

Charles County Recreation

Youth Triathlon Information

Saturday, August 6, 2022

Registration/Bike Racking Begins at 7:00 a.m., Event Starts at 8:00 a.m. Ages 10 & under must check in by 8:45 a.m.

Awards ceremony begins at 10:45 a.m. at the finish line

Packet Pick Up & Course Walkthrough – Wednesday, August 3, 6:00 p.m. @ St. Charles High School

| Age | Start Time | Swim Distance | Bike Distance | Run Distance |
|-------------|------------|---------------|---------------|--------------|
| 15-17 | 8:00 | 200 yards | 4 miles | 1 mile |
| 13-14 | 8:15 | 200 yards | 4 miles | 1 mile |
| 11-12 | 8:30 | 100 yards | 2 miles | .75 mile |
| 9-10 | 9:30 | 50 yards | 1 mile | .5 mile |
| 7-8 | 9:45 | 50 yards | 1 mile | .25 mile |
| 6 & Younger | 10:00 | 25 Yards | .5 mile | .25 mile |

Packet Pick Up & Course Walkthrough: Wednesday, August 3 at St. Charles High School. A tent will be set up by the pool entrance for packet pick up. Packet pick up will begin at 6:00 p.m. and the course walk through will begin at 6:30 p.m. Course walk through will begin in the pool area, move to the “Pre-Transition” area behind the pool, continue to the transition area by the tennis courts and finish by the track. The walk through should conclude between 7:00-7:30 p.m.

*If you are unable to attend packet pick up, race packets will be available for pick up Thursday and Friday, July 22 & 23 at our main office located at 8190 Port Tobacco Rd, Port Tobacco, MD 20677 from 9:00am-4:00pm at the front desk in the main lobby. Packets can be picked up in the gym located in the rear of the building from 6:00pm-8:00pm.

Timing: This event is chip timed. Each participant will receive a chip that must be worn on the ankle. All chips must be returned to a Charles County Recreation staff member immediately after crossing the finish line. If your chip is not returned you may be assessed a charge to your MyRec account.

Times can be seen online in real time: <https://results.raceroster.com/en-US/results/3rrxz379jd7sc32x>

(Times are not official)

Use your phone's camera to view the QR code
for a direct link to the results page:



Official times will be available online the week of August 8: [Sports Clinics and Programs | Charles County Rec & Parks \(charlescountyparks.com\)](#)

Transition Area: The transition area will be in the bus parking lot next to the tennis courts. For safety concerns, bicycle riding is not permitted in the transition area. Participants must walk alongside their bicycle to designated mount/dismount area.

Pre-Transition Area: The pre-transition area has been established to provide racers an area to towel off their legs and put on socks, shoes, shorts, and a shirt prior to jogging/running on the designated path to the primary transition area. Participants may bring a folded towel, shoes, socks, shorts (if necessary), and a t-shirt with them when staging for the swim. Staff will escort participants to the pre-transition area prior to the start of their race so they may place their towel, socks, shoes, shorts, and shirt in the pre-transition area. The pre-transition area is located outside of the rear exit of the pool.

Parents are not permitted in the pre-transition or primary transition area once the race begins. Volunteers and Recreation Staff will be in each transition area to help assist participants. Exception: 6 & Under category.

Swim Course: The swim will be completed in a 25-yard indoor pool. Participants must be able to swim the entire distance unassisted but may rest at the walls (exception 6 & under category). **Coast Guard approved life vests, including puddle jumpers,**

(Over)

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will be allowed. The swim will be a staggered start with swimmers swimming in a snake pattern for each length of the pool. See specific ages for swim distance.

Bike Course: **Bicycle helmets are mandatory.** Please reference the appropriate course map for specific ages and their course.

Representatives from Bike Dr. Waldorf will be present to perform **minor maintenance** on bicycles. **Minor maintenance** includes inflating tires and checking brakes. Please ensure your child's bike is fully functional prior to the event. The bike course will start and finish at the transition area. We will have course officials at each turn around point on the bike course. The bike course will be open to traffic, however traffic should be minimal. We ask that all participants ride on the sidewalk. If a sidewalk is not present bikers should ride on the right shoulder of the road. The course is flat and paved the entire way. Parents will be permitted to run/walk alongside their child. See specific age for bike distance. ***11-12:** Participants in the 11-12 age group will complete **one** (1) of the two (2) mile loops. ***13-15:** Participants in the 13-14 age group will complete **two** (2) circuits of the 2-mile bike course. **All bikers on the 11-12- & 13-15-year-old course are required to cross the timing point located at the turn around point to verify they have completed the entire course. Participants that do not record a time at the turn around point may be disqualified.**

Run Course: The run course will vary depending on the age. The course will start from the transition area, and finish on the track. Please see the attached maps for specific ages and their course. With the exception of the 6 & under and 7-8 age groups, the run course will be open to traffic. We ask that runners use the sidewalk at all times. See specific ages for run distance.

Race Numbers/Bib: Participants will be given a designated race number and race bib. The bib must be worn on the front and visible for the race finish portion of the run. The race numbers will be grouped according to ages:

0-100 – 15-17 100 's – 13-14 200's – 11-12 300's – 9-10 400's – 7-8 500's - 6 & Under

Bib & Course Indicator Colors

15-17 – Black 13-14 – Red 11-12 – Green 9-10 – Blue 7-8 Orange 6 & Under - Pink

Inclement Weather: [This event is a rain or shine event.](#)

Food/Refreshments: Water stations will be set up by the transition area and on the course. A limited number of prepackaged light refreshments and snacks will be available the morning of the race. Athletes are advised to bring any specific additional snacks, water, or sports drinks for their use at the race.

First Aid: Members from Charles County EMS will be on site for any medical emergencies or first-aid needs.

Stretching / Warm-up: Guided 15-minute warm-up and stretching will be provided. The warmup periods will be at 7:30 a.m. and 8:45 a.m. Participants will also be allowed to preview the bike course and run course starting at 7:15 a.m., but must be off the course by 8:00 a.m.

Awards: All participants that complete the race will receive a finisher's medal. 1st, 2nd, and 3rd place male and female finishers in all age groups will receive a trophy. The awards ceremony will begin as soon as all of the times have been calculated and verified. The estimated start time of the awards ceremony is 10:45 a.m. near the finish line.

Items to Bring on Race Day

Helmet - ***MANDATORY**

Two towels - one for the pool and one to sit on near your bike

Goggles

Swim suit

Socks and Shoes for cycling and running

Shirt for after the swim to wear for bike and run

Shorts (If Necessary)

Bicycle (training wheels allowed)

Water bottle (we will provide water stations on course)

Snack/Water/Sports Drink

Dry clothes for after the race

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6 & Under Age Group

Start Time: 10:00 a.m.

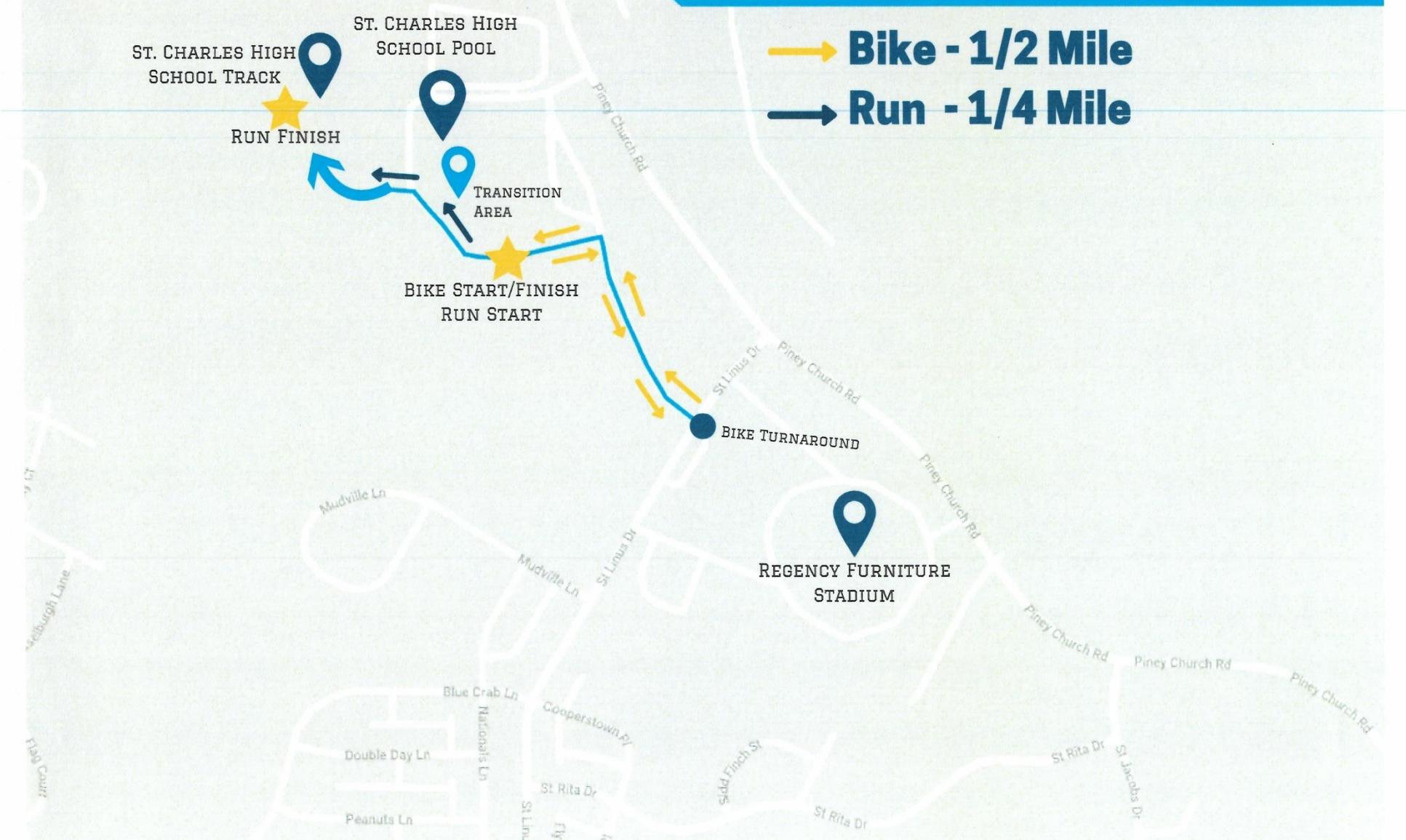
Swim: 25 yards

Bike: .5 mile

Run: .25 mile

YOUTH TRIATHLON

6 & UNDER - BIKE/RUN ROUTE



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7-8 Age Group

Start Time: 9:45 a.m.

Swim: 50 yards

Bike: 1 mile

Run: .25 mile



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9-10 Age Group

Start Time: 9:30 a.m.
Swim: 50 yards
Bike: 1 mile
Run: .5 mile

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9-10 - BIKE/RUN ROUTE

 **Bike - 1 Mile**
 **Run - 1/2 Mile**



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11-12 Age Group

*11-12 Age group will complete one 2 mile loop.

Start Time: 8:30 a.m.

Swim: 100 Yards

Bike: 2 miles

Run: .75 mile



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15-17 Age Group

*13-14 & 15-17 Age group will bike the Davis Road Loop 2 times

Start Time: 8:00 a.m.

Swim: 200 Yards

Bike: 4 miles

Run: 1 mile

13-14 Age Group

*13-14 & 15-17 Age group will bike the Davis Road Loop 2 times

Start Time: 8:15 a.m.

Swim: 200 Yards

Bike: 4 miles

Run: 1 mile

