



Rancho Simi Recreation and Park District  
8th Annual

# Splash & Dash

YOUTH TRIATHLON

Sunday, October 15, 2017

This is a great event for the whole family where children have the opportunity to try out the sport of triathlon in a fun and rewarding atmosphere. Participants will compete in a supervised course that combines a swim, bike, and run. Our goals are to have fun, be safe, introduce and promote the sport of triathlon, and build confidence and self esteem.

**Event Location:**

Rancho Simi Pool and Park  
1765 Royal Avenue  
Simi Valley, CA 93065

Kids will swim in the Rancho Simi Park Pool and bike and run through the adjacent park on sidewalks and trails.

**Registration:**

All participants will receive a finisher's medal. Registration fee includes a t-shirt and sponsor goodie bag. Register in person at the Rancho Simi Sycamore Drive Community Center or online at [www.rsrpd.org](http://www.rsrpd.org).

2017 Fees: \$30 per child - Register by 10/1  
\$40 per child - Late Registration, 10/2-10/14  
\$50 per child - Day of Registration, if space allows\*

\*Racers are not assured a medal or goodie bag if they register on the day of the event

## Race Day Schedule:

11:00am	Late Packet Pick Up (for those unable to pick up on Friday or Saturday) and Check In Athletes receive their body marking at this time
11:15am	Transition Area opens
12:00pm	Mandatory athlete/parent meeting
12:45pm	Transition Area closed
1:00pm	First wave
3:30pm	Last wave
4:00pm	Awards

Race times and awards are approximate and will be determined by the number of participants and heats in each age category.

## Packet Pick Up:

Participants can pick up their packet (with their parent/legal guardian) at Rancho Pool on **Friday, October 13<sup>th</sup>, between 4-8pm, Saturday, October 14<sup>th</sup>, between 11am-1pm** or before the race on Sunday between 11am-12pm.

## Pre-Race Informational Meeting:

**Wednesday, September 20, 6pm at Rancho Pool.** You do not need to be registered to attend this meeting. Participants, potential participants, and their parents/guardians are invited to attend.

## Age Categories & Distances

Division	Wave	Swim	Bike	Run
<b>13-14 year olds</b>	1	200 yards	2 miles	1 mile
<b>12 year olds</b>	2	200 yards	2 miles	1 mile
<b>11 year olds</b>	3	200 yards	2 miles	1 mile
<b>10 year olds</b>	4	100 yards	1 mile	1/2 mile
<b>9 year olds</b>	5	100 yards	1 mile	1/2 mile
<b>8 year olds</b>	6	50 yards	1/2 mile	1/4 mile
<b>7 year olds</b>	7	50 yards	1/2 mile	1/4 mile
<b>6 year olds</b>	8	25 yards	1/4 mile	1/8 mile
<b>5 year olds</b>	9	25 yards	1/4 mile	1/8 mile

### Race Day Meeting:

There is a pre-race meeting for all athletes and their parent/guardian at **12:00pm** at the pool before the start of the first wave. We will give you any last minute race updates or reminders and then you are free to leave and return. Those families with younger athletes may prefer not to wait at the pool. Please be on deck and ready to swim 30 minutes prior to your wave start time.

### Awards:

Each athlete will receive a participant medal. The top three girls and top three boys in each division may receive prizes. It may be necessary to combine ages depending on the number of registered participants on the deadline. This event is not timed. The awards ceremony will be held directly after the run portion of the last division.

### Parking:

Parking is available at the pool and around the tennis courts. A portion of the parking lot near the soccer fields will be closed for the race.

### Spectators:

We allow spectators throughout the course but please be mindful and respectful of the participants and staff on the course directly. There will be plenty of cheering and viewing spots on the sidelines throughout the course.

### Swim Course:

- Participants start the race in the pool. Please be ready to go 30 minutes before your start time. We will be making announcements as to where your wave will meet.
- Lifeguards are on duty throughout the race.
- Kick boards and life jackets will be available for use. You may also bring your own Coast Guard approved life jackets.
- Parents may get in the pool and swim next to their child in the 5 & 6 year old divisions only.
- Once the swim portion is complete, participants will walk from the pool to the Transition Area to prepare for the bike portion of the race.

### Transition Area:

The transition area (TA) is where the participants will place their bike, helmet, shoes, clothes, towel, etc.

- The TA will be marked off by age divisions. You will set up your gear prior to the race starting so please plan on arriving early.
- Please make sure your bib is pinned to the shirt being worn for the bike and run.
- Once the race begins no parents will be allowed in the TA except for 1 parent per participant in the 5-6 year old division.
- The TA will be used between the swim and the bike and the bike and the run.
- The TA is supervised at all times.

### Bike Course:

Please walk your bike through the TA to the beginning of the bike course. The course will be clearly marked for each age group. Please make sure that you have a shirt with your bib attached and a helmet. Participants will not be allowed to continue without a helmet. After the bike course you will drop off your bike in the TA and prepare for the run.

### Run Course:

Upon completion of the bike portion, participants will head out for the run. Each age division will have a specific turn around spot which will be clearly marked with signs and staff/volunteers. Runners all finish up at the same finish line.

### What to bring

- Swimsuit
- Goggles (optional)
- Bike
- Helmet (required)
- Water bottle
- Sunscreen
- Towel for after the swim
- Clothes to run and bike in (your bib number must be attached to your shirt)
- Shoes and socks to run and bike in
- A good attitude

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**2017 YOUTH TRIATHLON**

PLEASE PRINT

PARTICIPANT'S NAME \_\_\_\_\_  
LAST FIRST

AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_ M / F

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ HM PHONE \_\_\_\_\_ DAY PHONE \_\_\_\_\_

**GROUP** (select one)

**START TIME**

13-14 year olds \_\_\_\_\_ 1:00pm

12 year olds \_\_\_\_\_ 1:20pm

11 year olds \_\_\_\_\_ 1:40pm

10 year olds \_\_\_\_\_ 2:00pm

9 year olds \_\_\_\_\_ 2:20pm

8 year olds \_\_\_\_\_ 2:40pm

7 year olds \_\_\_\_\_ 3:00pm

6 year olds \_\_\_\_\_ 3:20pm

5 year olds \_\_\_\_\_ 3:40pm

Please Note: Age groups may be combined due to low enrollment

**SHIRT SIZE:** (select one)

Adult: \_\_\_\_\_ XL \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ S

Youth: \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ S