

2020 Laurel Park Youth Beginner Triathlon Guidelines

SOCIAL DISTANCING GUIDELINES

- Masks – Race participants are required to wear masks in and around the transition zone and finish line, except when they are racing. Spectators are required to wear masks in and around the transition zone and finish line.
- Social distancing – Maintain at least 6 feet of separation between you and others at all times. Please be considerate of others and help us keep the transition zone and finish line areas clear.

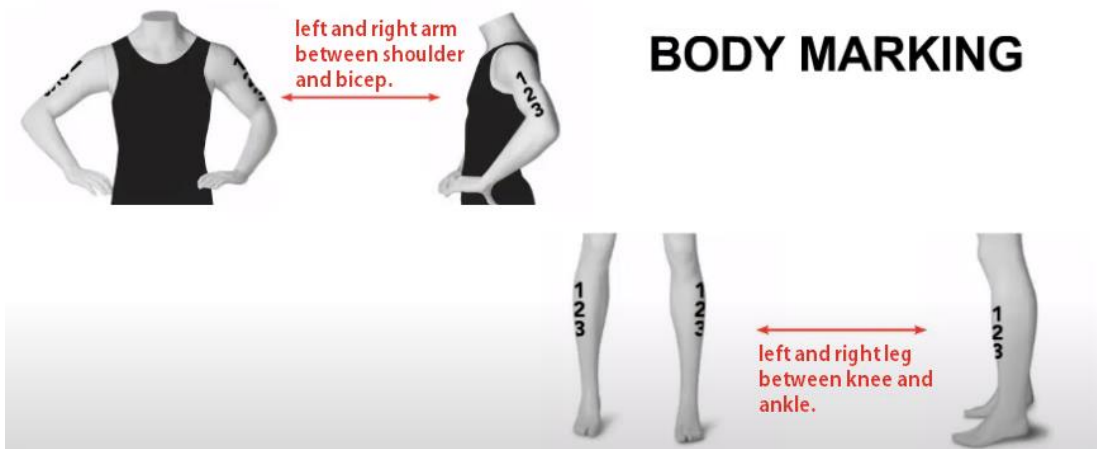
WHAT TO BRING

Following is a checklist of items you may want to bring to the event.

1. Swim – suit, goggles, towel, cap, sunscreen
2. Bike – bike, helmet, socks, shoes
3. Miscellaneous – shorts, shirt, shoes, socks, sunglasses
4. Stopwatch (we will calculate total race time, no splits)
5. Mask – For everyone's safety, we ask that you wear a mask except for when you are racing.

PRIOR TO ARRIVAL

You are encouraged to put on your race markings (race numbers are on page 3) prior to arrival. Use a large black or blue Sharpie.



UPON ARRIVAL

1. Plan to arrive 15 minutes before your event start time.
2. Park your vehicle at Crossroads Church. The parking lot will be on your right when entering the neighborhood from George W. Liles. For the safety of all race participants, please do not park along the course!
3. Head to the tennis courts parking lot. This is the transition zone.
4. Find your assigned parking space (see page 3). This will be your transition zone area.
 - Your race packet (including t-shirt, sponsor giveaways, bottled water, and post-race snack bags) will be at your assigned area in the transition zone.
 - If you need race markings, go to the Information Tent (in front of the tennis courts).
 - Set up your area in the transition zone: bike/shoes/water/towel

- Report to pool area 5 minutes before event start time. The pool deck on the far side of the lap pool has numbered spots 1- 50 to allow for social distancing. Find your designated spot to start the race.

NOTE FOR YOUTH BEGINNER TRIATHLON

Participants may have a parent complete the course with them. This is highly recommended for athletes who do not yet know the rules of bike safety. We will also have a few volunteers completing the course with these young athletes to keep them safe.

SWIM RULES

1. Caps, kickboards, and flotation devices are allowed.
2. Swim goggles or facemasks may be worn.
3. Swimmers in the Youth Intermediate will snake through the lanes. This will be demonstrated.

SAFETY NOTE

For the safety of our athletes, **ONLY ATHLETES, 1 PARENT, and DESIGNATED VOLUNTEERS** are allowed in the transition zone (i.e. parking lot) during the race. be aware of your surroundings and stay out of the way of other athletes.

BIKE RULES

1. We recommend familiarizing yourself with the course before the race.
2. There will be arrows and volunteers along the course.
3. No athlete should be riding their bike in the transition area.
4. There will be a clearly marked "Bike Mount" line and a clearly marked "Bike Dismount" line. Athletes must obey all traffic laws while on the cycling course.
5. A helmet is required during the entire bike portion including in and out of the transition area.

RUN RULES

1. The sole responsibility of knowing and following the prescribed running course rests with each athlete.
2. Earphones are allowed on the running course.

Race #	TZ Space	First Name	Last Name	T-Shirt
302	2	Hannah	Workman	Youth M
304	4	Noah	Workman	Youth L
306	6	Asher	Miller	Youth M
308	8	Luke	anderson	Youth M
310	10	Landon	Anderson	Youth S
312	12	Tucker	McAteer	Youth L
314	14	Fernando	Sanchez	Youth L
316	16	Mario	Sanchez	Youth M
318	18	Emma	Tapp	Youth M
320	20	William	Tapp	Youth S
322	22	Katie	Saltzman	Youth M
324	24	Willow	Kong	Youth S
326	26	Luke	Hardenbrook	Youth L
328	28	Samuel	Hardenbrook	Youth M
330	30	Ezra	Hardenbrook	Youth S
332	32	Damon	Pallesen	Youth S
334	34	Andrew	Cook	Youth S
336	36	Zachary	Cook	Youth M
338	38	Joshua	Hardenbrook	Youth M
340	40	Valorie	Sifontes-Rush	Youth M
342	42	Gabriel	Rush	Youth M