will run (walk fast) back to lane one, **jump in feet first again** for another 8 laps,... and then again another 8 laps until they have went through the 25 yard pool three times 600 yards before exiting to the transition area.

**The Swim: Make sure you get body marked if you are doing the swim,** The Youth swim is 4 laps, 100 yards, the Adult Mini Sprint swim is only 200 yards, the adult Maxi Triathlon swim is 400 yards and 600 yards for the Maxi Triathlon PLUS swim. The swim will take place by zigzagging (serpentine fashion) your way, going under every lane line for the entire length of the pool. All youth will only swim 1-lap in (4) 25 yard lanes; all Adult Mini Triathletes adults will swim 1-lap in 8 lanes, Adult Maxi Triathletes 16 laps, Adult Maxi Triathlon Plus same as Maxi Triathlon accept three times through the entire pool for a total of 600 yards. Please be careful exiting the pool area, and remember all gear (Helmets, glasses, anything else) must be in the transition area, not pool side.

**The Bike:** The Youth bike is 1 lap, 4.4 miles. The Adult Mini Sprint Triathletes is (2) laps, 8.8 miles, and 13.2 miles for the Adult Maxi Triathlon & Duathlon adults (3) laps, and finally the Maxi Triathlon PLUS Triathlon is 4 laps or 17.6 miles. All **Adult Sprint Triathletes please make sure you do the correct amount of laps,** All adults are responsible for making sure they do (2, 3, or 4) laps. Our timer will alert me to any in-consistencies with times, any adult doing less than the required laps will be disqualified. Anyone arguing with our volunteers or Police you will be disqualified. Please use extreme caution your first lap, **there are turns as well as a few speed bumps and ruts and grating in bike lanes on as well as in corners.** We will have volunteers marking down anyone drafting, remember if you draft, and are caught, you will be time penalized or dis-qualified. Unless passing, please **stay to the far right** to allow smooth traffic flow. Please

obey all Police and volunteers. **Make sure your helmet is on (and buckled) from the time you touch your bike to the time you rack your bike. Parents may accompany their child on the bike course only as long as they are also wearing a helmet. Please ride on the right side of the road.**

**The run:** Youth run is 1/2 mile, ¼ mile out and ¼ mile back. The MINI Triathletes run is 1 mile out and 1 mile back, **The Maxi Triathlon and Maxi Triathlon PLUS are both 3 miles, 1 /2 miles out and 1 ½ mile back).** The run is essentially an out and back run course for everyone. All turn around for the runs take place at water stations set up along the run course.

**The Duathlon Run:** The Du first and second run is 2 miles.

**Race Rules:** No diving in the pool, no back stroke in the pool. When doing either the bike or run there will be no listening devices allowed, on bike, run or swim, none allowed. Needless to say you must complete the correct amount of laps on the bike course, we will have a computer counting your laps on the bike, and you may ask the attendant for how many laps you have done. Failure to follow these rules results in a time penalty or disqualification at the Race Directors discretion. And needless to say everyone **MUST** wear a helmet on the bike course or you will be disqualified and pulled from race without a helmet. If parent is riding with their son or daughter they must also wear a helmet or their child will be disqualified.

**Trophies:** Remember all race entrants, youth & teams go five deep. **No medals or ribbons will be mailed out; it is your responsibility if you decide to take off early, to have someone you know pick up your award for you. You must be present for all merchandise that is given away; no friends can pick up your merchandise.**

**Merchandise:** Merchandise awards will be 3 deep for the top Male & Female **overall winners.** (The top 3 Tri-adult overall awards) will be pulled from the rest of the entrants to allow for more individual medals and ribbons for the **triathlon ONLY. Remember before, after, and during our awards ceremony we will be giving out merchandise with at random drawings. The person called out MUST BE PRESENT to receive the merchandise.**

**Race Maps:** At [trifamilyracing.com](http://trifamilyracing.com) after you click on the events tab.

**Race & Spectator parking:** Parking is onsite at 3838 South Arizona avenue.

**Approximate Times for everything on race morning: 4:00am – 6:00am – Get body marked, pick up your timing chip, it will match your race number that you PICKED up on Saturday. Get your bike racked, typically this is also where you have your helmet, eye glasses or sun glasses, a towel, anything you require to complete your bike ride and run.**

**5:00-5:45am All bikes in the transition area, get body marked, pick up your timing chip**

**6/6:15am – Race meeting**

**6:15/30am Youth start**

**7:00/7:15 Mini Triathlon**

**7:15/7:20am Maxi Triathlon and Maxi Tri PLUS Triathlon**

**8:30/9am approx. – Youth tri awards (After adult swim is over)**

**9/9:45am approx. – Mini triathlon & Duathlon Tri awards**

**10:15/10:40am approx. – All other Triathlon awards**