



Abbey Centre Super Kids Race Information



General Information

Our goal for the Abbey Centre Super Kids Triathlon is to have fun and safely enjoy the sport of triathlon.

When: Saturday, July 6, 2019

Where: Abbey Centre, Blackfalds

Transition: Northwest of the Abbey Centre entrance

Swim: Abbey Centre McKay Ranch Junior Olympic Pool

Bike: Path north of the Abbey Centre through Vista Trail ball diamond

Run: Path on parameter of the Abbey Centre

Entry Fees Include:

- Avenger or Justice League distance triathlon
- Registration swag bag

All athletes must purchase an Triathlon AB (TriAB) day membership as part of their registration for this race or have a pre-existing TriAB year membership.

If the child withdraws from the race at any time, please check in at the finish-line before leaving.

Please thank the volunteers for making the race happen and show how much we appreciate their generous contribution.

Time	What's Happening
8:00am	• Transition/Bike Check opens (north of the Abbey Centre)
8-8:30	• 5-7 (Avengers) and 8-12 years (Justice League) check-in, pick-up packages set up in transition
8:45am	• All Avenger athletes in pool area ready for a short meeting and for the swim start.
9:00am	• Avenger swim starts • Justice League continue check-in, pick-up package and set up in transition
9:15-10:15	• Avenger bike and run
9:45am	• All Justice League in the pool ready for a short meeting and for the swim start.
10:00am	• Justice League swim starts
10:15-11:45am	• Justice League bike and run
Noon	• Race is done! Abbey Centre Outdoor Aquatic Centre opens. Grab your athletes meal and enjoy your free day admission to the Abbey Centre!!

RACE RULES

As an TriAB sanctioned race all children and parents are expected to adhere to the rules and regulations of the TriAB and Triathlon Canada. Please keep the following rules in mind.

GENERAL

- Please respect and obey all volunteers and race officials. They are there to make the race as safe as possible.
- Athletes may wear any type of clothing in the event as long as they cover their chest and stomach on the bike and run.
- iPods or headsets are to be left at home and children are not able to race with them.
- There are good spectator locations around the race course for viewing athletes
- This is a para-friendly event, please notify the Race Director 3 weeks in advance of any special considerations or requirements.
- The child should race for the bike and run in clean, dry footwear.
- The lockers in the change rooms will be available to store personal items. Lockers are free to use but you will require a lock (you can rent a lock for \$2, bring a lock or buy a lock from Guest Services)
- Please respect the environment and use the recycle and garbage bins that are located throughout the race course.
- Only respectful behaviour will be tolerated by the athletes and parents.
- First Aid support is available in the Abbey Centre, near the transition area and at the bike turnaround. Medical personnel shall determine if it is safe for the athlete to continue with the race.
- A special wristband will be required to accompany the child into transition and for the swim, bike and/or run. Only one support person per child (Avengers only).

CHECKLIST

- **Swimsuit** – please have swim suit on prior to entering the pool deck
- **Goggles** – optional
- **Swim Caps** – provided in the race kit
- **Towel**
- **Helmet** – properly fitted ANSI-Approved, with fully functioning chin strap
- **Bike or Tricycle** – training wheels are permitted in all age groups
- **Running Shoes & Socks** – sandals/crocs are not permitted in the race
- **Shirt** – for the bike/run portion with the race bib is to be pinned on the FRONT with bib # showing (provided in race kit)
- **Shorts or Pants** – please consider the weather and come prepared
- **Light jacket** – if the weather is cool, or if there is a possibility of rain, a light coat should be included.
- **Sunscreen & Hat** – optional
- **Water Bottle** – provided in the race kit
- **Breakfast** – provided for participants afterwards at Food Services

TRANSITION

- BIKES MUST BE SET UP IN TRANSITION PRIOR TO RACE START TIME! There is no assigned placement for the two different age groups.
- Avengers: **Only one person** can assist the child 5-7.
- Justice League: Participants in transition only, parents are to stay out. If an aid is required, please ensure this is noted at time of registration.

- Transition will close 30 minutes before race start times. Bikes will not be able to be retrieved until the Justice League athletes have completed their swim.
- Please leave your child's clothes for the bike/run with their bike and helmet while setting up in transition (shorts/pants, socks, running shoes, shirt with race bib pinned to the front of their shirt, hat). Transition will always be manned by volunteers.

SWIM (Please see Swim Map for details of route)

- One parent/aid can swim with the child (Avengers only), but they must wear a special wristband.
- The swim will be a "rolling start". Each child will have their own lane for the swim.
- Swimmers will be asked to be in the staging area 20 minutes before the race begins and the volunteers will place them in their heats.
- Use of wetsuits will not be permitted and certified personal flotation devices (PFD) in the swim are permitted and available for loan at no charge from the Abbey Centre. Ask BEFORE the event if you have questions.
- Athletes can stop to rest (stand up) but can ONLY move forwards by swimming. No forward movement using the bottom, lane ropes, or walls. No flippers or propulsion devices allowed.
- All street shoes should remain in the change room and the child should be bare foot when entering the pool area.
- Avengers: Will start in the deep end and swim one length of the pool (25m).
- Justice League: Will start in the shallow end and swim 2 lengths of the pool (50m).
- All swimmers will exit the shallow end and head through the gate to the transition area. This will be a one-way out direction only and will be just for athletes. Parents and guardians will access the pool deck via the changerooms of the public access door south of Guest Services.

BIKE (Please see Bike Map for details of route)

- Athletes may use any type of bike. It is recommended parents get bikes checked for safety (e.g. brake integrity) prior to the event. All bikes will be inspected before the race begins and all bike locks must be taken off prior to entering transition.
- Children MUST Have an ANSI-Approved helmet for the bike and are mandatory. All helmets will be inspected before the race begins, if the helmet does not meet the approval, the child will be removed from the race.
- Helmets and straps MUST be fastened at all times the child is in contact with their bike and until the bike is racked in transition.
- **ALL BIKES MUST BE PUSHED IN THE TRANSITION AREA** and the child must cross the Mount/Dismount line before riding their bike.
- No drafting (riding right beside or behind someone). Athletes must stay 3 bike lengths behind someone unless they are passing.
- Avengers: Will complete 1 lap of the bike course (1km).
- Justice League: Will complete 2 laps of the bike course (2km).
- A porta-potty and medical support will be available at the turnaround on the bike route.

Bike Equipment Rules: All Ages

Pedal cages and toe straps (old-style “toe clips”) are NOT permitted on any bike.



13 & Under Bike Equipment Rules

- No aero-bars are permitted.
- Flat pedals and mountain bike-style clipless pedal systems (where the shoe sole touches the ground BEFORE the cleat) with single or double sided SPD (mountain bike) pedals are permitted.*



RUN (Please see Run Map for details of route)

- No crawling! Walk, jog, or run.
- Where the run route crosses the bike route, runner will be asked to stop and yield to the approaching bikers.
- Avengers: Will complete 1 lap of the run course (500m).
- Justice League: Will complete 2 laps of the run course (1km).

The staff and volunteers of the Abbey Centre would like to thank you for participating in the Super Kids Triathlon!!