



# Rules & Regulations

**Sunday, June 25**

**Short-Intermediate-Long  
Distances**

**Boys & Girls 5-17  
Individual**

For more information, contact Erika Aanestad at [erikaa@thejkc.org](mailto:erikaa@thejkc.org)



Jewish Community Center  
of Greater Kansas City



## J RULES & PROCEDURES

### Getting Started:

- The event takes place at the Jewish Community Campus, 5801 W. 115<sup>th</sup> Street, in Overland Park, located between Nall & Lamar.
- Check in no earlier than 6:00 am and no later than 6:45 am. Tots can check in no later than 8:30 am.
- Parking directions - You will park in a Sprint covered garage "D," adjacent to The J:
  - Off 115<sup>th</sup> Street on Sprint Parkway
  - Take Metcalf to 115<sup>th</sup> Street, turn east to Sprint Parkway (next right past Outlook)
  - Parking Garage D
- Walk with your equipment across the grass to The J.
- Volunteers will guide you to the check-in table.
- Volunteers will assist you in "parking" your equipment - bike, helmet, shoes and socks - in the proper place.
- Stay in the check-in area before the event and listen for instructions over the loudspeaker.
- Results will be available at [thejkc.org/youthtri](http://thejkc.org/youthtri)
- The J and the Youth Triathlon are committed to accessibility and inclusion. Please let us know in advance if you have accommodation needs.

## SHORT COURSE

**5-8 year olds**

**SWIM**

2 lengths  
Indoor Pool

**BIKE**

1 lap  
see Short Course map

**RUN**

1 lap  
see Short Course map

## INTERMEDIATE COURSE

**8-10 year olds**

**SWIM**

2 lengths  
Outdoor Pool

**BIKE**

1 lap  
Bike Course

**RUN**

1 lap  
Run Course

## LONG COURSE

**11-17 year olds**

**SWIM**

4 lengths  
Outdoor Pool

**BIKE**

2 laps  
Bike Course

**RUN**

2 laps  
Run Course



# Run Course

## Short Course

1 lap

Transition  
Area

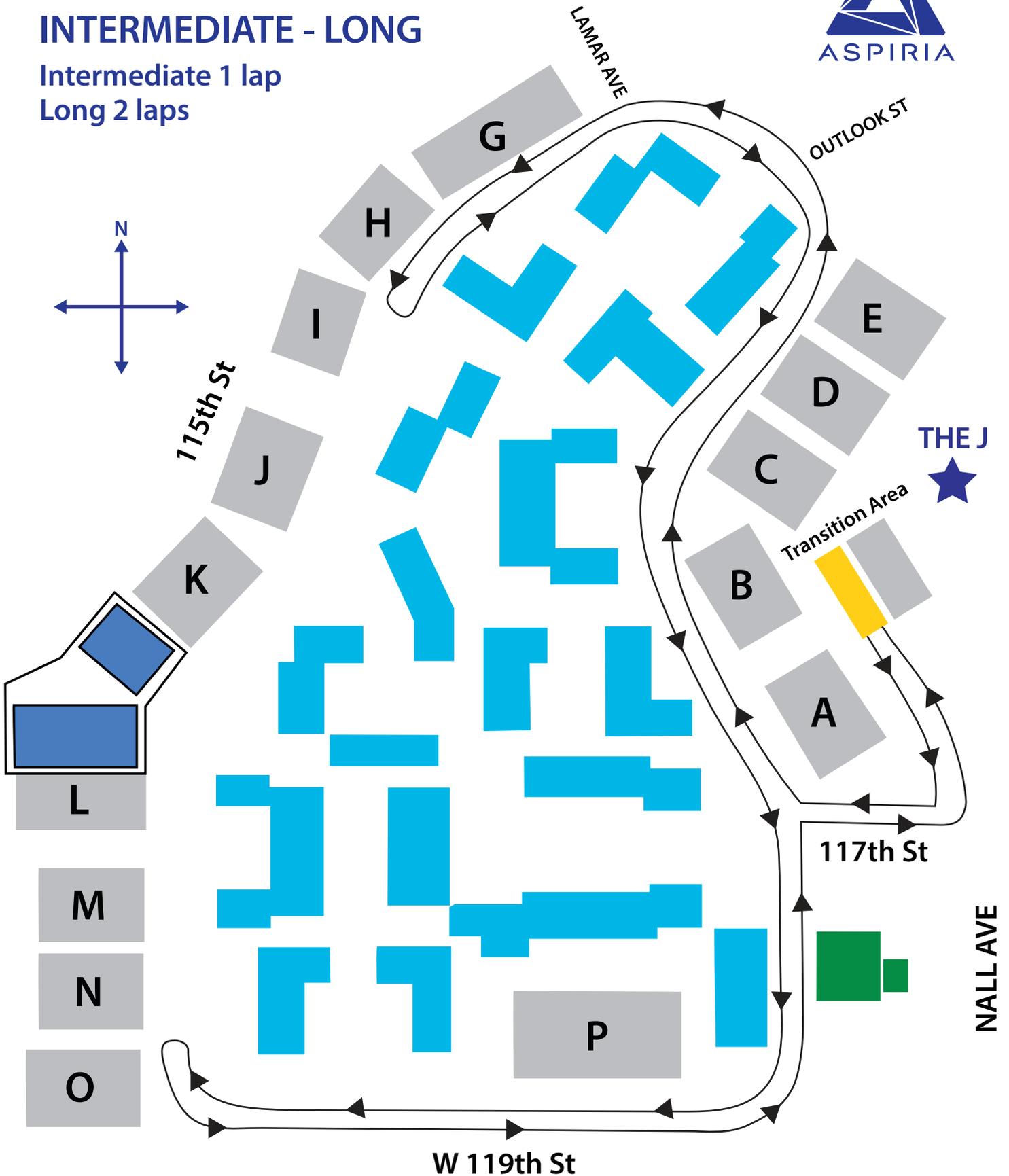


# BIKE COURSE

## INTERMEDIATE - LONG

Intermediate 1 lap

Long 2 laps



# Run Course

Intermediate

1 lap

Long

2 laps

Transition  
Area





## RULES DURING THE EVENT



- **Unsportsman-Like Conduct**

Foul, harsh, argumentative, abusive language or other unsportsman-like conduct is strictly forbidden. PENALTY: DISQUALIFICATION

- **Outside Assistance**

No assistance other than that offered by race and medical officials may be used. Parents are NOT allowed on the course or transition area after the event has begun. PENALTY: DISQUALIFICATION

- **Race Numbers**

All athletes are required to wear race numbers at all times during the event and they must be visible from the front. You may only wear the number that was given to you during orientation or at check-in. DO NOT fold, decorate or alter your number.

- **Helmets**

No modifications may be made to the helmet. Helmets must be worn as they were purchased. Helmets must be worn at all times while on your bike.

- **Chinstraps**

Chinstraps must be buckled at all times when on a bicycle. DO NOT unbuckle your chinstrap unless you are off your bicycle.

- **Headphones**

Headphones, cell phones, etc. are prohibited.

- **Transition Area**

All equipment must be placed in the bike corral that is assigned to you, return your bike to an upright position in your bike corral. You may not interfere with another participant's equipment or progress. You may not bring ANY glass containers into the transition area.

- **Course**

All competitors are required to follow the course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue.

## FOR YOUR SAFETY

- **The greatest danger to participants is when spectators get too close or attempt to enter the racecourse. PARENTS and FAMILY MEMBERS, please remain in viewing areas and make certain that friends and other members do the same!**
- The Youth Triathlon at The J is a USA Triathlon - sanctioned event, meaning that triathlon professionals have approved safety plans.
- To ensure your safety, **no vehicles will be allowed on the Jewish Community Campus. Barricades will be positioned** at the 115<sup>th</sup> Street entrance to the Campus, at the intersection of Nall and 117<sup>th</sup> Street and the intersection of Sprint Parkway and 117<sup>th</sup> Street.
- A nurse or doctor will be onsite and located in the medical tent to provide emergency medical assistance if needed.
- Volunteers will be strategically positioned throughout the course to provide directions and assist as needed. We are always in need of qualified volunteers so please contact us if you are interested!
- If you become tired, dizzy or feel sick during ANY part of the event, **STOP** and ask a volunteer for help.
- If you become tired when you are in the swimming pool, you may hold onto the side of the pool or the lane ropes.
- **Apply plenty of sunscreen before the event.**
- **Drink plenty of water before and after the event.**

## SAFETY AND SECURITY AT THE J

The safety and security of everyone participating in activities at the Jewish Community Center is always a top priority for us. In coordination with the Overland Park Police Department, and other local and national authorities, there will be an increased level of protection, both visibly and behind the scenes, for all youths, families and spectators at this year's Youth Triathlon. As always, report any suspicious behavior to a uniformed officer or to a J Staff Member or authorized volunteer, and thank you for participating in this year's event.

# FREQUENTLY ASKED QUESTIONS

## Youth Triathlon at The J June 25, 2023 at 7:30 am Arrive no earlier than 6:00 am

### SHORT

#### 5-8 year olds

SWIM 50 yards  
(2 lengths - indoor pool)  
BIKE 1.5 miles  
RUN .6 miles

### INTERMEDIATE

#### 8 - 10 year olds

SWIM 100 meters  
(2 lengths, outpool)  
BIKE 3 miles  
RUN 1 miles

### LONG

#### 11 - 17 year olds

SWIM 200 meters  
(4 lengths, outpool)  
BIKE 6 miles  
RUN 2 miles

#### Location:

Jewish Community Center, using the indoor pool for kids 8 and under, the outdoor pool for kids 9 - 17 and the parking lots, closed to vehicular traffic. The J thanks Aspiria for the use of their property, allowing us to stay off city streets.

#### Division Awards:

##### INDIVIDUAL:

Short Course | 1st, 2nd + 3rd Place for male and female

Intermediate Course | 1st, 2nd + 3rd Place for male and female

Long Course | 1st, 2nd + 3rd Place for male and female 11-12, 13-14, 15-17

**NOTE:** Pursuant to USA Triathlon Rules, the age of an athlete is his or her age on December 31 of the year of the event.

#### For Safety's Sake:

Safety is a primary concern. **Bike helmets are REQUIRED** during the bicycle portion of the event. Radio/stereo headsets are not permitted. Parents must refrain from entering the transition area and the course while the event is in progress. Any parent assisting a child will result in disqualification of the participant. Parents are welcome to cheer from the sidelines. Due to hot and humid conditions that may exist during this time of year, drink plenty of water before and during the event.

#### USA Triathlon (Important)

**This event is sanctioned by USA Triathlon. All youth participants must be a member of USAT. One day race membership is \$10, per year race membership is \$15 and must be purchased in advance of the race or at orientation.** A major benefit for parents is that they will not be required to attend every race registration to sign their child's USAT waiver. With the ONE TIME payment, youth triathletes will be eligible to compete in ALL triathlons for the remainder of their annual membership. Visit [USATriathlon.com](http://USATriathlon.com) to purchase a youth membership online.

#### Goodies!

All participants will receive a t-shirt and goody bag.  
All finishers receive medals, treats and more!

# Don't forget BEFORE LEAVING THE HOUSE!

## Do you have?

- Your Helmet?
- Your Bike? (Check the tires)
- Proof of USA Triathlon Membership?

## Have you?

- Applied Sunscreen?
- Hydrated? (Drink early and often)

## Where to Park - Aspiria

- Take Metcalf to 115th Street, turn East to Sprint Parkway (first right past Outlook)
- Turn left into the Sprint Campus - park in Garage D
- Volunteers & signage will guide you
- Walk with your equipment from the backside of the garage across to The J
- Volunteers will guide you to the check-in table

# HAVE FUN!



# Thank you to our Sponsors + Donors!

## 2022 Youth Triathlon Sponsors



ASPIRIA



ATHLETA



KC DENTAL IMPLANTS  
& ORAL SURGERY



Mark J. Gordon, DDS



Jewish Community Center  
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