



Presented By  
CHEMICAL BANK and SPECTRUM HEALTH

## RULES OF THE RACE U-10

### Check-In & Transition:

1. You must be registered and have been assigned a number to participate.
2. Registered participants will have a packet ready for pick up either at the Greenville Area Community Center on Friday, June 3 or at the event Packet Pick-Up tent near the transition area on race day. You must have checked-in and received your packet to enter the transition area.
3. Athletes in the U-10 race should receive a RED wristband and race numbers with RED stickers affixed to them. These visual aids help the volunteers differentiate the U-15 athletes from the U-10 athletes and also serve as a reminder to the athlete to follow the RED course markings/arrows.
4. Your assigned number will be marked on your arm and leg by a volunteer at the transition area with a permanent marker.
5. **Transition will open to youth athletes at 10:30am. There will be a designated storage area for youth equipment near the volunteer tent if arriving prior to 10:30am. Youth athletes are permitted one adult companion in the transition area for staging purposes. Once your transition space is set up, we ask all parent to leave the transition area. Transition is closed 11:00am-12:45pm. Only youth athletes are permitted in the transition area during this time.** Due to our limited space, we must enforce very strict rules on when athletes may exit the transition area with their equipment at the end of the race. There will be an open/closed sign posted on the transition out arches for visual notification. Athletes will NOT be permitted to exit the transition area with their bike in tow while the transition is closed. If you must leave the race early, you may arrange for another athlete to transport your bike at the appropriate time. If you intend to do so, you must notify the registration staff at the registration tent on race day so that person is permitted to leave the transition area with an alternate bike.
6. Your assigned bike number shall be affixed to the frame of the bike so that it is clearly visible and the helmet number shall be placed on the front of the helmet so that it is also clearly visible. This also protects the identity of your bike and helmet. Use the number tags provided in your registration packet.
7. You will be assigned a spot at a bike rack according to your race number. Please use your kick stand if you have one.
8. Specific placement of your bike at the assigned rack will be on a first-come, first served basis.
9. Each athlete is entitled to an area immediately adjacent to his or her own bike for other equipment. You should use the first available area furthest from the main aisle. No transition equipment will be allowed in the main aisle.
10. Be courteous of your rack-mates transition area.
11. Your bike should be in good working order prior to reporting to transition. Tires shall be properly inflated and working brakes are mandatory. All handle bars must have plugged ends to participate.
12. Transition will be closed at 11:00 am without exception. No one coming after that time will be admitted.
13. Nutrition and hydration are important aspects of triathlon, but used packaging needs to be disposed of properly. Glass containers are not allowed. Trash cans will be available, please don't litter.

### **Swim:**

1. The athletes who intend to swim most of the swim course rather than walk will be lined up at the front of the wave. Athletes who believe they will likely have to run some or all of the swim course should line up behind the faster swimmers.
2. You must wear the swim cap you received on your head for the entire swim.
3. You will be swimming in the shallow area near the beach. You probably will be able to touch the bottom for the whole course. You can jump or run along the course, but you will probably go faster if you swim it.
4. There will be lifeguards all along the course, life jackets, swimmies or other flotation devices are not permitted.
5. The use of swim goggles is recommended, but not required.
6. You must go along the yellow buoys then around the large orange buoy, keeping the buoys on your left side at all times.
7. You must pass through the chute and be counted as you enter the swim start.
8. Do not swim into or onto other swimmers.
9. If you prefer to avoid the frenzy of the pack, align yourself to start outside and to the rear of the other swimmers.

### **Bike:**

1. A CPSC-approved helmet must be on your head and buckled during the entire bike race. It must be on and buckled before leaving transition. You will be stopped before entering the course if it isn't.
2. Mount your bike after passing the mount line.
3. Stay on the left side of the road for the whole bike course (only for the race, follow the rules of the road at home).
4. Be aware that the older kids will be coming back to the lake by the "hump-back bridge". There will be volunteers to help you know to watch out.
5. Notice the cones on your left side as you get close to the finish line. That is your running course.
6. Dismount the bike before you reach the dismount line.
7. Run or walk your bike over the timing mat into transition and put your bike at your assigned rack.

### **Run:**

1. Your complete, unaltered bib number shall be clearly visible from the front and shall be securely in place before leaving transition for the run. You will be stopped before entering the course if it isn't.
2. Your running course is back towards where you just came from on the bike.
3. Stay to the right and follow the cones.
4. There will be lots of volunteers to help you on your run course and to tell you when to turn around and go to the finish.

### **Finish:**

1. Run under the finish arch and over the timing mat and listen for your name over the speakers and the sound of the cheering crowd.
2. Volunteers will help you get away from the finish line to avoid keeping other kids from finishing.
3. Volunteers will collect your timing chip and direct you to post-race snacks, awards and activities.
4. Equipment check-out from transition will require you to show that your race number matches your bike number.
5. In an effort to keep the transition area clear and safe, athletes are not permitted to leave the transition area with your bike while transition is closed. Due to the safety of the athletes, no exceptions will be made. The status of the transition area will be posted on a sign on the Bike Out/Run Out arches.