

Jr. Reverse Triathlon



NOTE! The Jr. Reverse Triathlon has moved to Friday night

What's the order of the events in a Jr. Reverse Triathlon?

A typical triathlon (swim, bike, run) begins with the swim. With a reverse triathlon the run comes first. Your first transition will be run to bike and the second transition will be from bike to swim.

If we run first, are we going off in waves or all at once?

There are two waves to the Reverse Triathlon. The first wave begins at 5:15pm for participants ages 7 to 8 years old. The second wave begins at 5:30pm and includes participants ages 9 to 12 years old. All participants within each wave start will set off all at once commencing with the run. The natural elongating effect of some athletes going faster and some going slower will provide an even flow of athletes into the pool for the final leg of the triathlon.

Ages 7 to 8 year olds will complete a .5 mile run, .5 mile bike, and 50 meter pool swim (1 lap). Participants 9 to 12 will complete a 1 mile run, 1 mile bike, and 50 meter pool swim (1 lap).

Where is the Mandatory Meeting held?

There is a Mandatory Meeting 15 minutes prior to each Jr. Triathlon wave held at the Start Line. You should have your bib out to present to Security as well as your bike sticker on your bike. This is for the security of your bike. As you exit the Transition Area once your race is complete, Security will ask to match your bib number to your bike number.

Is the transition area close to the pool?

The transition area is close to the pool and the path is PAVED. You may bring a pair of sandals to go from the transition area to the pool deck. There will be a sandal kick-off area just to your right before you enter the pool. Your sandals will be easily accessible after you exit the pool.

This is a non-competitive event! Remember to have fun and be courteous!

What are the event rules?

- No glass in the transition area
- No riding your bike in the transition area
- Helmet must be buckled prior to mounting the bicycle
- No Drafting (closer than 3 bike lengths behind another rider)
- No Blocking (not riding to the right and preventing another rider from passing on the left)
- No i-pod/headphone usage during the event (not allowed)
- No diving into the pool – feet first entry only.
- No pulling yourself along the lane lines or the wall.

- Packet pick-up on Friday 1:30pm-7:30pm OR Saturday beginning at 5:30am
- Enter the base through Lexington Drive, with the option of Orangewood on Saturday only
- Items in Packet:
 - One (1) Race Bib- safety pin to front of shirt
 - Two (2) Race Number Stickers- one applied to front of helmet and other applied to bike
 - One (1) Timing Chip- strap to ankle
- Safety on Course
 - Volunteers and Staff available
 - Only participants 8 and under can have one (1) parent run and bike along side
- RACE:
 - **Run:**
 - First part of Jr. Reverse Triathlon
 - Participants will run 0.5 miles (7 to 8 yr. old) 1 mile (9 to 12 yr. old)
 - Shoes with proper lacing and shirt required
 - Music players may NOT be worn
 - **Transition:**
 - Bikes must be walked in transition area
 - Helmets must be worn upon mounting and while riding
 - To enter, you should have your bib out and bike number on your bike to present to security upon entering and exiting transition.
 - One (1) parent can be in the transition area before, during and after for children ages 7 to 8. (parent must have on a wrist band provided at packet pick up)
 - One (1) parent can be in the transition area before and after only for children ages 9 to 12. (parent must have on a wrist band provided at packet pick up)
 - **Bike:**
 - Second part of Jr. Reverse Triathlon
 - 7 to 8 years- 0.5 mile
 - 9 to 12 years-1 mile
 - ALL kids MUST have a properly fitting ANSI approved bicycle helmet with a chin strap.
 - **Swim:**
 - Third part of Jr. Reverse Triathlon
 - 50 meter pool swim
 - Can swim any stroke
 - Goggles and swim cap not mandatory
 - Only participants allowed in pool
 - No Diving
 - Kickboard may be used