



Race Day Check List

- ✓ Eat a good breakfast – you'll need fuel for your race.
- ✓ Don't forget:
 - Swimsuit/goggles
 - Helmet
 - Bike
 - Running Shoes
 - T-shirt (with race bib pinned on it) and shorts
 - Towels
 - Water Bottle
 - Snack
 - Life jackets will be provided. No flutter boards or fins allowed.
- ✓ Don't forget to apply sunscreen.
- ✓ Pin your race bib to the front of the shirt you are going to ride and run in (do this the night before).
- ✓ Arrive EARLY – it is going to take time to park and walk to the race site. You want to be relaxed and stress free.
- ✓ **Arrive dressed (swim suit on) and ready to participate. There are limited change rooms and washrooms.**
- ✓ Set your bike and run gear up in the transition area – the bike racks will be marked by age.
- ✓ One parent ONLY in Transition to help set up.
- ✓ Transition will close at a specific time – be sure you're set up.
- ✓ Look for the SWIM ENTER sign and flag. Arrive at the pool 20 minutes prior to your start time and wait for your wave to be called.
- ✓ Your assigned wave # and approximate start time will be on the back of your bib.
- ✓ Body marking will be available on race day.
- ✓ If you don't understand the course ASK Tara or Brad.
- ✓ **Post race food and refreshments will be available for the athletes only. Moms and Dads bring a snack or lunch for yourselves and siblings. Some venues have food vendors, some don't.**

Parents and Guardians

- **One parent or guardian MUST accompany athletes in the 3-5 age group IN THE POOL. Come ready to swim with your child. Even if your child can swim without assistance you must be in the pool at arm's length.**
- Athletes 6 years and older may **NOT** be accompanied anywhere on the race course and including in Transition. Volunteers will assist all athletes whenever they are in need. This will ensure a safe and positive experience for everyone.
- **Parents are not permitted in the Transition Zone during the race. This will be strictly enforced.**
- **Stay off the race course - this point cannot be emphasized enough. Spectators on the race course will disrupt the athletes during their race. We always provide direction to get around the course.**
- Athletes must keep track of their own loops on the bike and run course. Parents are responsible for counting laps - not race volunteers.

- Loop and Lap charts will be handed out.
- Once your child has completed his/her race you may retrieve their bike(s) and gear from Transition under the direction of a Transition Zone Volunteer. Always ask a Transition Zone Volunteer if you can enter Transition in case a wave is coming through.

Results

- Results will be posted on our website in ALPHABETICAL order and not in finishing order.
- www.chiptimeresults.com

Race Photos

- Individual finish line photos will be available on our website within 24 hours of race completion.

Have a great race and celebrate your accomplishment.

Tara Melville and Brad Melville
Series Founders and Race Directors