



Rules & Regulations

Sunday, June 23

**Short-Intermediate-Long
Distances**

**Boys & Girls 5-17
Individual**

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.
- 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 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.
- Numbers need to be visible on arms (body marking), a race belt, or shirt w/ safety pins need to be used to display the actual number. We will provide you with safety pins when you pick up your number at packet pick up and body marking will happen when you arrive Sunday morning.
- Transition is where you will set up your child's bike and equipment. Please look for their age group and course, you will see signage. If there doesn't appear to be room, please ask a transition volunteer to assist you. Please refrain from moving other athletes' bike or equipment
- Chip timing will be used for all athletes participating in any course except Tri for Tots, chips will be put on by J staff/volunteers at clerk of course when the athletes are lining up. After they have received their chip, they will need to remain in line with our staff. Listen for instructions over the loudspeaker.
- Results will be available at www.timerguys.com
- The J and the Youth Triathlon are committed to accessibility and inclusion. Please let us know in advance if you have accommodation needs.
- At the completion of your child's race, we encourage you to stay and cheer on the other athletes then enjoy Kona Ice. However your child's bike can be removed from transition, only with the assistance of our J Triathlon Volunteers/ Staff. This is for the safety of all the athletes, so please show patience if this is something you need to do.

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

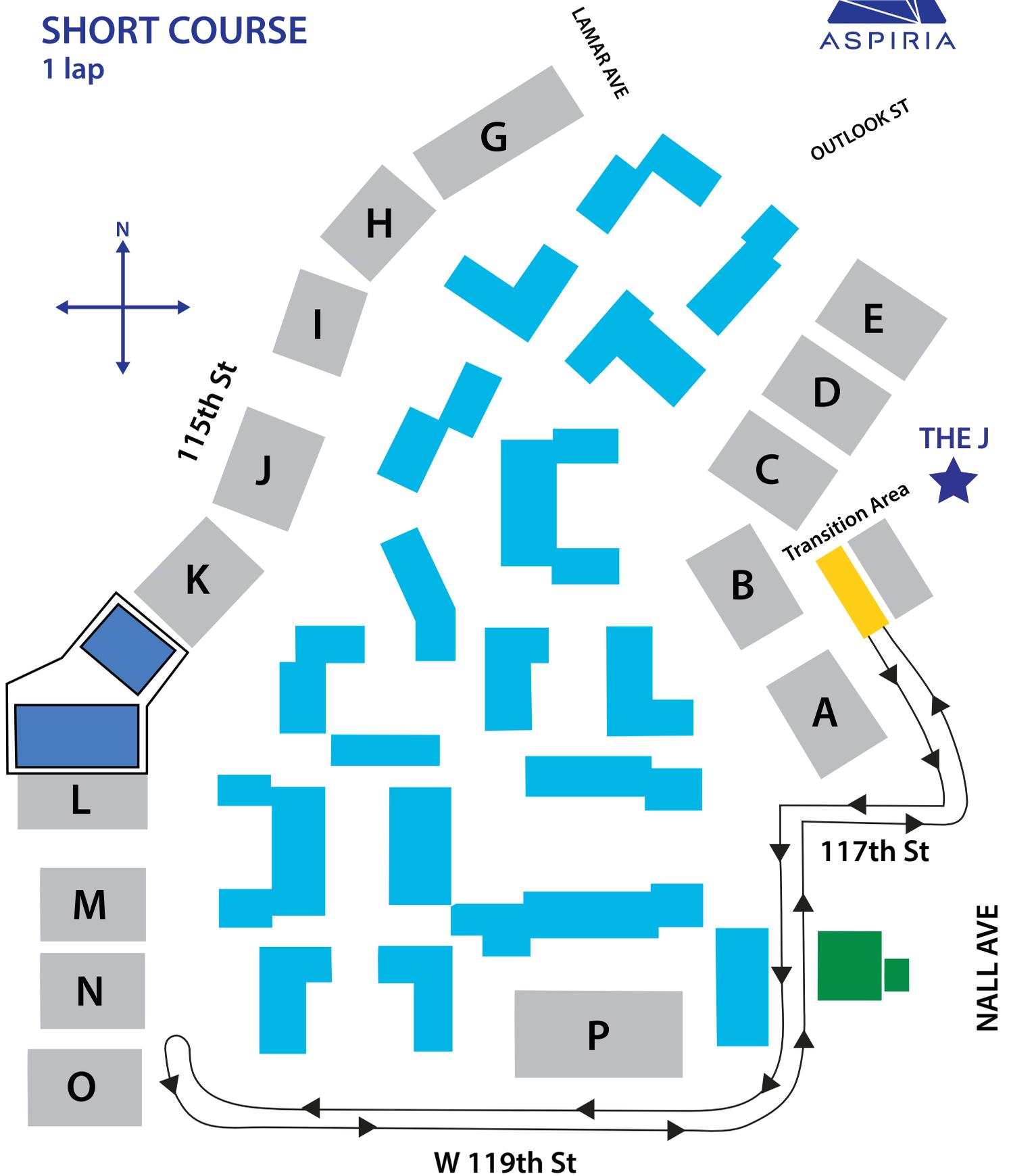
RUN

2 laps
Run Course

BIKE COURSE

SHORT COURSE

1 lap



Run Course

Short Course

1 lap

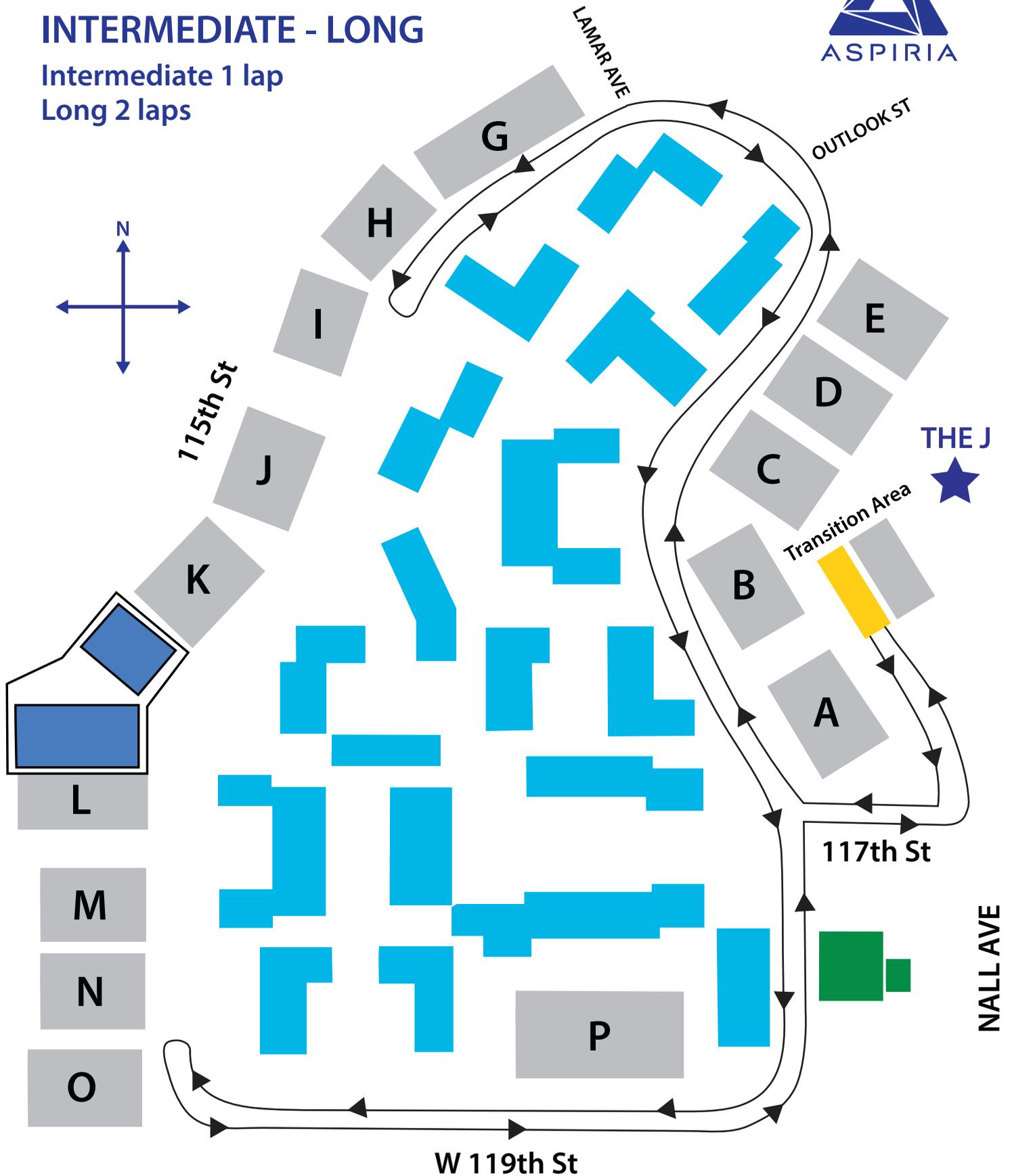
Transition Area



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 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 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 23, 2024 at 7:30 am Arrive no earlier than 6:00 am

SHORT	INTERMEDIATE	LONG
5-8 year olds SWIM 50 yards (2 lengths - indoor pool) BIKE 1.5 miles RUN .6 miles	8 - 10 year olds SWIM 100 meters (2 lengths, outpool) BIKE 3 miles RUN 1 miles	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 5-6, 7-8
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 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!

2024 Youth Triathlon Sponsors



L'dor V'dor



An Affiliate of Children's Mercy



Mark J. Gordon, DDS



Jewish Community Center
of Greater Kansas City