

**Final Instructions:**

USA Triathlon: I Tri'd 5 to 15 Kids Triathlon is sanctioned by USA Triathlon(USAT). All USAT rules will be in effect during the event. This includes the age rule stating that you compete in the age group as the age you are on Dec 31, 2018. For a full list of rules, please visit [www.usatriathlon.org](http://www.usatriathlon.org)

**Packet Pick Up:**

Saturday August 25<sup>th</sup>, 2018  
12-2PM  
Pompano Beach Aquatic Center  
820 NE 18 Ave  
Pompano Beach, FL 33060

1:30pm course overview and transition questions.

**Race Day Packet Pick up:**

Sunday August 26<sup>th</sup>, 2018  
Registration opens at 6:30am-7:20am  
Pompano Beach Aquatic Center  
820 NE 18 Ave  
Pompano Beach, FL 33060

**Packet Pick up Rules:** Parents may get their own children's packets, but they will not be permitted to pick up for someone else's children.

**Directions:**

From South or North on I-95, exit on Atlantic Blvd in Pompano Beach, heading east. Once on Atlantic Blvd go to Federal Highway and head North (make a left) Follow Federal Hwy approximately 3/4 mile (.75miles) to the traffic light at NE 10th St. At NE 10th St traffic light, head West (Left) the Pompano Beach Aquatic Complex is the very first left on NE 10th St. Follow the road west to the pool, park in the designated parking lots.

**\*\*\* ACCESS ROAD TO THE AQUATIC CENTER WILL BE CLOSED BY POLICE AT 7:20AM FOR EVERYONE,IF YOU HAVE SPECTATORS COMING PLEASE LET THEM KNOW.**

Every participant needs to be a member of USAT by purchasing a member license. This should have been done when you registered if not, we will have forms at Packet Pick up. Children under the age of 17 get an automatic yearly membership for \$15.00. If you purchased a membership, and forget your member card, you will be asked to fill out the member application again and pay the \$10.00 fee. PLEASE MAKE SURE TO BRING YOUR MEMBERSHIP CARD OR YOU CAN PRINT A TEMPORARY CARD BY GOING [WWW.USATRIATHLON.ORG](http://WWW.USATRIATHLON.ORG)

**Race Numbers:**

There are three race numbers in your race packet that you are required to display during the event:

- 1). A double sided bike frame number must be attached to your bike with the race number clearly visible from both sides of the bike. If the bike number does not attach the top tube and fits on the front that is acceptable. We just need to make sure that all bikes have race numbers on them.
- 2). A small adhesive helmet number must be worn on the front of your bike helmet.
- 3). A run number that must be displayed during the run segment on the front of your body.
- 4). There is also a swim cap that is mandatory for every child to wear please do not switch or trade with another athlete. The swim caps determine which distance your child is participating in.

**Body Marking:** Body marking will take place from 6:30am-7:20am on Sunday at the east side of transition (the back of transition). You will not be allowed into transition without being body marked. Please do not apply lotion or sunscreen until you have been body marked.

**Transition Area Access:** Transition area will open on race day from 6:30am-7:20am. Arriving after 7:20am you will not have access to this area, there will be no exceptions. Parents may help their children get ready in the morning. When transition closes, the only people allowed in transition will be volunteers, staff, and athletes. We will have assistants helping children during the race. You will not be allowed access to the transition area to reclaim your bicycle and gear until after the last athlete has started the run.

PLEASE RACK YOUR BIKE IN NUMERICAL ORDER FROM LABEL TO CURB.  
NO BIKE SAVING!

**Parking:** Parking will be inside the Pompano Beach aquatic center parking lot. Please remember you will NOT BE ALLOWED TO LEAVE THE PARKING AREA UNTIL THE VERY LAST RIDER IS OFF THE BIKE COURSE.

**Timing:** This will be a finisher time event. Make sure that you have a timing chip, no chip no time. Timing Chips will be located at the East side of transition on race morning, please place chip on Left ankle. Finish time results will be posted after the race.

**Awards:** Awards will be broken down as follows:

- 5 year olds Top 3 M/F
- 6 year olds Top 3 M/F
- 7 year olds Top 3 M/F
- 8 year olds Top 3 M/F
- 9 year olds Top 3 M/F
- 10 year olds Top 3 M/F
- 11 year olds Top 3 M/F

12 year olds Top 3 M/F  
13 year olds Top 3 M/F  
14 year olds Top 3 M/F  
15 year olds Top 3 M/F

**Unsportsmanlike Conduct:** This is a fun friendly atmosphere, verbal abuse to any race official or volunteer during the race by a child or parent at any time during the event weekend will result in immediate disqualification.

Please remember that this is a participant only event, parents and or friends are NOT allowed on any parts of the race course guiding their children. Which is considered Unsportsmanlike Conduct.

RESULTS CAN BE FOUND ON [WWW.ITZEVENTS.COM](http://WWW.ITZEVENTS.COM) or  
[WWW.ACCUCHIPTIMING.COM](http://WWW.ACCUCHIPTIMING.COM)

GOOD LUCK AND HAVE A SAFE RACE!!

Thank You,  
Kelle Burke  
Race Director  
I Tri'd 5 to 15 Kids Triathlon