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YOUTH RACE ATHLETE GUIDE



Saturday, September 26, 2015

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Race Categories

Playtri Racing and Playtri Youth & Juniors are excited to announce the option of competitive and recreational categories for athletes participating in the Stonebridge Ranch Kids Triathlon. These categories will allow athletes to race in a format that is coherent with their goals. You will be asked to select your athlete's category during the registration process.

Recreational Category (RC): For athletes whose sole goal for participating is fun, fitness and a super cool finisher's medal. Strongly recommended for first-timers and "casual" racers.

While USAT rules still apply for this group, volunteers and officials will be more likely to give guidance and suggestions to these athletes on the course before they hand out penalties. RC athletes will start their race shortly after competitive category athletes, and will be body-marked "RC" so volunteers know to give them an extra hand while they're out on the course.

Competitive Category (CC): For experienced athletes who want a more structured racing experience with strictly enforced rules and category awards.

USAT competitive rules (including Youth rules) will be strictly enforced through penalties on the course. CC athletes will have their own area in transition, and will be assigned race numbers based on a provided swim time. These athletes will start their race shortly before the recreational category athletes.

Good sportsmanship is expected from both athletes and parents. Athletes who demonstrate poor sportsmanship will be immediately disqualified. Parents who demonstrate poor sportsmanship will have their athlete(s) immediately disqualified. Please see our "Most Violated Rules and Penalties" section for details on what qualifies as poor sportsmanship.

Pre-Race Clinic

Saturday, September 12th 11:00 AM
Stonebridge Ranch Beach and Tennis Club



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Packet Pickup Guidelines

Packet pickup procedures are regulated by USA Triathlon and the logistics of race timing and liability. They are NOT suggestions- if they are not followed, there is the potential that you will be unable to race, so please plan to accordingly! There are NO exceptions!

1. Only the participants may pick up his or her packet, except in the case that the participant is under the age of 17, in which case his or her parent or other legal guardian may pick up the packet.
2. Every participant or participant's guardian must show photo ID and youth USAT annual membership, or purchase of youth day pass. If one of these is not provided at packet pickup, the participant will be required to purchase a new annual membership or day pass in order to pick up his or her packet, **regardless of whether or not he or she already has a membership. The day pass is \$10, the annual is \$15.**
3. Athletes racing in the Competitive Category (CC) have restricted pickup options due to seeded swim times— please check the Packet Pickup Schedule on page for details

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THE COLONY

6800 WINDHAVEN PKWY, STE 137, THE COLONY, TX 75056

MCKINNEY

7951 COLLIN MCKINNEY PKWY, STE 1500, MCKINNEY, TX 75070

ROCKWALL CYCLING

939 EAST I-30, ROCKWALL, TX 75087

Packet Pick-Up

Monday, September 21st

11:00am-7:00pm Rockwall Cycling
939 East I-30
Rockwall, TX 75087

Tuesday, September 22nd

11:00am-7:00pm Playtri Colleyville
7171 Colleyville Blvd
Colleyville, TX 76034

Wednesday, September 23rd

11:00am-7:00pm Playtri Cycling
6800 Windhaven Pkwy, Ste 137
The Colony, TX 75056

Thursday, September 24th

11:00am-7:00pm Playtri Dallas
6465 Mockingbird Ln Suite 350
Dallas, TX 75214

Friday, September 25th

11:00am-7:00pm Playtri Mckinney
7951 Collin Mckinney Pkwy, Ste 1500
Mckinney, TX 75070

Race Numbers

Your packet will include your race number, which you **MUST** have to race. Please follow the below instructions to make sure you and your equipment are properly marked on race day. Please note that body marking will take place on race day when your check into transition.



← Bike numbers should be folded over either the top tube of your bicycle or around the seat post and fastening securely using the adhesive backing. The number should be visible on both side of the bicycle.

Helmet numbers should be stuck on the front of the participants helmet using the sticker adhesive



← The run or “bib” number must be worn on the front of your body during the run portion of the event. It can be attached to the athlete’s garment with safety pins, or worn on a race belt



Race Belt



Race Day Schedule

Saturday, September 26th:

6:00 AM	Transition Opens
7:00 AM	Pre-race Meeting in Transition
7:20 AM	Transition Closes
7:25 AM	6-10 Pre Race Meeting at Swim Start
7:30 AM	6-10 CC Race Starts
7:50 AM	6-10 RC Race Starts
8:10 AM	11-14 Pre-race Meeting at Swim Start
8:15 AM	11-14 CC Race Starts
8:25 AM	11-14 RC Race Starts
9:45 AM	CC Awards Ceremony

Participants will not be able to remove their bikes from the transition area until the **LAST CYCLIST IS OFF THE COURSE**. This rule is for the safety of ALL participants and there are NO exceptions.

All participants will line up in numerical order- **NO EXCEPTIONS**

Directions



Stonebridge Ranch Beach and Tennis Club 6201 W Virginia Parkway, Mckinney, TX

Directions:

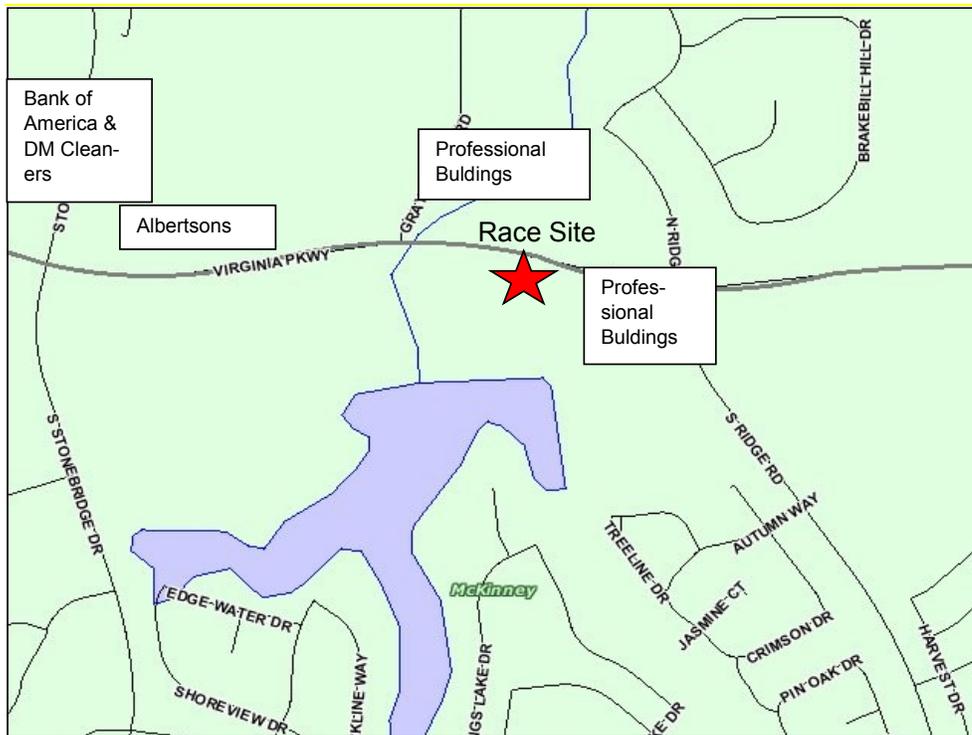
From Dallas: Take I-75 North. Exit 40 A Virginia Parkway. Turn left on Virginia Parkway. Beach and Tennis Club is about 3.6 miles down the road on your left.

From Denton: Take 380 East. Turn right on N Stonebridge Drive. Turn left on Virginia Parkway. Beach and Tennis Club is about 0.5 down the road on your right.

From Fort Worth: Take 121 North. Exit onto South Service Road/121 Frontage Road North. Turn left on West Stacy Road. Turn right on Ridge Road. Turn left on Virginia Parkway. Beach and Tennis Club will be on your left.

* If you park onsite, you cannot remove you vehicle until last bike is off course.

Parking



Montessori School- in front Stonebridge Beach and Tennis Club

Professional Buildings- SW corner of Ridge Road and Virginia Parkway and across the street from Stonebridge Ranch Beach and Tennis Club on Virginia Parkway

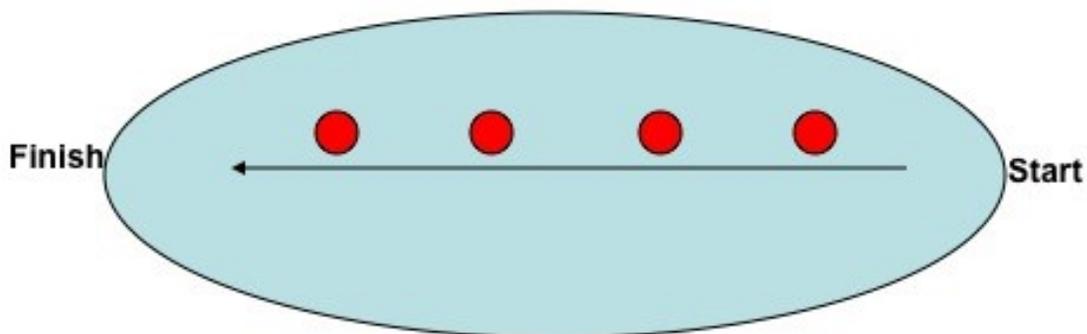
Albertsons- NE corner of Virginia Parkway and Stonebridge Dr. *****Do Not park close to Albertsons or in front of any business. You will be towed**

*****Do not park at the YMCA or you will be towed.**

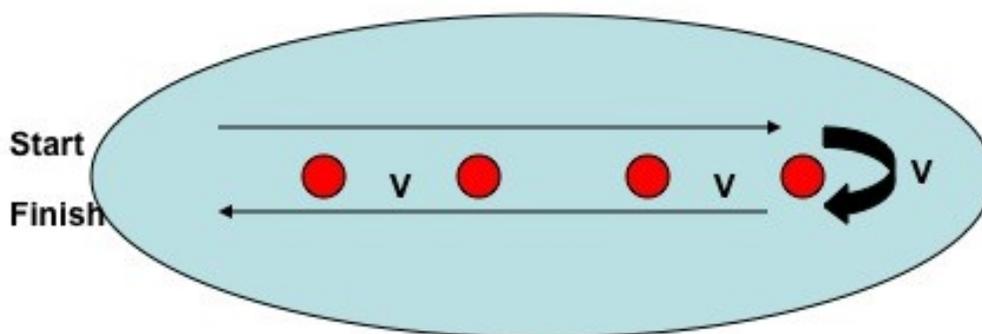
Swim Course

Kids Playtri Triathlon at Stonebridge Ranch Swim Course
Stonebridge Ranch Beach & Tennis Club Pool

Swim Course 6-10 yrs Old- 50M



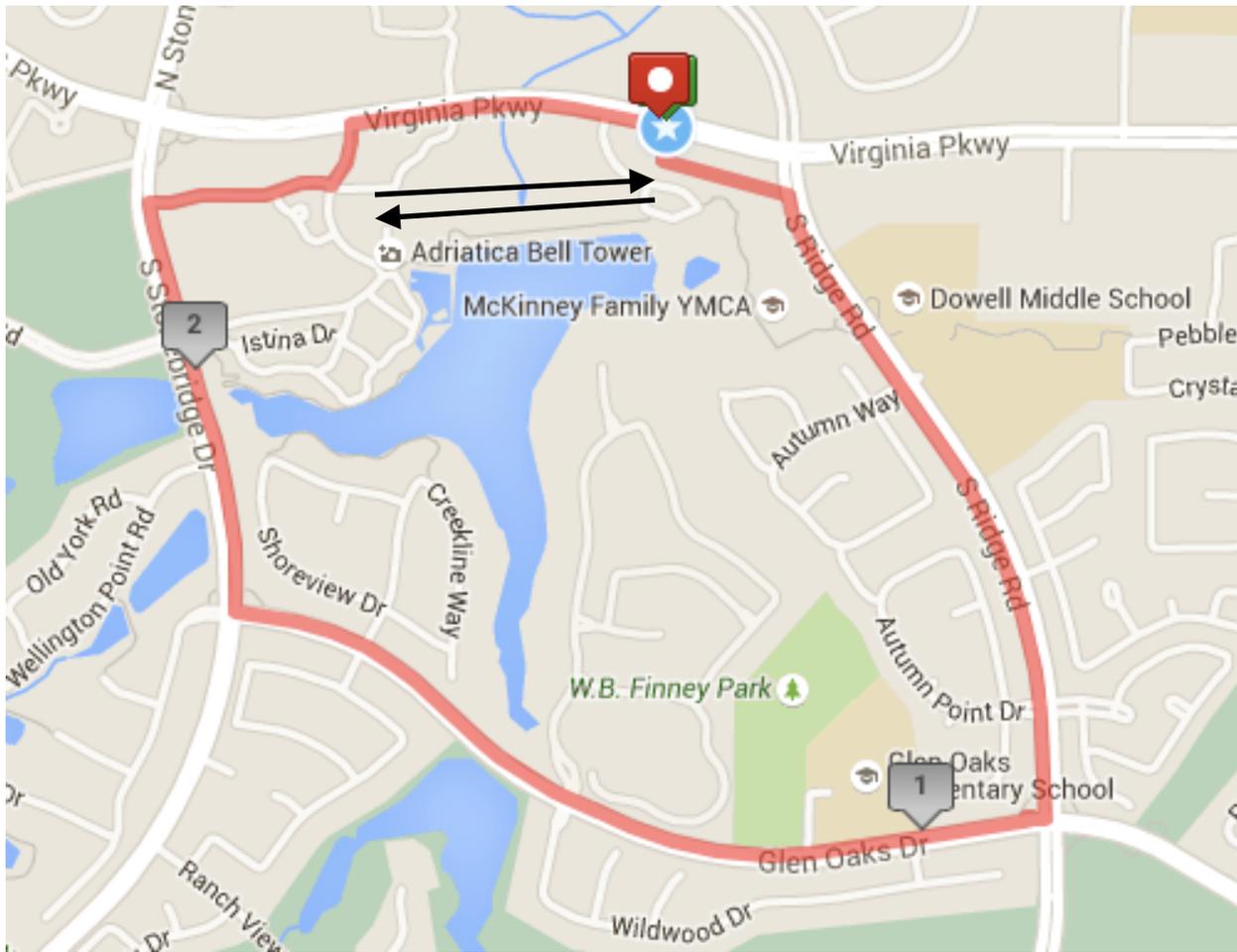
Swim Course 11-14 yrs Old 100m



We will line up in numerical order- NO EXCEPTIONS



Bike and Run Course Map



3 mile bike route  (2 loops for 11-14 yr olds)

0.5 mile run route  (2 loops for 11-14 yr olds)

Bike Course:

- Leave SBR behind YMCA
- Drop off sidewalk onto Ridge Rd (Right lane)
- Turn Right on Glen Oaks (Right lane)
- Turn Right on Stonebridge (Right lane)
- Turn Right on fire lane that runs behind Starbucks
- Turn right onto Virginia Pkwy (Right lane)
- Right into SBR Beach and Tennis Club



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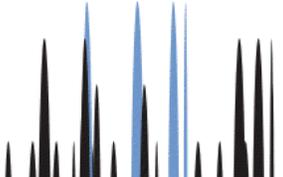
QUINTANA ROO TRI.COM

Aid Stations

Aid stations will be at the 0.25 and 0.75 mile marks on the run. Stations will be equipped with water and volunteers to hand it to you. There will also be food and drinks after the race. If you need water, sports drinks, or other nutrition and hydration on the bike portion of the race, please bring your own.



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PEAK PERFORMANCE SPORTS MASSAGE

Triathlon After Party!

Stick around post-race for food, drinks, music, and of course ice cold popsicles— and make sure your athlete gets his or her finisher medal!

An awards ceremony will be held for competitive category athletes at approximately 9:45 AM.





PLAYTRI

Youth & Juniors

Join the Pride!

New Parent Info Meetings - Dallas & McKinney

Playtri Dallas Store: September 11th, 6:45 PM

Playtri McKinney Store: September 12th, 1:00 PM

Off-Season Tryouts September 21st-25th!

www.playtri.com/youth



General Advice

Triathlons can be tough, but they should also be fun, and the best way for that to happen is for your athlete to be prepared! Along with the training that leads up to an event of this nature, there are also some general tips for race day that can make your athlete's experience more enjoyable.

1. Have everything needed for race day ready the night before- use the checklist provided in this guide to make sure you have everything. To make transportation into transition easy, place everything needed into one bag. Make sure you affix the bike and helmet numbers before entering into transition. Your child will not be allowed to race without these.
2. The earlier you show up, the better. The last thing you want to be is worrying about whether or not you're going to make it in time. Make you sure have time to find a parking spot, get your athlete marked, help set up their transition and to get their timing chip.
3. Make sure your athlete is mentally prepared and looking forward to the event— he or she should be coming into this race with a spirit of fun and excitement. Go through the process of the race ahead of time so he or she knows exactly what to expect on race day.
4. If you re having friends and/or family attend, have them read the Spectator Guide included in this packet. Also, make plans with your athlete the morning of to decide on a spot to meet when they cross the finish line.
5. Last, remember to have fun! This event should be a position experience for your athlete and everyone else included. A positive attitude will go a long way!

Race Day Checklist

Required:

Bike
Helmet
Swim Cap
Race Numbers

Generally Necessary:

Goggles
Running Shoes
Cycling Shoes
Race Belt/Safety Pins
Water Bottle
Nutrition & Hydration (Gels, Sports Drink, Food, etc.)

Other Things:

Sunscreen
Sunglasses
Bike Pump
Body Glide
Clothing to Change into Post-Race
Towel for Transition Area

Spectator Information

We love it when your family and friends come to support you! That's why we make all of our races as spectator friendly as possible. With that in mind, here are some spectating tips for those attending, but not participating in the event.

1. Come early- it will be more difficult to park and get into the race area once the race has started. It can make things more dangerous for the athletes. Also, nearby parking is limited, and you don't want to miss out.
2. Bring a snack, fluids, sunscreen and a seat— triathlon events can go on for a few hours, and once they start, it usually is not convenient to leave, so it's best to come prepared for a 3-4 hour stay
3. Position yourself on the grassy ridge between the swim finish and bike start for the best views at the start, then move on to the bike out/bike in, and then to the finish line nearby after your athlete has started their run.
4. Listen to the volunteers— if they ask you to move, do so quickly, and if they seem blunt at times, don't take it personally as they are probably in a hurry to make sure the course is safe for the athletes. Remember that the race could not happen without their help.
5. Resist the temptation to aid your athlete(s) if they are having a rough time— they might appreciate the thought, but accepting outside aid can and will get them disqualified. If they drop out of the race, then is the time to help.
6. Cheer for everyone! The athletes appreciate it, even if they don't know you.
7. Wait for your athlete to move away from the finish line before coming to congratulate them— this area can sometimes get congested.

Weather Contingency

In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the 11-14 years olds will join the 6-10 year olds race distance. In the event that we have to cancel the swim, the 6-10 year olds race will change to a duathlon with a 0.5 mile run/6 miles bike/1 mile run. If the weather also makes it too dangerous for cycling, the event will become a 0.5 mile run for all 6-10 year olds, and a 1 mile run for all 11-14 year olds.

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Dr. Adam Rogers DC, CCSP
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Dr. Mitch Dougherty DC, CCSP

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Dallas | 972.503.7272

McKinney | 972.398.6419

Photography & Results

All event photos will be available from Sugar & Spice Photography a few days after the race: www.sugarnspicephotos.com



All event results will be available from Run-Far Timing on the day of the race: runfarusa.com



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Most Violated Rules & Penalties

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualified

2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. Do NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course: Variable time penalty in transition area only

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participants shall bring ANY glass containers into the transition area.

5. Drafting:

Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds

Keep to the right hand side of the lane of travel unless passing

If passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

6. Course

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclist shall not cross a solid yellow center line for any reason. Cyclist must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike Conduct

Foul, harsh, argumentative and abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walk-mans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at anytime during the race.

Penalty: Variable time penalty

9. Race Numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without director permission.

Most Violated Rules & Penalties

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants that wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. NO garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:

<http://triathlon.teamusa.org/content/index/1684>



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