



# *A letter from the CB Active Kids Race Director*

Dear CB Kids Triathlon Athletes and Families,

I am so happy you are racing in the third annual CB Kids Triathlon! Please read the entire CB Kids Triathlon Athlete Guide. **All CB Kids Triathlon race packets need to be picked up from CB**

**South's auditorium lobby on Monday, June 2<sup>nd</sup> and Tuesday, June 3<sup>rd</sup> from 4:00 – 7:00 PM.**

**NO PACKETS WILL BE DISTRIBUTED AT THE RACE!** If you have any questions, please contact me directly at [damichen@cbsd.org](mailto:damichen@cbsd.org). The CB Kids Triathlon staff will be on location at Central Bucks South High School from Saturday morning until the completion of the race on Sunday afternoon. Please see the CB Kids Triathlon event schedule for each event's specific time on race day.

The CB Kids Triathlon will be AWESOME, and I can't wait to see you at the race!

Be well,

Dave Michener

CB Kids Active Kids Race Director

#swim+bike+run=FUN!!!

## **Athlete Guide Contents**

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**BUCKS COUNTY**  
**ORTHODONTICS**

*Bold Smiles. Big Life.*

## Packet Pickup

Packet Pickup Information Times and Location

**Location:** Central Bucks High School South – Cafeteria

1100 Folly Road, Warrington, PA 18976 (<https://goo.gl/maps/tpdJGK2jwFhG42gp8>)

Dates / Times:

Monday, June 2<sup>nd</sup> from 4:00PM – 7:00 PM

Tuesday, June 3<sup>rd</sup> from 4:00PM – 7:00 PM

## **!!! IMPORTANT !!!**

- Parents or guardians will need their child's name and grade level to pick up their child's packet.
- All race packets need to be picked up on these dates
- There is no packet pickup on race day
- Parents or guardians can pick up another athlete's packet if he/she can present a completed [Alternate Pick-Up Consent Form](#).

## Event Location / Parking

- Central Bucks High School South
- Parking is available in both the front and rear parking lots of Central Bucks High School South.

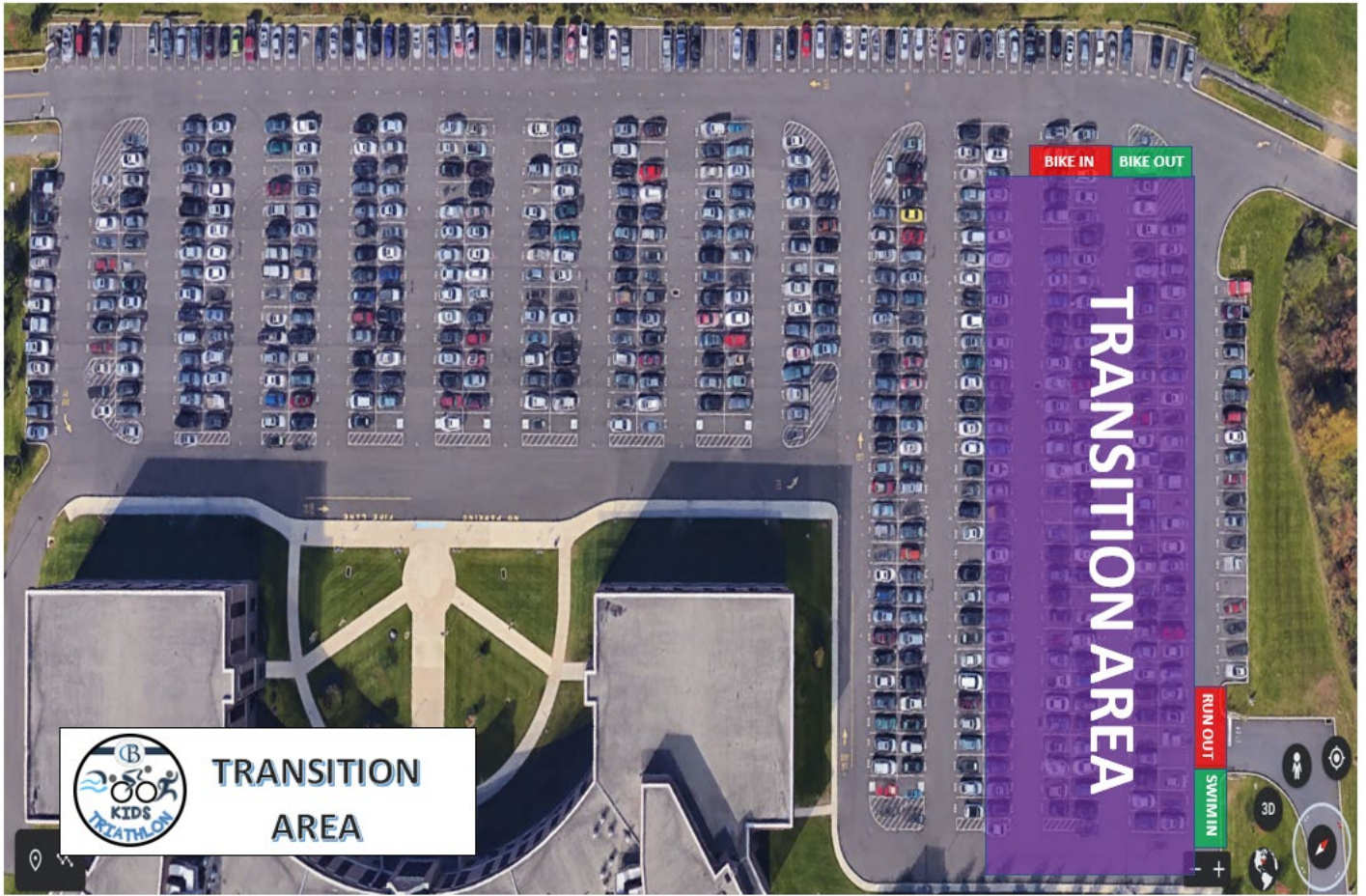




## Race Event Times

 <h1>Event Times</h1>					
Grade Levels	Parking	Transition Area Opens	Transition Area Closes	Race Start Time	Clear Course / Transition
Kindergarten 1 <sup>st</sup> Grade 2 <sup>nd</sup> Grade 3 <sup>rd</sup> Grade	Front / Rear Parking Lot	7:00 AM	7:55 AM	8:00 AM	10:00 AM
4 <sup>th</sup> Grade 5 <sup>th</sup> Grade 6 <sup>th</sup> Grade	Front / Rear Parking Lot	10:30 AM	11:25 AM	11:30 AM	1:30 PM

Each grade level should park in their prescribed lot. After parking, athletes should head directly to the transition area to find an open rack to set up their race gear. Athletes should position their bike on the bike rack, and put their bike and run gear (bike, helmet, towel, shorts, T-shirt, sneakers) on the ground next to their bike (see image below). When athletes are finished in the transition area, they should proceed to the front of CB South to the AUX gym to prepare for the swim start. Athletes will not be allowed in the Transition Area before or after their designated transition area time.



## Supplies List

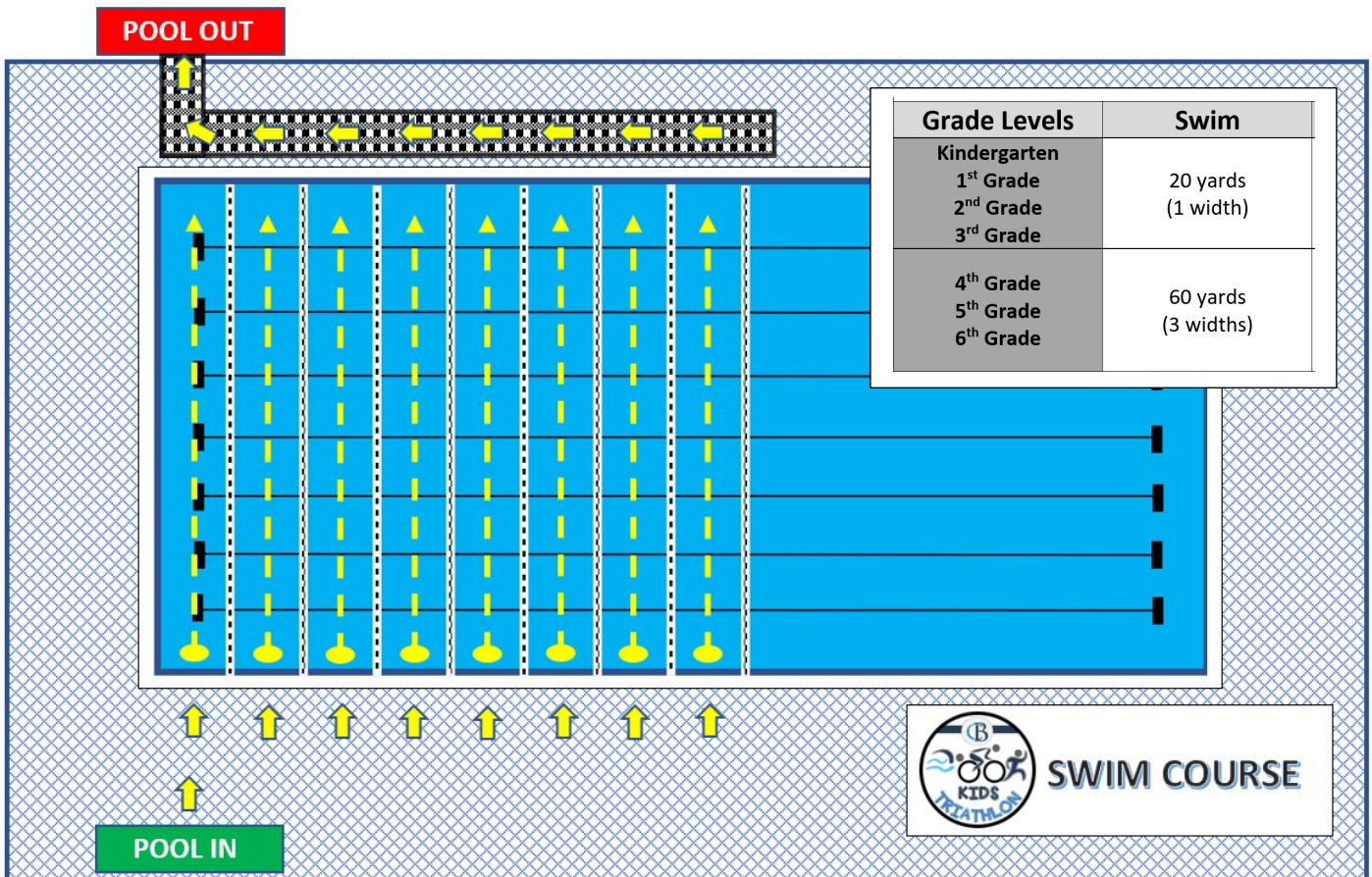
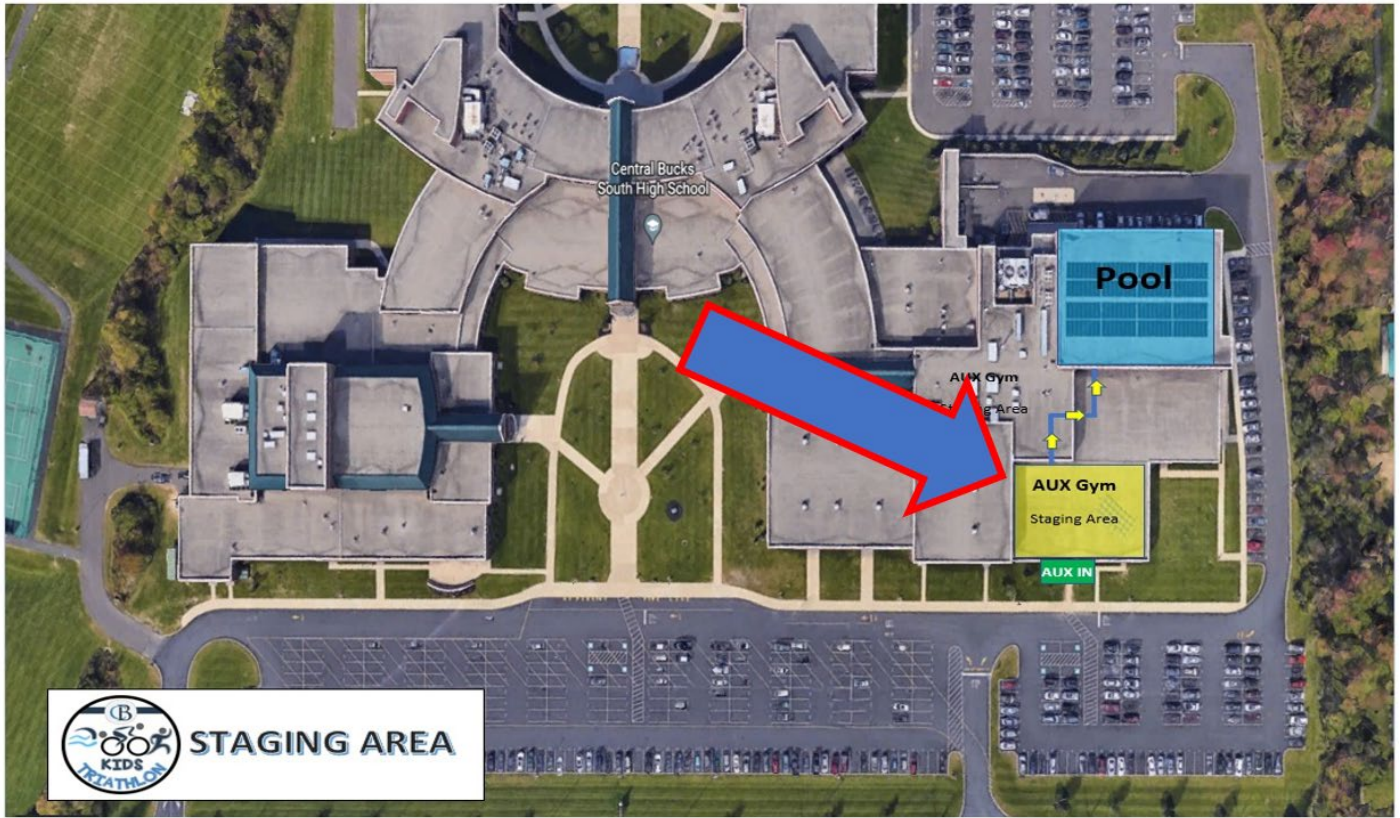
<b>CB Kids Triathlon Supplies List</b>		
<b>Swim</b>	<b>Bike</b>	<b>Run</b>
<b>Swimsuit</b>	<b>Bike</b> NO: skateboards, roller blades / skates, scooters, electric bikes	<b>Sneakers</b>
<b>Goggles</b>	<b>Helmet</b>	<b>Socks (opt)</b>
Life vest / kickboard (opt)	<b>Sneakers</b>	<b>Water Bottle (opt)</b>
<b>Towel</b>		

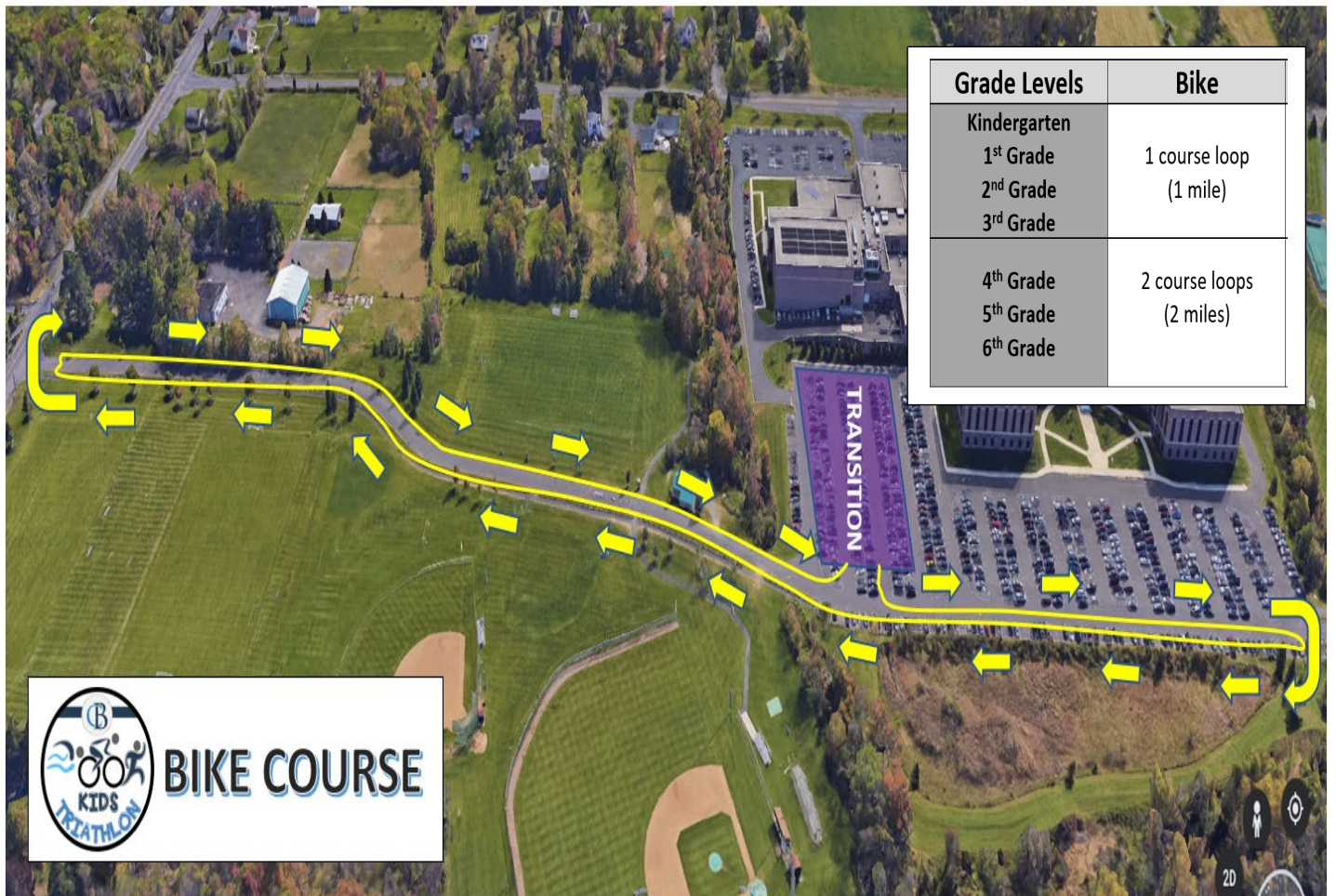
**\*\*Important, life vests, kickboards, bikes, bike helmets will not be supplied at the race. All athletes need to bring their own equipment to use at the race. \*\*\***

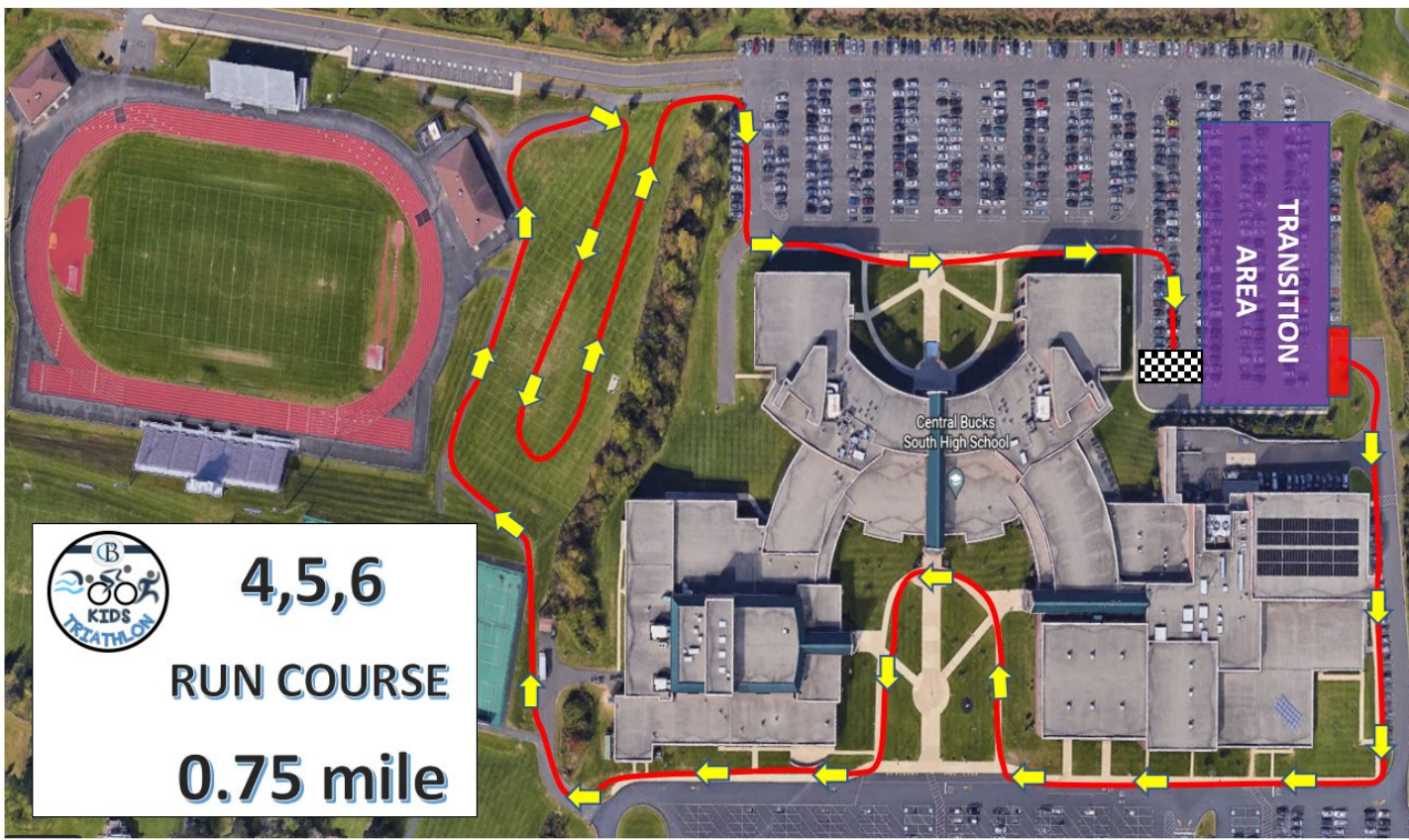
## Race Distances

 <b>KIDS TRIATHLON</b>			
<b>Grade Levels</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
Kindergarten 1 <sup>st</sup> Grade 2 <sup>nd</sup> Grade 3 <sup>rd</sup> Grade	20 yards (1 width)	1 course loop (1 mile)	0.50 mile
4 <sup>th</sup> Grade 5 <sup>th</sup> Grade 6 <sup>th</sup> Grade	60 yards (3 widths)	2 course loops (2 miles)	1.0 mile

# Course Maps







## **Race Finish**

When athletes cross the finish line, they will receive their medal, a water bottle and a pretzel / ice cream treat for completing the race. There will be photo opportunities in front of the CB Kids Triathlon backdrop banner for families to take pictures after the race. Once athletes are finished, they are welcome to retrieve their gear from the transition area and leave the event.

## **Awards**

There will not be an awards ceremony following the race. Awards will be sent out to the top three male and female athletes in each grade level the week after the race. Results will be available via QR codes that will be posted at the finish and on the race website - [CB Kids Triathlon \(runsignup.com\)](https://runsignup.com)



## **Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grade Parent Support**

Athletes in grades kindergarten, first, second, and third grade will be able to have ONE PARENT OR GUARDIAN support them in the transition area. The parent / guardian will be able to wait for their child to enter the transition area in the PARENT WAITING AREA. Once a parent or guardian sees their athlete enter the transition area, they can enter the transition area to help the athlete get changed and direct them out of the transition area and on to the bike course. Once the athlete returns from the bike course, ONE PARENT OR GUARDIAN may re-enter the transition area and help their athlete get ready for the run portion of the race.

# K, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>

## PARENTAL SUPPORT

✓ YES ✓

- Pool to transition
- In transition area
- Directions while on course

✗ NO ✗

- Pick up athlete and carry them
- Push them on bike course
- Run with their child on the course

## CB Kids Triathlon Forms

- [Alternate Pick Up Consent Form](#)

### CB Kids Triathlon – Frequently Asked Questions!

- ***What information do I need to have to pick up my child's race packet at Central Bucks South on June 2<sup>nd</sup> and 3<sup>rd</sup> from 4:00 PM – 7:00 PM?***
  - Parents or guardians will need their child's name and grade level to pick up their child's packet.

#### ***Can another parent or guardian pick up my child's packet from the packet pickup?***

- Yes, if you have written permission on the [Alternate Pick-Up Consent Form](#), another parent or guardian may pick up another student's packet.

#### ***Does my child need to know how to swim to participate in the triathlon?***

- All children participating in the race need to be able to swim. They can use any kind of stroke and a kickboard (supplied by the swimmer) while swimming, and there will be lifeguards on the pool deck and assistive swimmers in each lane of the pool to provide support if needed.

#### ***Does the race supply bikes for kids to use?***

- No, each child must have his/her own bike to participate in the race.

***Can athletes use scooters, rollerblades, e-bikes or skateboards during the bike portion of the race?***

- No, only bikes are permitted during the bike portion of the race.

***Are training wheels permitted on bikes?***

- Yes, training wheels are permitted on bikes.

***Do I need to stay at the race the entire time my child is participating?***

- All participants must have a parent or guardian present during their race.

***What is a rolling start and how does it work?***

- A rolling start is when athletes start a race individually (not in a group) and their race time starts when they begin their event. In a triathlon, an athlete's start time is based on when he/she enters the water for the swim and ends when he/she crosses the finish line at the end of the run.

***Does my child have to wear a helmet during the bike portion of the race?***

- Yes, helmets must be worn by all athletes during the bike portion of the race.

***How long will my child's race take?***

- All events should be completed in approximately 30 – 50 minutes.

***How can my child train for the triathlon?***

- Being active is the best way to prepare for the race, and athletes can access the monthly training plans on the event website. [CLICK HERE](#)

***Can athletes wear their bathing suits for the entire race?***

- Yes, athletes do not need to change out of their bathing suits before transitioning to the bike or run course.

***Will there be a changing tent in the transition area for my child to use to put on his / her bike and run gear?***

- No, there will not be a changing tent in the transition area. It is recommended that girl athletes put the bike and run gear on over their bathing suits, and boy athletes can wear their bath suits for the entire race.

Do athletes need to wear swim caps in the pool?

- Swim caps will not be supplied for the event, but athletes can supply their own and are welcome to wear them at the race.

***How deep is the pool at South?***

- Athletes will be swimming across the width of the shallow end of the pool that measures 5.5 feet deep.