

2008 Kiwanis for Kids Triathlon Rules

The age that you turn on the day of the race will determine the age group in which you will compete. For example, if you turn 12 on August 16, 2008 you will compete as a 12 year old. All participants in the 2008 Kiwanis for Kids Triathlon must meet the age requirements disclosed in the official entry form and rules.

Only registered Kiwanis for Kids Triathlon participants are allowed in the marked, flagged, coned, or chalked areas. The transition area will be closed to everyone but volunteers, staff, and participants before the event starts. In the 8 & under age group one parent/guardian will be allowed for instruction only in the transition area (ex/ put your helmet on).

One race number will be provided to participants in their race packets. The race number needs to be pinned to the front of the t-shirt or singlet and must be worn and fully visible during the bike and run portions of the race. The race number is not to be worn during the swim. Do not tear off the tab on the front number it will be removed by an official at the finish line.

Neither race numbers nor competition apparel (such as shirts, shoes, or towels) is allowed in the pool area. Competition apparel is to be kept in the transition area.

Your bicycle, along with your competition material, must be placed in the transition area prior to the start of the race. All materials will be placed at the space designated by your race number. Bicycles must be racked with the front wheel in. Bicycles that are too small to rack may use kickstands or be placed on a side, but must be placed with front wheel toward the rack. If your bicycle is not racked properly, the race officials have the right to re-rack your bicycle upon close of the transition area.

The following rules must be complied with in the swim portion of the Kiwanis for Kids Triathlon:

- Absolutely no running on the pool deck. Thereafter, running/walking is the participant's choice.
- Swimmers must wear a bathing suit while in the pool
- Race numbers are not allowed in the pool.
- Aqua socks are not allowed.
- Goggles may be worn but are not required.
- Lifejackets/arm floats may be worn.
- Swimmers may not pull along lane lines and/or push off the bottom.
- Any stroke may be used.

Helmets must be securely fastened and worn at all times when on the bicycles.

Personal headphones and/or radios are not allowed during any portion of the Kiwanis for Kids Triathlon.

Bicycle Safety:

By participating in the 2008 Kiwanis for Kids Triathlon, all participants and his/her parent or legal guardian represent and warrant that the bicycle he/she will use in the triathlon is in fact road-worthy and in safe operating condition; that the bicycle poses no threat to the safety of its operator or any other participant due to its state of repair, maintenance or mechanical condition, and that the bicycle. Each participant and his/her parent or legal guardian acknowledge and understand that Kiwanis for Kids Triathlon's decision to accept the participant's request to enter the triathlon is based upon and materially affected by this representation. **No training wheels will be allowed.**

Participants must ride in a safe manner at all times. Safe riding includes, but is not limited to:

- Riding in a straight line without veering or swerving unnecessarily or blocking the progress of other Kiwanis for Kids participants.
- Keeping to the right side of the cycling lane except to pass or when safety requires otherwise.
- Keeping a safe distance between you and the cyclist in front of you and passing as soon as possible if you move closer.
- Talking to other Kiwanis for Kids participants to maintain safety.

If, in the judgment of the Kiwanis for Kids event staff, a participant is unable or unwilling to ride or control the bike in a safe manner, the participant may be disqualified from the event and instructed to leave the bicycle course.

Participants must slow down in the designated bike lap station. Seniors and Juniors will receive stickers and/or marks on their arms for each bike lap completed. There is no passing while in the lap counting station.

No outside assistance of any kind is allowed. This includes, but is not limited to pacing, water or fluid aid (unless from event sanctioned fluid station), or any assistance with equipment. 8 and under participants may have one parent or legal guardian in the transition area for instructional assistance only. Assistance by Kiwanis for Kids officials, staff, or volunteers may be allowed if deemed appropriate.

Any discourteous or unsportsmanlike actions by participants or parents toward other participants, parents, volunteers, or race officials will be grounds for disqualification. Failure to comply with the above stated rules and/or request of a race official may result in a time penalty or disqualification, as determined by the race officials.

All Kiwanis for Kids Triathlon rules are subject to interpretation by event officials, whose decision will be final.

Certification

We hereby certify that each of us has read the above information and the 2008 Kiwanis for kids Triathlon rules. We have a complete understanding of their terms and we freely accept and agree to comply with same without any reservation.

Participant Name (print): _____

Participant Name (signature): _____

Date: _____

Parent/Legal Guardian (Print): _____

Parent/Legal Guardian (signature): _____

Date: _____

Relationship to Participant: _____