



Rules & Regulations

Sunday, June 25

**Tri for Tots
Boys & Girls 3-5**

For more information, contact Erika Aanestad at 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. 115th Street, in Overland Park, located between Nall & Lamar.

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 115th Street on Sprint Parkway

Take Metcalf to 115th 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 transition area.

Please do not enter the transition area.

Stay in the check-in area before the event and listen for instructions over the loudspeaker.

The J and the Youth Triathlon are committed to accessibility and inclusion. Please let us know in advance if you have accommodation needs.



TRI FOR TOTS



RULES DURING THE EVENT



- **Unsportsman-Like Conduct**

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

- **Outside Assistance**

Assistance is allowed for the Tri for Tots event.

- **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, headsets, 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 out side 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 115th Street entrance to the Campus, at the intersection of Nall and 117th Street and the intersection of Sprint Parkway and 117th Street.
- A nurse or medic will be on site 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

Tri for Tots Triathlon at The J June 25, 2023 Tots check in no later than 8:30 am

Tri for Tots 3 - 5 year olds

25 yard WALK/SWIM

BIKE .75 miles

RUN .25 miles

[No USA Triathlon membership
required for this course]

- Location:** Jewish Community Center. The J thanks Aspiria for the use of their property, allowing us to stay off city streets.
- For Safety's Sake:** Safety is a primary concern. **Bike helmets are REQUIRED** during the bicycle portion of the event. One parent may assist a child during the bike & run portion. Lifeguards are in the pool to assist for the swimming portion. 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)** No USA Triathlon membership required for this course.
- Goodies!** All participants will receive a t-shirt and goody bag.
All finishers receive medals, treats and more prizes after the race.

Don't forget BEFORE LEAVING THE HOUSE!

Do you have?

- Your Helmet?
- Your Bike? (Check the tires)

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



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of Greater Kansas City