

ONS Westchester Kids and evoJets Super Sprint Triathlon Athlete Guide

We look forward to seeing everyone on Saturday. Here are some important details and times to know! Parents, please make sure to read the below athlete guide for your kids. And if you don't have the time to read it, pass it on to your kids.

Friday, September 22nd			
Start	End	Event	Location
3:00 PM	7:00PM	Packet Pick-Up, Kids Triathlon, Super Sprint, Olympic	Rye Town Park
Saturday, September 23rd			
Start	End	Event	Location
5:00 AM	5:45	Super Sprint Pre-Paid Race Day Packet Pick-Up Only	Rye Town Park
5:30 AM	6:30	Transition Open for Super Sprint	Playland
	6:30	Transition Closes for Super Sprint	
7:00 AM	8:15 AM	Official Start evoJets Super Sprint Triathlon	Playland
8:30 AM	8:45AM	Super Sprint Awards	Rye Town Park
6:30 AM	7:00 AM	Kids Triathlon Pre-Paid Race Day Packet Pick-Up Only	Rye Town Park
7:00 AM	8:15 AM	Transition Open for Kids Triathlon	Playland
	8:15 AM	Transition Closes for Kids Triathlon	
8:30 AM	10:30 AM	Official Start ONS Kids Triathlon	Playland
10:45	11:00 AM	ONS Kids Triathlon Awards	Rye Town Park

Bring your photo ID with you! You are required to show it when you pick up your packet. **Every participant must present his or her photo ID at packet pickup.** If you are an annual member of USA Triathlon, you MUST present your USAT card AND a photo ID. If you forget, you will be charged for a one-day membership (\$15).

Not all members of a relay team have to show up at the same time. Each member will be given his or her own packet. If any one member of the team does not check in or sign the USAT waiver, the team will not be allowed to participate.

You will receive a race packet, which will include a run number, a bike number, timing chip, body tattoos, and safety pins and a wave-specific colored swim cap.

Chip Timing

The race will be chip-timed. Your timing chip will be activated at packet pick up. **DO NOT FORGET YOUR CHIP RACE MORNING.** Timing chips will attach to your LEFT ankle and are to be worn for the duration of the race. The chip IS NOT disposable. All chips are to be returned in the proper bin located in the finish corral.

If you have to drop out of the race, you will need to report to a race official as a DNF (This lets us know that you are safely off the course). You will need to return your chip at this time.

Lost Chip Fee is \$125.00

Transition Times

Transition opens at 5:30 AM for the Super Sprint. Transition opens at 7:00am for the Kids Triathlon. **Plan to arrive at least 60-90 minutes before your child's swim wave start!**

Transition is open to Super Sprint athletes at 5:30 AM and closes at 6:30 AM Sharp!

Swim Wave Start Times

7:00 AM	All Men	Red
7:05 AM	All Women	White
Start Time	Division	Cap Color
8:30 AM	Male 11-12 A-I	Purple
8:35 AM	Male 11-12 K-Z	Royal Blue
8:40 AM	Female 11-12	Fluo Green
8:45 AM	Male 13-15	Gold
8:50 AM	Female 13-15	White
9:30 AM	Male 7-10 A-F	Royal Blue
9:35 AM	Male 7-10 G-N	Fluo Green
9:40 AM	Male 7-10 O-Z	Red
9:45 AM	Female 7-10 A-I	Purple
9:50 AM	Female 7-10 J-Z	Pink

ONS Westchester Kids Triathlon

Is this your child's first triathlon or are they a veteran? Is it your first time bringing your child to a triathlon? If so, here's a few tips to make the day run smoothly for you and your child.

First, a youth triathlon is about **FUN!!!** It is fun for the entire family and it should be a great experience for your child. It can launch them on a lifelong love of the sport. Every child is a natural when it comes to having fun and they all like to run naturally. Most kids love to bike and most will take to swimming like a fish if given the chance. So your job as a parent is to let go of all those pre-conceived notions about competition and let your child have some fun and success at sport. Please take a minute to read the Athlete Information Guide we have created for you.

We always start with the swim, then the bike, followed by the run to the finish line regardless of the age of the child. In between each of these events is a segment called "transition". Here's some information that will help you navigate each of these sections.

Plan to arrive at least 60-90 minutes before your child's swim wave start!

Arrival and Setting up Transition

This is where your child will set up their bike and running gear to be ready when they get out of the water. Set up the bikes with the race numbers and helmet numbers that you receive in their packet before entering transition. Instructions are included in that package for how to attach their numbers and apply the body tattoos. This all needs to be complete before entering the Transition Area.

NO PARENTS will be allowed into transition! You may ask us for an exception to this for a special needs child competing or if you feel you have an extenuating circumstance. Please contact the Race Director to make arrangements.

Swim Segment

All children will be asked to be on beach 15 minutes before their wave. They will be escorted to the beach by volunteers and lined up in a staging area for their wave start. About 5 minutes before their wave start there will be warm ups and get ready to get in the water. Volunteers will direct them to the in water start and the race begins.

Event	Distance
7-10 Age Group	75 Yards
11-15 Age Group	150 Yards
Super Sprint	300 Yards



Transition #1 - Swim to Bike

When your child exits the water they will be guided off the beach and out the gate to Transition by the volunteers. They will not be changing their clothes when they exit from the water - they will be going directly to their bikes. It's a good idea to have a dry t-shirt ready at the bike (and a pair of shorts to pull on over their swim suits if they want). Shoes, socks, and helmets should be all ready to put on. When they are all dressed they grab their bikes and head to the bike exit area.

You must walk/run your bike in the Transition Area. NO riding bikes in Transition!

Bike Segment

Helmets must be worn on the bike course at all times! No exceptions. Your child will be directed around the course for their age group. At the end of their bike ride they will return to Transition.

Bike Course

The bike is an entirely closed course to vehicle traffic within Rye Playland. The course consists of 1 Loop, 2 Loops, or 4 Loops depending on your event. Please know your event and how many loops you are doing. It is the responsibility of the rider to know how many loops you are to do. The turn-around for the loop is designated by a unicorn.

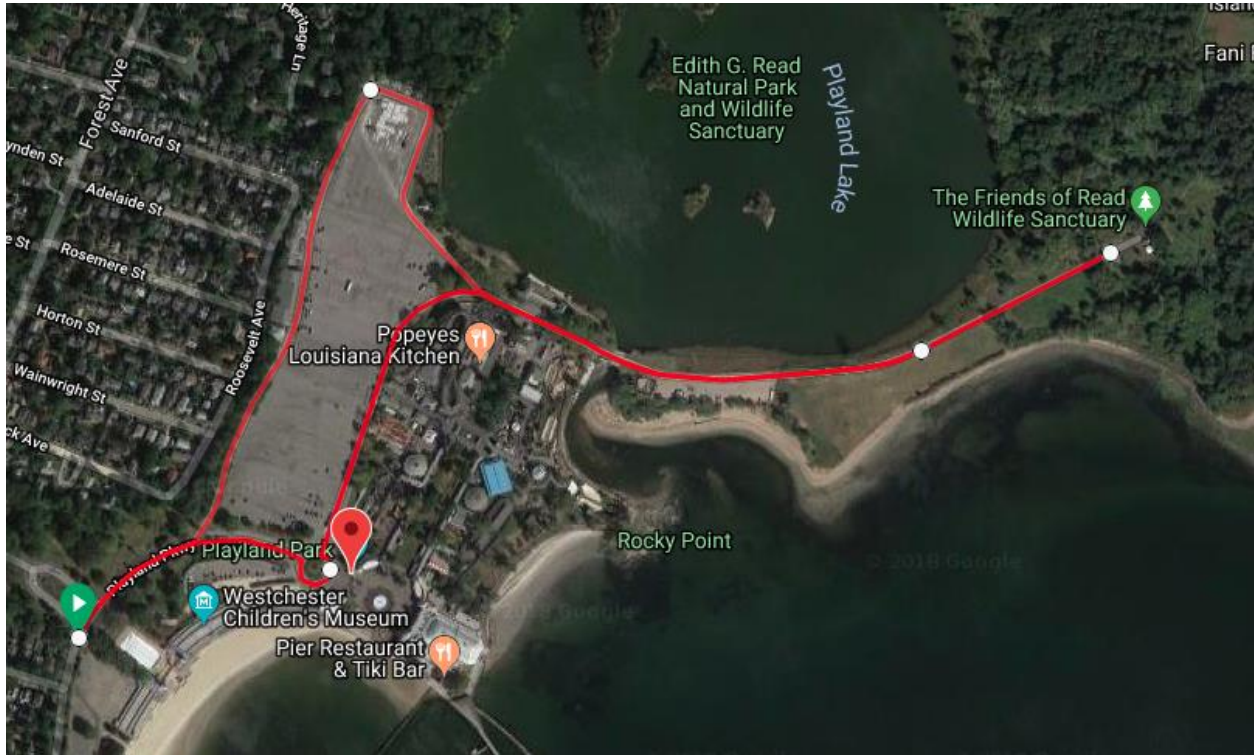
Event	Loops	Number of Times Passing the Unicorn
7-10 Age Group	1	(1) ONE
11-15 Age Group	2	(2) TWO
Super Sprint	4	(4) FOUR



7-10 Age Group

2.1 Miles

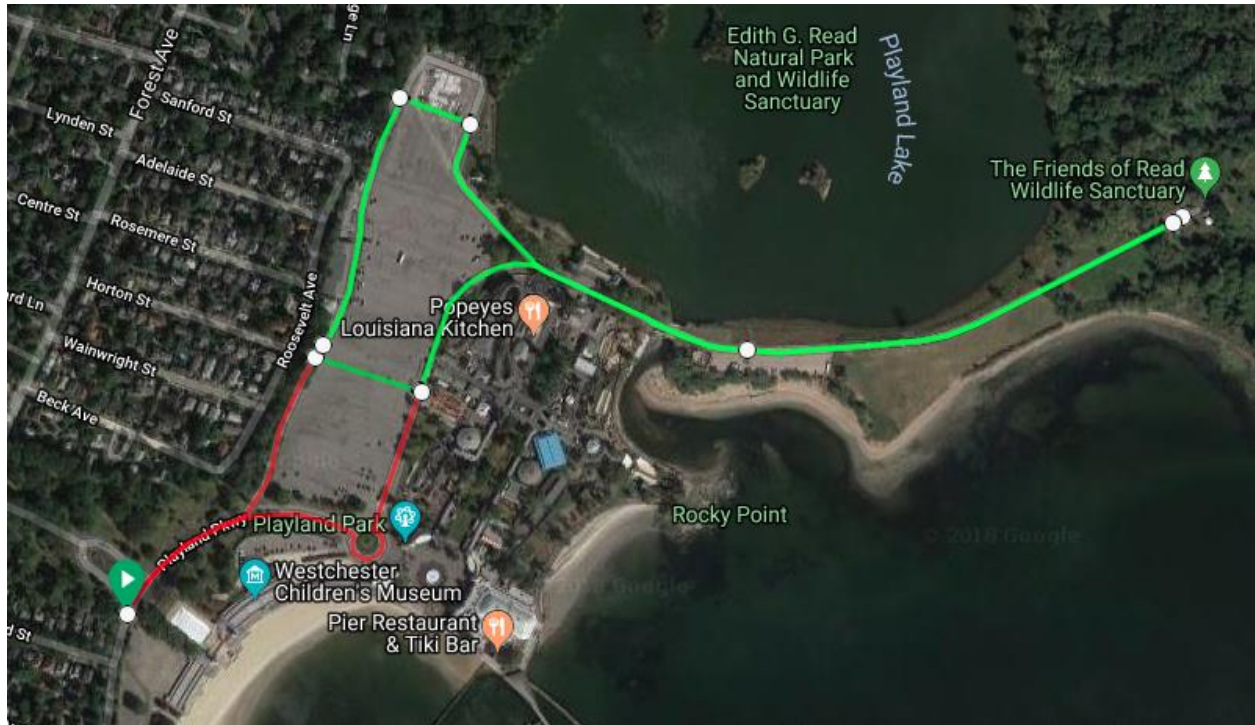
One (1) Loop to Edith Read Sanctuary and one (1) time around the Unicorn



11-15 Age Group

4.6 Miles

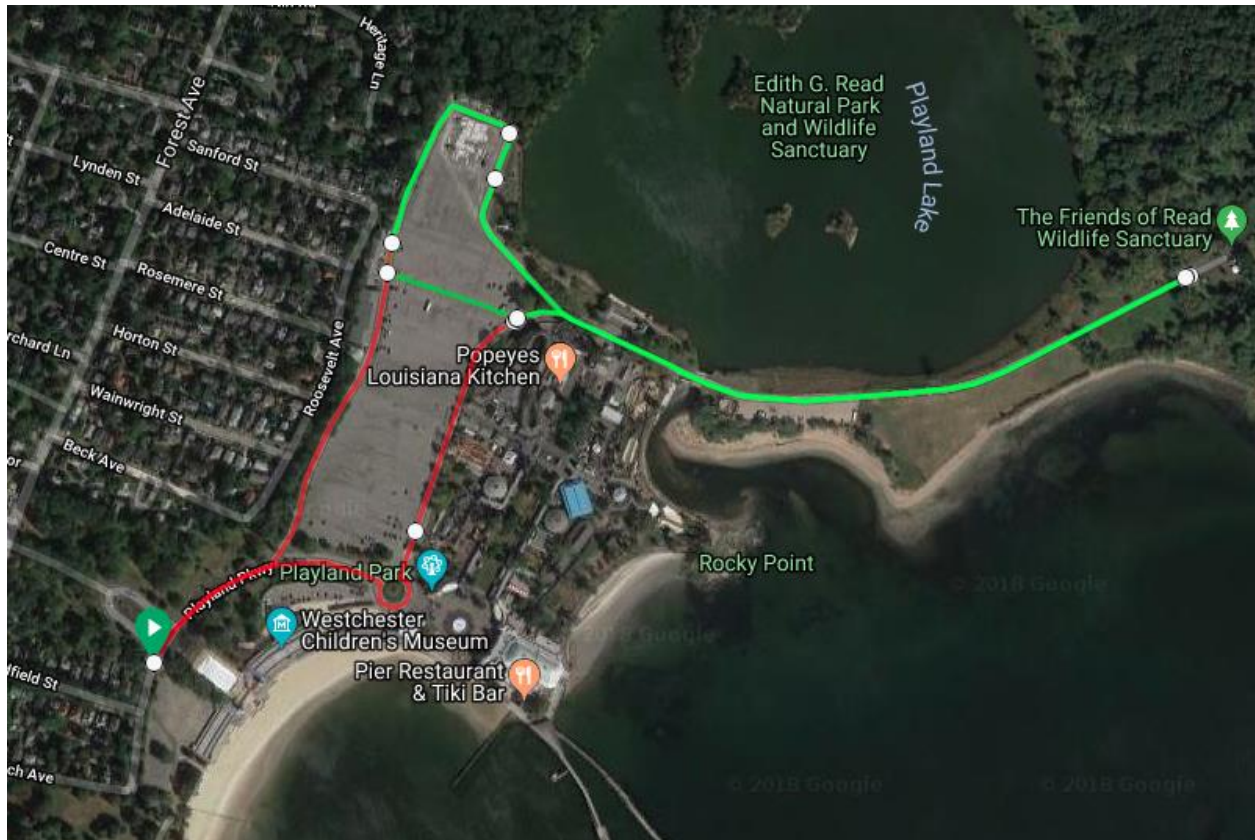
Green Loop Two (2) Times to Edith Read Sanctuary and Two (2) Times around the Unicorn.



Super Sprint

6.7 Mile Bike

Green Loop Four (4) Times to Edith Read Sanctuary and 4 (4) Times around the Unicorn.

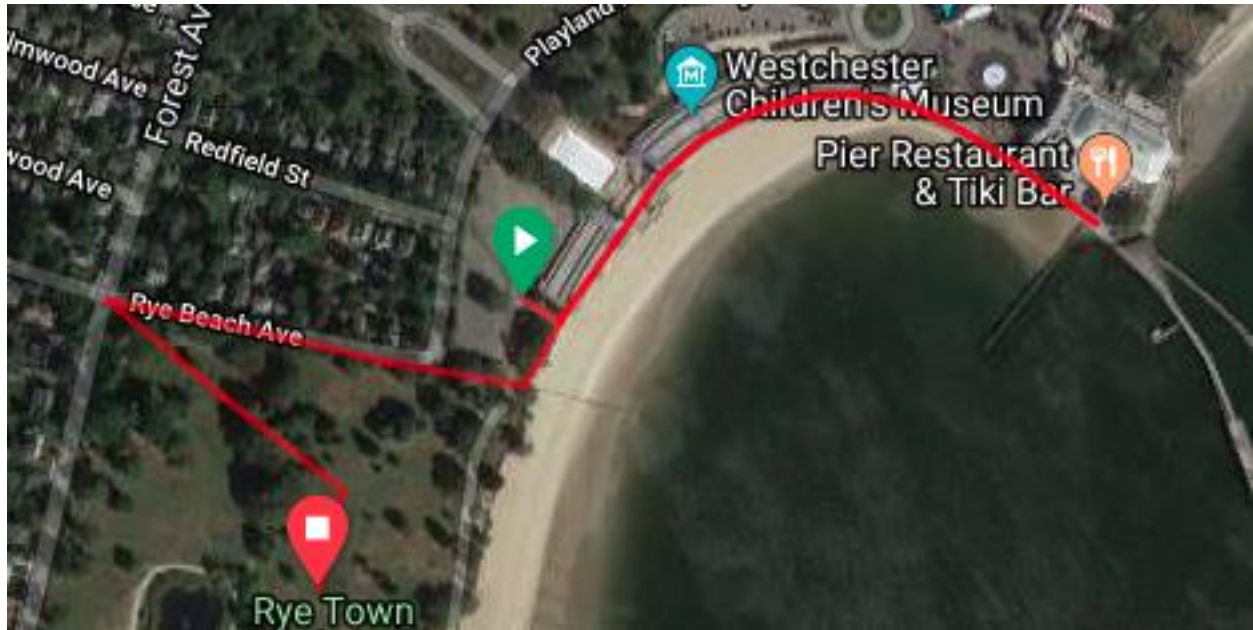


Transition #2 - Bike to Run

This is where the bikes get parked and the helmets come off. Most kids already have their shoes on from the bike ride, but if they need to change shoes they would do that when their bikes are parked. After parking and getting ready to run they will follow the volunteer directions to head off on their run segment.

Run to Finish

This is the last leg and the most fun for most kids. They will complete their run on the 1 mile course and run to the finish line where they receive their finisher's medal. There will be food and drink waiting for them at the finish line, as well as a podium for photo opportunities.



We are all here to make sure your children have a safe and fun day! Good luck to all athletes, and please do not hesitate to contact us if you have any questions or concerns. See you Saturday.