

Registration/Bike Racking Begins at 7:00 a.m., Event Starts at 8:00 a.m. Ages 10 & under must check in & rack bikes 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 Transition area in front of the pool 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, August 4 & 5 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.

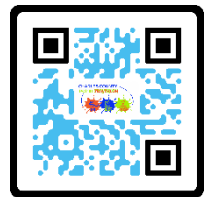
Timing: This event is chip timed. Each participant will receive a chip that must be worn on the ankle. **Do not wear the chip while previewing the course. If a timing point is crossed prior to the race, an inaccurate race reading may take place.** Chips should be attached to the participant at least 15 minutes prior to their start time. 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 fee to your MyRec account.

Times can be seen online in real time (Times are not official):

<https://results.raceroster.com/en-US/results/764y2xetexwutn9q>

Official times will be available online the week of August 8:

[Sports Clinics and Programs | Charles County Rec & Parks \(charlescountyparks.com\)](https://charlescountyparks.com)



SCAN ME

Transition Area: The transition area will be in the parking lot located in front of the pool entrance. Each athlete will have their own predesignated bike racking location within their age group's transition area. Their space will be indicated by a circle matching their bib number on the ground. For safety concerns, bicycle riding is not permitted in the transition area. Participants must walk alongside their bicycle to designated mount/dismount area. Bikes must be able to stand upright on their own (kick stand installed/training wheels).

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

(Over)

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, will be allowed for all ages.** 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. 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 Bike: Participants in the 11-12 age group will complete **one** (1) of the two (2) mile loops.

13-14 & 15-17 Bike: Participants in the 13-14 & 15-17 age groups will complete **two** (2) circuits of the 2-mile bike course.

All bikers on the 11-12, 13-14, & 15-17-year-old course are required to cross the timing point located on the course 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. All run courses will be closed to traffic. See specific ages for run distance.

- **Parents are required to watch their child finish from the bleacher area.**

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. 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 7:00 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 (Water Provided at Finish Line)

Snack/Water/Sports Drink

Dry clothes for after the race

2022 Youth Triathlon 6 & Under

Bike & Run Course

Start Time: 10:00 a.m. | Swim: 25 Yards | Bike: .5 mile | Run: .25 mile

Pool Exit, Finish Line, Participant Parking, Bike Dr. Location

- 6 & Under Transition Area
- 7-8 Transition Area
- 9-10 Transition Area
- 11-12 Transition Area
- 13-14 Transition Area
- 15-17 Transition Area
- Pool Exit To Transition Area
- Finish Line
- Overflow Participant Parking
- Overflow Participant Parking 2
- Bike Dr. Location
- Participant Parking

6 & Under Bike

- 6 & Under Bike

6 & Under, 7-8 Run Course

- 6 & Under & 7-8 Run Course















CHARLES COUNTY
YOUTH TRIATHLON



Bike & Run Course

Start Time: 9:45 a.m. | Swim: 50 yards | Bike: 1 mile | Run: .25 mile

Pool Exit, Finish Line, Participant
Parking, Bike Dr. Location

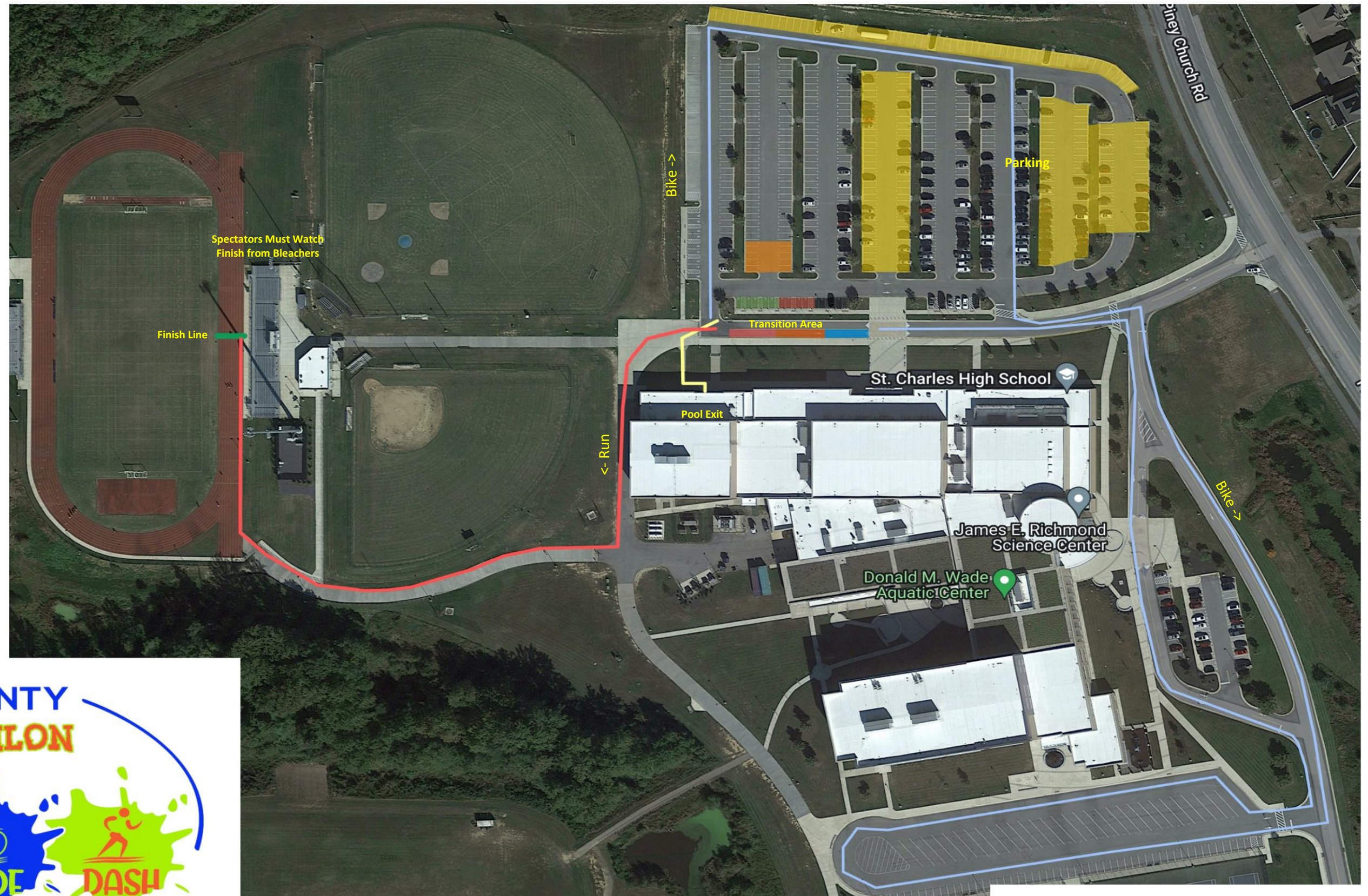
-  6 & Under Transition Area
-  7-8 Transition Area
-  9-10 Transition Area
-  11-12 Transition Area
-  13-14 Transition Area
-  15-17 Transition Area
-  Pool Exit To Transition Area
-  Finish Line
-  Overflow Participant Parking
-  Overflow Participant Parking 2
-  Bike Dr. Location
-  Participant Parking

7-8 & 9-10 Bike Course

- Line 1

6 & Under, 7-8 Run Course

- 6 & Under & 7-8 Run Course



2022 Youth Triathlon 9 & 10

Bike & Run Course

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

Pool Exit, Finish Line, Participant Parking, Bike Dr. Location

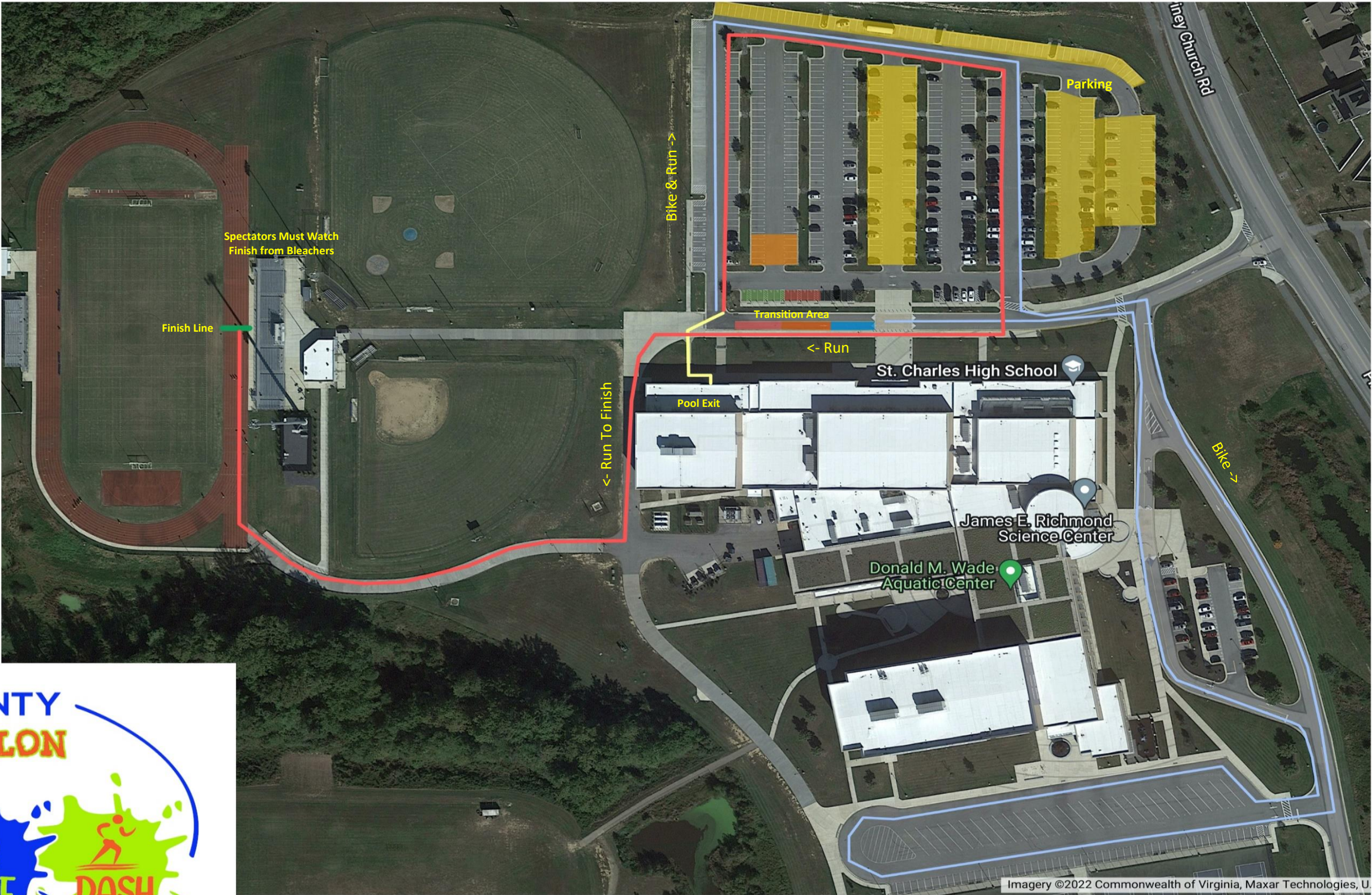
- 6 & Under Transition Area
- 7-8 Transition Area
- 9-10 Transition Area
- 11-12 Transition Area
- 13-14 Transition Area
- 15-17 Transition Area
- Pool Exit To Transition Area
- Finish Line
- Overflow Participant Parking
- Overflow Participant Parking 2
- Bike Dr. Location
- Participant Parking

7-8 & 9-10 Bike Course

- Line 1

9-10 Run Course

- 9-10 Run Course



CHARLES COUNTY
YOUTH TRIATHLON



Start Time: 8:30 a.m. | Swim: 100 Yards | Bike: 2 miles | Run: .75 mile
One (1) two (2) mile loop

2022 Youth Triathlon 11-12

Bike & Run Course

Pool Exit, Finish Line, Participant
Parking, Bike Dr. Location

- 6 & Under Transition Area
- 7-8 Transition Area
- 9-10 Transition Area
- 11-12 Transition Area
- 13-14 Transition Area
- 15-17 Transition Area
- Pool Exit To Transition Area
- Finish Line
- Overflow Participant Parking
- Overflow Participant Parking 2
- Bike Dr. Location
- Participant Parking

11-12, 13-14, 15-17 Bike Course

- 11-12, 13-14, 15-17 Bike Course

11-12 Run Course

- 11-12 Run Course



CHARLES COUNTY
YOUTH TRIATHLON



2022 Youth Triathlon 13-14 & 15-17

Bike & Run Course

Pool Exit, Finish Line, Participant Parking, Bike Dr. Location

- 6 & Under Transition Area
- 7-8 Transition Area
- 9-10 Transition Area
- 11-12 Transition Area
- 13-14 Transition Area
- 15-17 Transition Area
- Pool Exit To Transition Area
- Finish Line
- Overflow Participant Parking
- Overflow Participant Parking 2
- Bike Dr. Location
- Participant Parking

11-12, 13-14, 15-17 Bike Course

- 11-12, 13-14, 15-17 Bike Course

13-14 & 15-17 Run Course

- 13-14 & 15-17 Run Course

13-17 Bike Turn Around

- 13-14 & 15-17 Turn Around Point



CHARLES COUNTY
YOUTH TRIATHLON

