



RACE REMINDERS

Race Date: Sunday, April 15, 2018
Roads close at 8 a.m.
Early Packet Pick Up: April 14th 11-3 p.m.
Solomon Calhoun Center, 1300 Duval Street
St. Augustine, FL 32084

RACE RULES & INSTRUCTIONS

BEFORE THE RACE

1. Visit the ATHLETE REGISTRATION table to sign in and receive your race packet.
2. Get your BODY MARKED with your heat number. Don't forget your sunscreen!
4. Inspect your bike, check your tires and make sure your helmet fits properly
5. Set up your bike and run gear at your assigned TRANSITION SPOT.
6. 8:15 a.m. National Anthem & Announcements then athletes go to the gym for heat assignments & START THE RACE!

SWIM LEG

1. Heat assignments are written on race bibs. The first heat is at 8:30a.m. 6-8 swimmers per heat -- spots are assigned poolside. Lifeguards will be in and around the pool to assist swimmers in need and help you out of the pool if you are unable to do it on your own.
2. Athletes will be in the water & start at the whistle.
 - Grades kindergarten thru 1st swim two lengths (50 meters).
 - Grades 2- 3 swim four lengths (100 meters).
 - Grades 4-6 swim six lengths (150 meters).
 - Grades 7-8 swim eight lengths (200 meters).
3. Run out the gate to the BIKE TRANSITION AREA and start the race!

BIKE LEG

1. HELMETS MUST BE WORN - no exceptions.
2. You must WALK your bike out of the transition area and mount outside of the transition area.
3. Stay to the RIGHT SIDE of the road when riding. Be safe and pass politely on the left.
 - Grades kindergarten thru 1st bike one green loop (2 miles).
 - Grades 2- 3 bike one green loop (2 miles).
 - Grades 4-6 bike two green loops (4 miles).
 - Grades 7-8 bike three green loops (6 miles).
4. When done with your loops, follow directions to the RUN TRANSITION AREA; dismount your bike when instructed and walk/run to the start of the RUN.

RUN LEG

1. Runners leave the transition area, run a short distance in the parking lot and join the run course.
2. Runners must stay TO THE LEFT when running on the sidewalk. If you are walking, stay the RIGHT.
 - Grades kindergarten thru 1st lap the baseball fields 1x (1/2 mile).
 - Grades 2- 3 lap the baseball fields 1x (1/2 mile).
 - Grades 4-6 lap the baseball fields 2x (1 mile).
 - Grades 7-8 lap the baseball fields 2x (1 mile).
3. Volunteers will be in eyesight of children at all times and will direct them when to turn around.
4. It is okay to walk as long as you...

Have FUN and FINISH!

Parents Please Remember

1. All spectators must remain OUTSIDE of the race course at all times. Please use the designated race crossing areas and use caution when crossing as there will be other children near your child that you may not see.
2. Parents are not allowed to help any athlete at any point during the race. Please notify a volunteer if you think your child needs additional assistance.
3. Please be respectful of other children during the race, especially after your child has completed the event!

THANK YOU for allowing your child to participate in this great event!