

# 1<sup>st</sup> Annual "Splash 2 Dash" Morgan Hill Youth Triathlon

Saturday, September 13<sup>th</sup>  
2008

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# What is a Triathlon?

- Triathlon is an event that combines 3-different sports.
  - Swim
  - Bike
  - Run

# Main Parts of the Event

- Start
  - Line-up/Start signal
- Transition
  - Look for your spot!
  - Change gear
- During race
  - Lap count (stickers)
  - Rules & Regulations
- Finish
  - Tear off BIB portion (race number)

# Age Group Logistics

- We allow 2 swimmers per lane.
- Oldest Age Group first/youngest Last.
- Age Group 5-6 start at the South side!
- Age Groups 7-8 thru 11-12 start at the North side of the pool.
- Transition Area (TA) is color coded p/age group.
- There is a parent allowed in the TA to help out.

# Course Description

- Swim
  - Line up at the side of the pool
  - Walk over to your lane line. Water Start. One or more laps in 25 yard pool (kick boards and/or life jackets are allowed).
  - Exiting pool walk to Transition area. Look for your color coded area.

# Wave Starts

- 11 thru 12 – 150 yards/6 laps (white)
- 9 thru 10 - 100 yards/4 laps (green):
- 7 thru 8 - 50 yards/2 laps (blue):
- 5 thru 6 - 25 yards/1lap (orange):

Wave start times will be posted no later than Thursday,  
September 11<sup>th</sup> by 5 PM!!

# Course Description Continued....

- Bike
  - Walk your bike to TA "bike exit." Start biking and follow Bike Course.
  - Bike Course loops to Murphy Rd. where you do one or more 1-1/4mile bike loops around cones (**red/green** stickers keep count!).
  - Final loop (**green** sticker!) turn right to Aquatic Center!
  - Dismount bike at TA bike entrance.
  - Walk to your Spot.

# Bike Distances

- 11 thru 12 – 6 miles/4 loops
- 9 thru 10 – 4.5 miles/3 loops
- 7 thru 8 – 3 miles/2 loops
- 5 thru 6 – 1.5 miles/1 loop

# Course Description Continued....

- Run
  - Exit the TA thru “run exit” on the West side.
  - Follow side walk North where you turn back onto parking lot where you’ll loop around back to TA.
  - Lap count marked again with stickers!

# Run Distances

- 11 thru 12 – 1 1/4 mile/5 loops
- 9 thru 10 – 1 mile/4 loops
- 7 thru 8 – 3/4 mile/3 loops
- 5 thru 6 – 1/4 mile/1 loop

\* Note: the running distances have been changed for the 7 thru 12 age groups after closer review.

# Rules & Precautions

- Wave starts (per age group)
- Swim aids
- Bike helmet/aids/extra towel
- Sunscreen
- Hat/Sun glasses
- Aid Station (food/drinks)
- First Aid
- Adult assistance
- No disqualification!

# Logistics

- Parking
  - Dirt parking lot + off streets
- Check-in
  - Event day 6:30am at Registration table
- BIB numbers
  - Color coded for age groups/Body marking
- Bike
  - will be marked with BIB nr. sticker
- Start
  - Proceed to the east side of the Pool for age group line-up (follow signs)

The background of the image is a serene landscape featuring a clear blue sky with wispy white clouds at the top, transitioning into a calm blue ocean with gentle ripples. The horizon line is visible in the middle of the frame.

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