



GEMS KIDS TRI

Greenwich Emergency Medical Service Kids Triathlon Information Guide

June 9, 2019

Greenwich High School: 10 Hillside Road, Greenwich, CT 06830

Introduction

The First annual GEMS Kids Triathlon will be held on Sunday, June 9, 2019. The event format will be a pool swim, on-campus bike course, and on-campus run course. There will be four age groups, from 6 to 14 years old. We will have participation awards, T-shirts, goody bags, and age-group awards.

This race is an opportunity for your young athlete to participate in an enjoyable life-experience through athletics. It is not structured as a highly competitive event. Rather, we want it to encourage self-confidence, good health, and community spirit through participation.

This guide contains all necessary information related to the race day schedule, equipment, weather information, and race course details. All racers should familiarize themselves with this information to have a fun and safe morning.



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Race Day Schedule

6:30 AM Race Packet Pick up, and Check-in opens

6:30 AM – 7:00 AM Racers Arrive at Greenwich High School

6:30 AM – 7:30 AM Equipment Set Up in the transition area

7:30 AM – 7:45 AM Pre-race Safety Briefing

8:00 AM Race begins

10:00 AM Awards will be presented at the finish line

Registration

ALL PARTICIPANTS WILL BE REGISTERED BEFORE RACE DAY. THERE WILL BE NO ON-SITE REGISTRATION.

Check-in

All participants must check in at the designated table. All participants will check in and receive their race markings and timing chips.

Equipment

Bicycle (pre-race safety check recommended)

Helmet (all participants must wear a helmet)

Swim Suit

Swim Cap (will be provided)

Running Shoe

T-shirt (to be worn while biking and running)

Water Bottle

Towel

Goggles

Shorts (to be worn while running and biking if desired)



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Directions

The GEMS Kids Triathlon will take place at Greenwich High School.
Address: 10 Hillside Road, Greenwich, CT 06830

Parking

All parents and families should follow the “Athlete and Family Parking” Signage. Athlete’s families will park in the GHS North Lot (past Greenwich High School when entering from East Putnam Avenue)

Weather

The GEMS Kids Triathlon is a rain or shine event if conditions are safe to continue. In the event of inclement weather or other unforeseeable circumstances, we reserve the right to cancel the event. There will be no rain date.

In the case of inclement weather, we encourage you to check social media about the Triathlon. An email will also be sent regarding the event in the case of inclement weather.

There will be no refunds issued for this event in the case of inclement weather.

Set-up

After Check-In, all athletes will be directed to the transition area. All athletes will park their bikes in the transition area. All bikes must be inspected by designated personnel to ensure that all bikes meet USA Triathlon standards. Please place all equipment needed for the bike and run portion of the event directly behind your bicycle. (See picture below)





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The Race

Swim

Upon entering the swim area, swimmers will be arranged into groups based upon their age group. All participants must wear a swim cap which will be provided to them. The swim portion will begin with the youngest athletes first. Swimmers will be directed to the water by a volunteer when it is their turn to swim. Swimmers are allowed to choose whichever stroke they prefer. If needed, swimmers are allowed to rest or float at any time. Lifeguards will be on duty at the pool to assist swimmers as needed. Upon completion of their swim, athletes will be directed to exit the swim area and move to the transition area.

Swim Distances (by age group):

- 6-7 Years Old: 25 Yards
- 8-9 Years Old: 50 Yards
- 10-11 Years Old: 100 Yards
- 12-14 Years Old: 150 Yards

Transition

After athletes complete their swim, they will be directed to the transition area. Once in the transition area, all athletes will return to their bicycle. Athletes will put on their t-shirt, running shoes, and any other clothing which they desire. Athletes will then walk their bicycles out of the transition area and walk to the sign displaying “Bike Course Start.”

Bike

Once athletes are at the start of the bike course, they can mount their bikes and begin the bicycle portion of the triathlon. Athletes will follow posted markings on the bike course. A water station will be located on the bike course.

Bike Distances (by age group):

- 6-7 Years Old: 1 mile
- 8-9 Years Old: 1 mile
- 10-11 Years Old: 3 miles
- 12-14 Years Old: 4 miles



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Transition

Upon completion of the bike course, participants will follow posted markings and verbal directions. Athletes will leave their bicycles with designated volunteers, and follow signage to the field for the running portion of the race.

Run

Athletes will report to the sign saying "Run Course Start." Each age group will be directed by volunteers to their respective course location.

Run Distances (by age group):

6-7 Years Old: 0.25 mile

8-9 Years Old: 0.5 mile

10-11 Years Old: 1 mile

12-14 Years Old: 1.5 miles

Finish Line

As Athletes complete the running portion of their race, they will cross through the marked finish line. As athletes cross the finish line, their times will be recorded through the chips which they were given during check-in.

Timing

Athletes time will be recorded using digital chips which athletes will receive when they check-in. An athletes time will begin when they enter the pool, and their timer will end once they cross the finish line. No other times will be recorded.

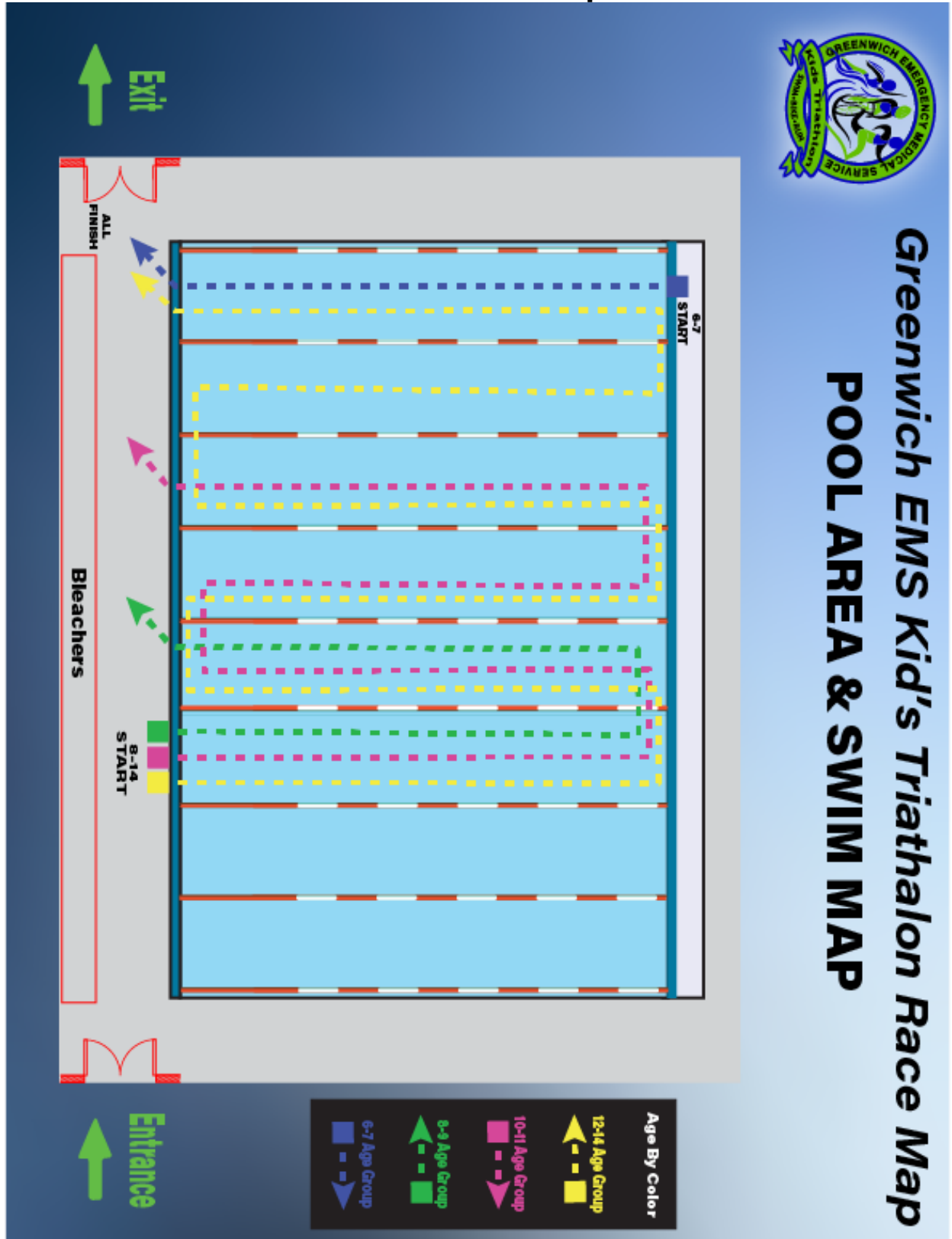
Awards

Awards will be presented at the podium at 10:00 AM. The podium will be located next to the finish line. Awards will be presented for each age group.



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Race Course Maps





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Greenwich EMS Kid's Triathlon Race Map

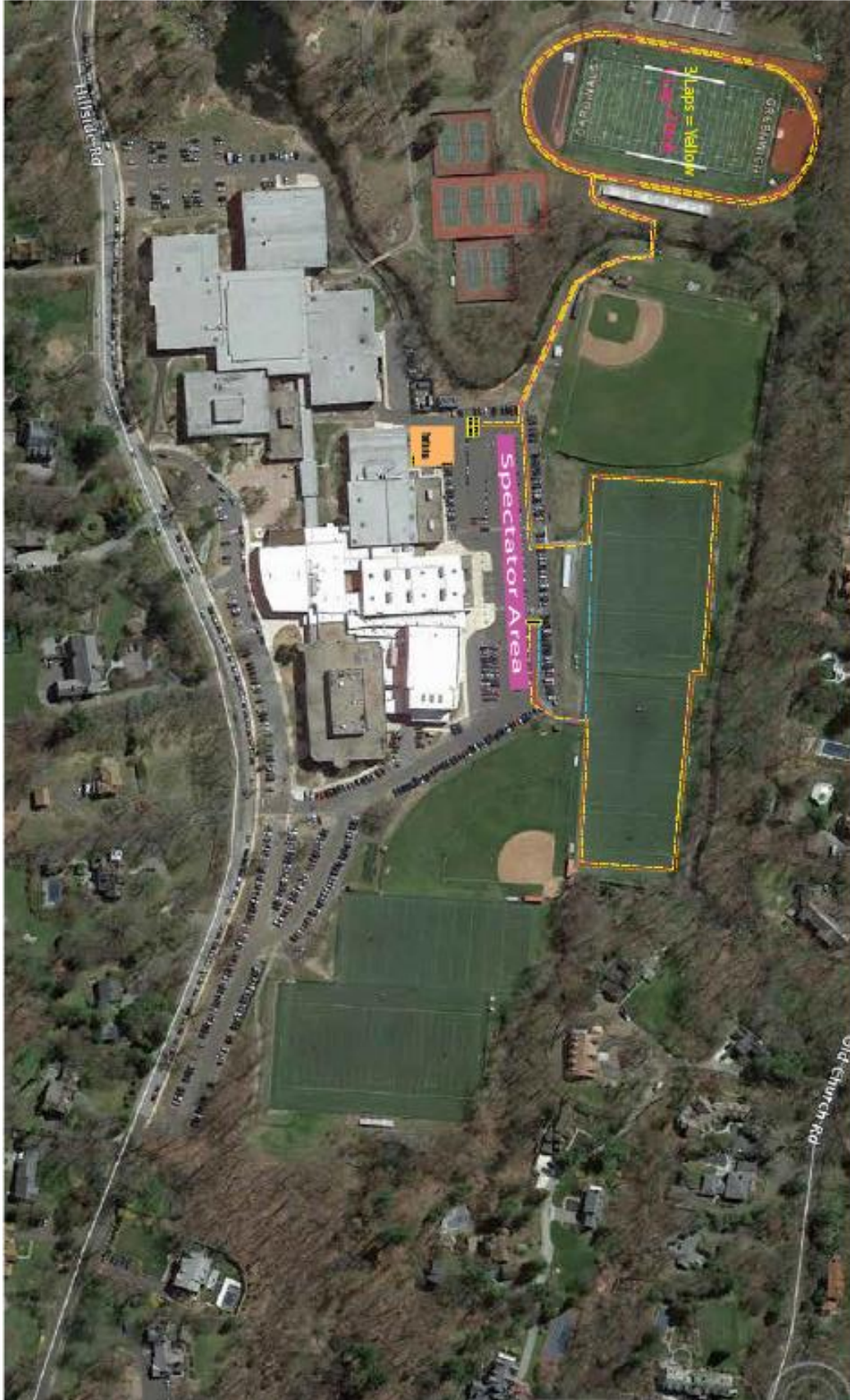
Bike Race Map

6-7yo 1 Mile 8-9yo 1 Miles 10-11yo 3 Miles 12-14yo 4 Miles

DETAILS & INFO
1 Loop = 1 Mile
Each age Group will
Loop to make total
Distance



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Greenwich EMS Kid's Triathlon Race Map Run Map

6-7yo 0.25 Miles 8-9yo 0.5 Miles 10-11yo 1 Mile 12-14yo 1.5 Miles