



Columbia Association **KIDSTriathlon**

ATHLETE GUIDE

JULY 18, 2021 | CLEMENS CROSSING POOL



Message from the Race Director

Triathletes & Parents,

Welcome to the 2021 Columbia Association KIDS Triathlon presented by the Columbia Association and Rip It Events. We are excited to continue this long-running triathlon for youth athletes in Columbia, MD.

This guide contains important pre-race and race day information for triathletes and parents. In it you'll find information about athlete check-in, the swim, bike and run courses, results, awards, and everything in between. **Please pay special attention to information in red.**

Triathletes and parents should be familiar with USA Triathlon's Competitive Rules, specifically the Supplemental Youth Rules (page 7). Please take a few minutes to review these rules with your triathlete. Our goal is a safe, fair, and fun experience for all our triathletes, whether they are new to the sport or racing for a podium finish.

On behalf of Columbia Association, the Columbia Association Kids Triathlon and Rip It Events, we look forward to seeing you on Sunday, July 18.

Sincerely,

Danny Serpico, Race Director
Columbia Association KIDS Triathlon
Rip It Events, LLC

Race Location

Clemens Crossing Pool
6400 Martin Road
Columbia, MD 21044

Parking

Parking on race day will be alongside of Martin Road opposite the field at Clemens Crossing Pool and at Clemens Cross Elementary School. Parking is limited so please carpool if possible. Use the following GPS address on race morning- 6400 Martin Rd, Columbia, MD 21044.

There is no parking allowed in the Clemens Crossing Pool parking lot and on either side of Quarterstaff Road. The Clemens Crossing Elementary School parking lot will close once the race starts and will not reopen until the last cyclist has started the bike. If you need to leave prior to this time, please do not park in the Clemens Crossing Elementary School parking lot.

Schedule of Events (subject to change)

Saturday, July 17, 2021

4:00 PM - Athlete Check In Opens

5:00 PM - Pre-Race Talk*

6:00 PM - Athlete Check In Closes

*Please consider attending the Pre-Race Talk, which will provide important information about the race, and includes a question-and-answer segment. If you are a first timer, attending this pre-race talk is recommended! Adults are encouraged to attend as well.

Sunday, July 18, 2021

6:30 AM - Athlete Check In Opens, Transition Area (bike racking) and Body Marking Opens.

7:45 AM - Transition area closes, all athletes to pool deck, staging of swimmers.

8:00 AM - Clemens Crossing Elementary School parking lot closes and will not re-open until the last cyclist has started his/her final lap of the bike course.

8:00 AM – Start of race.

10:00 AM - Award Ceremony (subject to change).

Triathletes may not remove their bikes or gear from the transition area until the last triathlete has started the run. This is in the interest of safety and good sportsmanship.

Athlete Check-in Location & Hours

Triathletes have two options to pick up their race packet. We strongly encourage pick up on Saturday at the race venue (Clemens Crossing Pool grassy field). This will remove some of the stress of race morning. If you choose to wait until race morning, please arrive early.

Athlete Check-In Time Options

Saturday, July 17, 4:00 p.m. – 6:00 p.m.

Sunday, July 18, 6:30 a.m. – 7:30 a.m.

If a triathlete does not pick up his/her packet during one of the designated times, he/she will not be able to participate in the race.

What To Bring To Athlete Check-in

Parents/guardians may pick up their triathlete's packet without their triathlete present, however, triathletes may not pick up their packet without a parent/guardian present.

Parents/guardians/triathletes must bring the following to athlete check-in:

- Parent/guardian's photo ID

If a triathlete does not pick up his/her packet during the designated packet pick up times, he/she will not be able to participate in the Columbia Association Kids Triathlon.

Pre-Race Talk

Please consider attending the Pre-Race Talk, which will provide important information about the race, and include a question-and-answer segment. **If you are a first timer– attending this is recommended!**

Saturday, July 17 at 5:00 p.m. at Clemens Crossing Pool in the transition area on the grass field.

What to bring on race day

- ___ Sunblock (apply after being body marked)
- ___ Water bottle
- ___ Swimsuit/trisuit
- ___ Goggles
- ___ Small towel for transition
- ___ Race number sticker placed on bike top tube
- ___ Bike
- ___ Helmet
- ___ Bib number (safety pinned to a shirt or attached to a race belt)
- ___ Shirt for run
- ___ Socks (optional)
- ___ Shoes for cycling and running
- ___ An old pair of flip flops to walk around in before your swim wave
- ___ Dry clothes for after the race

Recommended Bike Safety Inspection

While we are not requiring it, we strongly recommend that you have your triathlete's bike safety inspected. Per USA Triathlon's Supplemental Youth Rules, "The bicycle must be road worthy and in safe operating condition. Race officials reserve the right to disallow any bicycle deemed unsafe."

Body Marking

Body marking will take place in the transition area on race morning. Triathlete's race numbers will be marked on both upper arms, and their race age (see Race Age below) will be marked on their right calf. Please do not apply sunscreen on your triathlete until after they have been body marked. Please remember to get body marked by a volunteer BEFORE going to the pool to start your swim.

Race Age

Triathletes compete based upon their age on December 31, of the year of the event. For example, the Columbia Association Kids Triathlon is July 18, your triathlete is 10 on the date of the event but turns 11 before or on December 31. He/she would compete in the 11–12 age group not the 9–10 age group.

Race Bibs

Athletes must wear their race bib on the run course at all times. Athletes can either pin their race bib to their shirt or wear it attached to a race belt. Athletes are required to wear their bib on their front side when going in and out of transition and crossing the finish line. Your race bib is not required to be worn on the bike course.

Athlete Wristband

A unique wristband will be given to participants at athlete check-in. Participants must wear this wrist band at all times on race day. This wristband must remain worn until you have removed your bike from transition after the race. This band will identify you as an official participant and allows you access to the transition area. You will not be allowed into the transition area without this band on your wrist.

One adult may accompany each triathlete in the transition area prior to the race start. This parent must wear the second wristband given to the athlete in their race packet. During the race, no parents (non-participants) are permitted in the transition area. Transition area volunteers will be available to assist triathletes during the race.

Athlete Bike Number Adhesive

At athlete check-in, you will be given an adhesive bike number. Your bike must have an adhesive number on to rack on race morning. See image below for placement on bike frame.



Transition Area

One adult may accompany each triathlete in the transition area prior to the race start. This parent must wear the second wristband given to the athlete in their race packet. During the race, no parents (non-participants) are permitted in the transition area. Transition area volunteers will be available to assist triathletes during the race.

How To Properly Rack Your Bike In The Transition Area

Find the sticker number on the transition rack that matches your bib number. Hang the seat of your bike from the transition rack in with your front wheel facing away from your sticker on the rack. Athletes may use a bike kick stand to position their bike in front of their sticker number on the bike rack. Place personal items on the ground next to your front wheel. There are NO balloons, inflatable's or personal markers permitted. Remember your number and rack location.

Per USAT rules, all equipment must be placed in the properly designated and individually assigned bike corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. All personal trash is to be removed and disposed of by each athlete. Please do not litter.



Timing

This event will be using ankle chip timing. Participants will receive their timing chip on the pool deck prior to swim start. Athletes must wear their ankle chip at all times during this event. Should you forget your timing chip or lose it during the race, please let race management know so that we can give you another timing chip. **Timing chips are worn around your LEFT ankle.**

Swim Cap

Participants will not be issued a swim cap for this race. Wearing your own swim cap is optional but recommended if you have long hair or you typically train with a swim cap.

USAT Supplemental Youth Rules **(IMPORTANT)**

USA Triathlon's Supplemental Youth Rules apply to all competition sanctioned as a "Youth Event." For any issue not specifically addressed in these Youth Rules, the relevant USAT Competitive Rules shall apply. Below are a few key rules related to conduct and equipment.

General Race Rules

- Unsportsmanlike conduct on the part of participants or their parents and supporters will not be allowed. No rude, abusive, or discourteous language or behavior will be tolerated.
- Participants must complete the prescribed course in its entirety.
- **No unauthorized assistance of any kind is allowed. Parents or other non-participants may not run or ride a bicycle with a participant nor may they provide participants any food, fluid, or equipment aid during competition.**

Swimming Rules

- **No flotation devices of any kind may be used during the swim.**
- Swimmers must be able to complete the entire course using any stroke.
- Swimmers may not make forward progress by pulling on lane ropes, swim gutters or many other inanimate objects.

Transition Rules

- Finishers may not retrieve gear until all participants have finished the cycling portion and have begun the run.
- No riding bicycles in transition. Participants must walk or run with their bicycles and may not mount until out of transition and in the designated mount zone.

Bicycle Equipment Rules

- Bicycles may be on-road, off-road, or youth style. The bicycle shall have two wheels.
- No training wheels are allowed.
- Only standard drop, straight, or curved handlebars are allowed. No aero or time trial bars may be attached to the bike or used during competition. All handlebars ends shall be solidly plugged.
- No disk wheels or wheel covers are allowed.
- Cyclists must wear a helmet approved by the US Consumer Product Safety Commission for road cyclists age 5 and older.
- No time trial, "chrono," or "aero" helmets with a tail may be used.

Age Groups And Required Distances

Age Group	Swim	Bike	Run
13-15 yrs old	150 yards (6 lengths of pool)	6 miles (3 loops)	1 mile
11-12 yrs old	100 yards (4 lengths of pool)	4 miles (2 loops)	1 mile
9-10 yrs old	100 yards (4 lengths of pool)	2 miles (1 loop)	.5 miles
7-8 yrs old	50 yards (2 lengths of pool)	2 miles (1 loop)	.5 miles

Triathlete will participate in the age division via their race age (age as of December 31, 2021)

Swim Course And Rules

The swim will take place in the 25-yard, eight lane, outdoor pool at Clemens Crossing Pool. Triathletes will receive their timing chip on the pool deck. Triathletes will line up alongside the pool and enter the pool one at a time. Triathletes will complete the required distance, exit the pool and walk to the transition area. The swim will be a "snake swim" format. See image below.

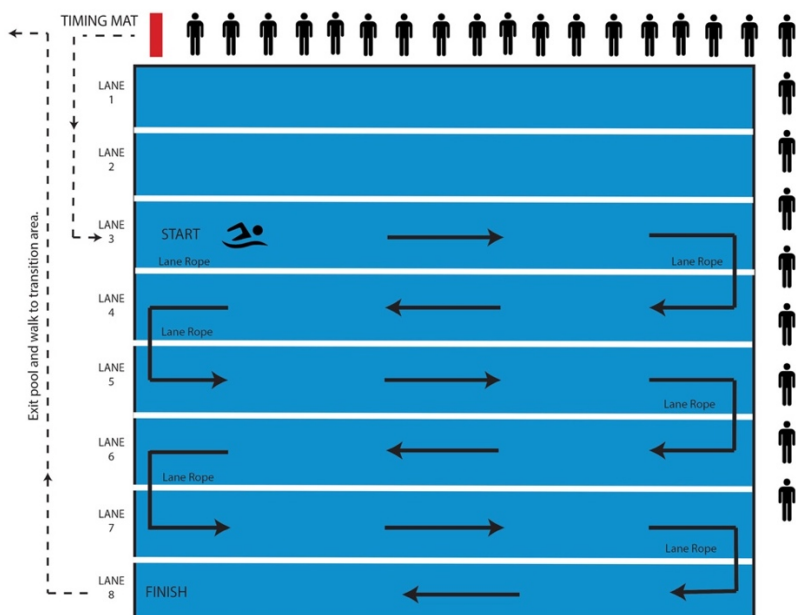
Flip turns are NOT allowed.

Triathletes may not hand parents swim caps or goggles as they exit the pool. A special needs table will be set up between the pool and transition for eyeglasses, inhalers, etc.

Failure to follow the above rules may result in a disqualification.

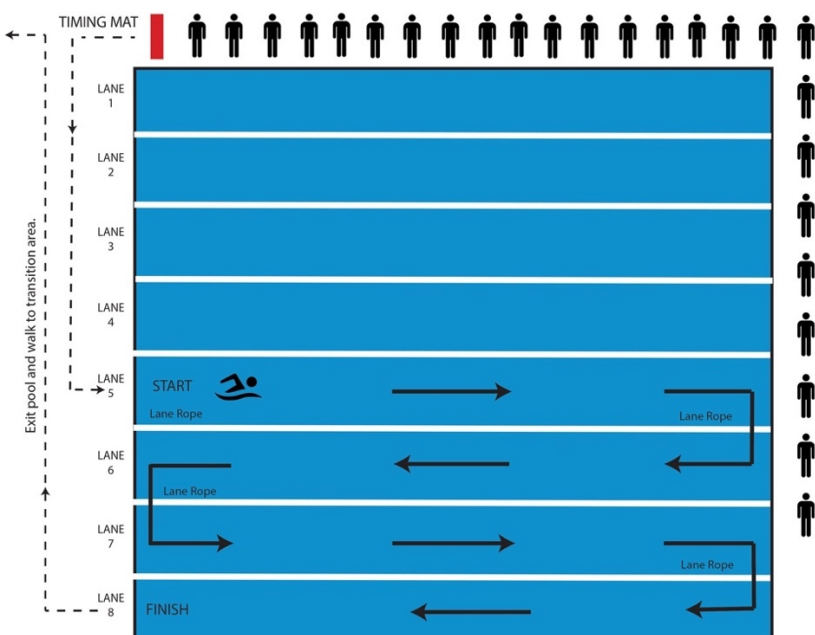
13-15 yrs old - 150 yards, 6 lengths

Swimmers line up alongside pool. When prompted, step on timing mat then walk to lane 3. Enter pool feet first and swim to end of lane 3. Duck under lane rope. Repeat in lanes 4, 5, 6, 7 & 8. Climb out at end of lane 8. Proceed to the transition area to begin bike leg. **There are no flip turns allowed.**



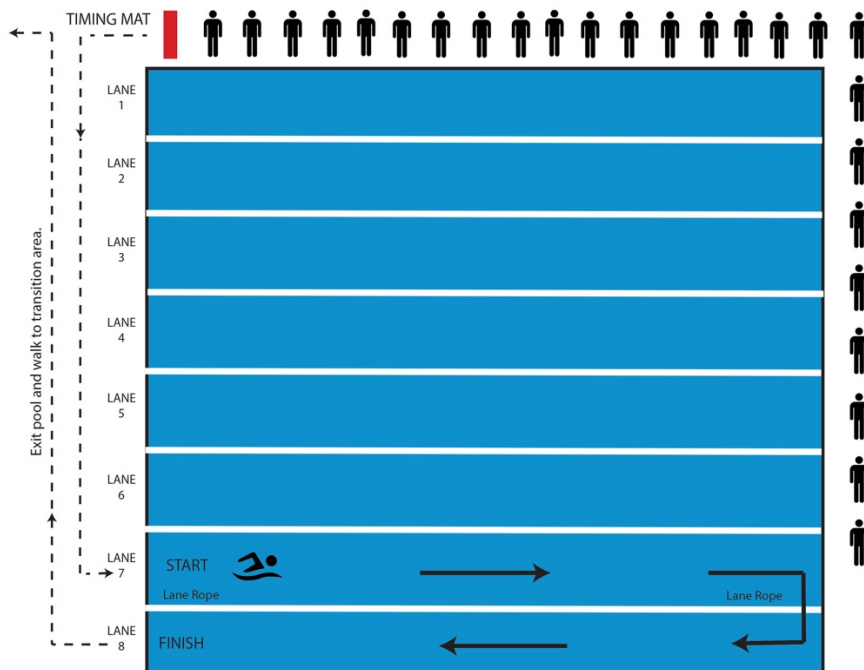
9-10 & 11-12 yrs old - 100 yards, 4 lengths

Swimmers line up alongside pool. When prompted, step on timing mat then walk to lane 5. Enter pool feet first and swim to end of lane 5. Duck under lane rope. Repeat in lanes 6, 7 & 8. Climb out at end of lane 8. Proceed to the transition area to begin bike leg. **There are no flip turns allowed.**



7-8 yrs old - 50 yards, 2 lengths

Swimmers line up alongside pool. When prompted, step on timing mat then walk to lane 7. Enter pool feet first and swim to end of lane 7. Duck under lane rope. Swim to end of lane 8. Climb out of pool and proceed to the transition area to begin bike leg. **There are no flip turns allowed.**



Bike Course and Rules

Triathletes must walk/run with their bikes from transition to the road. Triathletes may mount their bike after crossing the mount line. **Triathletes must have their helmet on, and buckle fastened at all times while riding their bike.** At the conclusion of the bike course, triathletes must dismount their bike before the dismount line and walk/run with their bikes back into transition, returning their bike to their transition spot. Only once their bike is back in their transition spot may triathletes unbuckle and remove their helmet.

All turns will be clearly marked and staffed with course marshals. It is the responsibility of the triathlete to know and follow the official course, complete the required number of loops, and obey all traffic laws and instructions from police and course marshals. **Headphones, headsets, Walkmans, iPods, mp3 players or personal audio devices are prohibited during the race.**

Police will be controlling vehicle traffic and course marshals will be directing triathletes. All turns are right hand turns. Turns will be coned to prevent triathletes from taking them too wide. The course along Quarterstaff Road will be closed to westbound traffic. The course along Owen Brown Road between Cardinal Lane and Audubon Drive, and along Martin Road between Audubon Drive and Quarterstaff Road will be completely coned with alternating traffic in the opposite lane.

The bike course will be marked with pink duct tape arrows on the ground. Triathletes are responsible for keeping track of the number of loops ridden.

Age Group	Bike
13-15 yrs old	6 miles (3 loops)
11-12 yrs old	4 miles (2 loops)
9-10 yrs old	2 miles (1 loop)
7-8 yrs old	2 miles (1 loop)

Turn By Turn

- Exit grassy field, turn right onto Quarterstaff Rd.
- Turn right onto Cardinal Lane
- Turn right onto Owen Brown Rd
- Turn right onto Audubon Dr
- Turn right onto Quarterstaff Rd.
- Complete additional loops or dismount bike and return to grassy field.



Run Course And Rules

The run course is along neighborhood sidewalks and paths. The run course exits transition and follow the sidewalk on Quarterstaff Road. After passing Clemens Crossing Elementary School, triathletes turn right onto a paved pathway. The 1 mile run course continues along the pathway to the .5-mile mark and turns around. The 1/2 mile run course follows the pathway just past the water station to its turn around. Both run courses return back to the finish the same way they came.

11-12 and 13-15 Age Groups

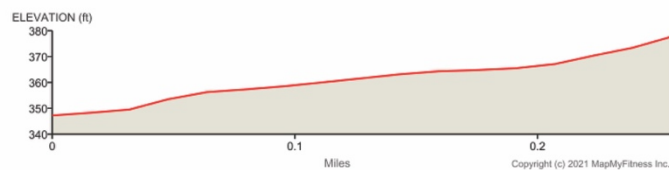
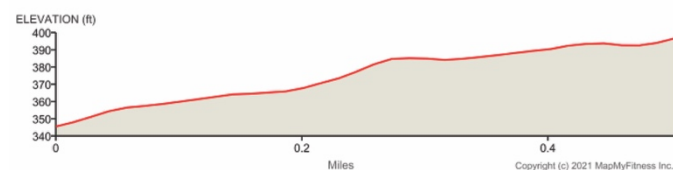
11-12 and 13-15 age groups will be given an orange wristband inside their race packet. The 1-mile run will be marked with orange arrows.

7-8 and 9-10 Age Groups

7-8 and 9-10 age groups will be given a blue wristband inside their race packet. The 0.5-mile run will be marked with orange arrows.

All turns will be clearly marked and staffed with course marshals. It is the responsibility of the triathlete to know and follow the official course, complete the required distance, and obey all traffic laws and instructions from police and course marshals. **Parents are prohibited from running or riding a bike alongside their triathlete at any time.**

All turns will be clearly marked and staffed with course marshals. It is the responsibility of the triathlete to know and follow the official course, complete the required number of loops, and obey all traffic laws and instructions from police and course marshals. **Headphones, headsets, Walkmans, iPods, mp3 players or personal audio devices are prohibited during the race.**



Aid Stations

There are no aid stations on the bike course. There is one aid station on the run course at as triathletes enter the paved pathway. This aid station will have water only.

Race Results

The Columbia Association KIDS Triathlon will be publishing LIVE results throughout the race. Use your mobile phone to access your individual results. Simply go to www.ripitevents.com/results and click on Kids Triathlon results. On the results web page, enter your bib number and view your results.

Finish Line and Post Race/Awards

Participants will receive a finisher medal and bottled water at the finish line.

The Columbia Association Kids Triathlon will distribute awards to first, second and third place in each age range and gender. If your triathlete earns an award and you are unable to stay for the awards ceremony, you may have someone accept it on your behalf. Rip It Events will not mail awards to winners after the race.

Spectator Information

Having friends and family cheer you on and provide moral support on race day is highly encouraged! Below is information for spectators.

- Athletes may only receive assistance during the race from official race staff only. This excludes friends, family members, and other spectators. Triathlons are individual tests of fitness. Spectators who help with your bike, fix a flat tire, or hand you food and water is a violation of the rules of multisport racing. Athletes who receive outside assistance are subject to race penalties.
- Spectators must stay clear of the official race course. At no time may a spectator block or prevent athletes moving forward on the race course.
- Spectators may not bike alongside athletes on the bike course.
- Transition Area - **One adult may accompany each triathlete in the transition area prior to the race start. This parent must wear the second wristband given to the athlete in their race packet. During the race, no parents (non-participants) are permitted in the transition area.** Transition area volunteers will be available to assist triathletes during the race.
- Spectators are not allowed in the finish line shoot; however, spectators will be permitted in the post-race area.
- Race staff reserves the right to remove spectators who are disruptive to fellow spectators and athletes from the race venue.

Frequently Asked Questions

General FAQs

1. Do I need to go to Athlete Check In the day before or on race morning?

Yes. It is very important that each athlete go to athlete check in either the day before the race or the morning of. It is here that each participant will receive their timing chip, race numbers, and other important information about the event. This is a mandatory activity.

2. Is everyone really fast? How serious is this race?

Athletes of all speeds and abilities participate in triathlon. You can expect to see participants that are racing to win the race, participants that are experiencing their first triathlon and everyone in between.

3. How early should I show up for my first race?

This is a common question from first-time racers, and we usually recommend 90 minutes. You'll have to go to the bathroom, warm-up and stretch, and unlike a single sport event like running, multisport racing requires you to stage your gear (in transition). Also, since it is your first time, there are bound to be questions you will have and things you will forget to do. After a race or two, you will have the drill down and can modify that time.

4. What do I do with my bike while I am swimming and running?

The center of activity for any multisport race is the transition area. This is an area, usually surrounded by a fence of some kind, that contains enough bike racks for all of the competitors in the race. At this race, you will be assigned a specific transition spot. When you finish the swim leg, you will come to this spot and retrieve your bike. When you finish the bike ride, you will return it to the exact same spot on the bike racks and begin your run. After the race is finished, you can return to your transition spot and reclaim your bike.

5. How does a transition area work?

Be sure to wear your wrist band. This is your all access pass to enter and exit the transition area before, during and after the race. If you forget your wristband on race morning, go to Athlete Check In and get a new bracelet. Once you enter the transition area, locate your spot for your bike. You must "rack" your bike at your assigned spot. Next, lay out a towel on the ground beside your bike, being careful not to invade the space of your neighbor.

Lay out your bike shoes (if you use them), bike helmet, run shoes, shirt and shorts, sunglasses, gloves, or whatever else you may need during the race onto your towel. Once your gear is in place, double check your bike to make sure it is in the appropriate gear for starting the bike ride.

Next, take a walk through the transition area. Find the entrance where you will come in after the swim, and make sure you can quickly locate your bike.

6. What is body marking?

Athletes will need to have a volunteer body mark their arms with their racer number. Please do not do this yourself prior to race morning. Body marking will be in the transition area on race morning prior to the start of the race. Volunteers will use sharpie permanent marker and will write your race number on both arms.

SWIM FAQS

1. Do I have to wear a swim cap during the swim?

Participants will not be issued a swim cap for this race. Wearing a swim cap is optional but recommended if you have long hair or your typically train with a swim cap.

2. Do I need to wear a wetsuit?

Wet suits are not permitted for this race.

3. What if I cannot continue swimming? What are my options?

If during the swim portion of this race you are unable to continue swimming, please stop at the end of the pool. You may exit the pool, but you will need to let officials know that you will not be completing the swim. Race management will take your timing chip from you and you will be permitted to complete the rest of the race (bike and run courses).

4. How does the swim start?

All participants need to be on the pool deck at 7:45 AM. At this time, race management will provide race instruction and begin to line up swimmers for the swim start. This race will use a time trail start (participants will start one person at a time).

BIKE FAQs

1. Do I have to wear a helmet?

Absolutely!! It must be in good shape (no cracks). Buckle your helmet anytime you are on your bike. You will be disqualified if you are on your bike without your helmet buckled anywhere on the course. If you are in transition, you will be assessed a variable time penalty.

2. Why do I need bar end plugs?

So you don't give yourself or someone else a nasty impalement. Not having openings on your bike solidly plugged is a DQ! Most bikes come with bar end plugs already affixed to the bike. 99% of participants will not need to worry about this.

3. Do I need to wear my bib number on the bike course?

No. You are only required to wear your bib number on the run course; however, your bike adhesive number must be on your bike at all times.

4. How far to the right must I ride?

Stay as far to the right as possible, but generally about the width of a standard bike lane – about a meter. Pass on the left, and then return to the right.

5. Can I pass on the right?

No, pass on the left. If someone is blocking you, ask (loudly!) this person to move to the right, so that you may pass.

6. If I'm passed, do I have to wait 15 seconds before I can re-pass?

No, but you must drop back completely out of the draft zone. Do not attempt to "catch up" by getting up out of the saddle and pedaling fast. You will be called for an overtaken penalty.

7. Can I ride in transition?

No. There is no riding of bicycles in the transition area. If there is a mount/dismount line you must observe it.

8. Can I drop my water bottle or gel packs anywhere?

No. Toss trash in a receptacle, or in the drop zone within sight of an aid station, or you may be cited for abandoned equipment.

9. Can I accept help?

Only accept help from race organizers or official volunteers. Accepting it from others is considered unauthorized assistance, and you may be penalized.

10. Can I put my bike anywhere I want?

No. Rack your bike and put all of your gear in the space race management has designated for you. Rack with your "front wheel down" on the side of your assigned space.

11. What if I go off course?

You must re-enter the course at the same spot you left it.

12. May I wear my head set or earbuds?

No. Headsets, radios, head phones and personal audio devices are prohibited.

RUN FAQs

1. May I wear my head set or earbuds?

No. Headsets, radios, head phones and personal audio devices are prohibited.

2. Can someone pace me?

No. Pacing is illegal if they are not in the race. You may have someone provide you with split times.

3. Do I have to wear a number?

Yes, you must wear your number and it must be visible from the front.

4. May I carry my own water bottle?

Yes, but it must not be a glass container