

**Karakung Kids Triathlon**  
**July 20, 2008**  
**Rules and Regulations**

**Sportsmanship:** Unsportsmanlike conduct by participants or parents will result in disqualification.

**Course:** Volunteers will direct the participants through the triathlon, but competitors are responsible for being familiar with the course. No headphones are permitted.

**Swim:** Any stroke is allowed, there is no disqualification for stopping or walking in the pool. Children must touch each end of the pool and complete the entire distance. No kickboards or flotation devices are permitted. Racers will start in the water (3ft.), no diving. Lifeguards and parent volunteers will be stationed to assist the children, if needed. Upon exiting the pool, participants must walk. **NO RUNNING ON POOL DECK!**

**Transition Area:** All equipment must be placed in designated transition area by 8:15 am. Bicycles are to be walked in and out of the transition area, and are to be mounted and dismounted at a designated point just outside the transition area, to be clearly indicated by volunteers. No one will be permitted to start the bike course without a secured bike helmet. All bikes must be returned to the designated spot upon finishing the bike course, without disturbing any other competitor's equipment, or creating a safety hazard. Only participants are allowed on the transition area, except ONE parent may assist the 7-10 year old age groups in transition. No parents are allowed to assist 11-14 year old ages. A transition area monitor will restrict access.

**Bike:** Bike helmet with chin strap secured must be worn at all times participant is on the bicycle. All bicycles must be in safe working order. Bikers stay to the right and pass on the left. Do not cross the yellow lines at any time except the turnaround point. No passing at curved hill before Nitre Hall (volunteer will be stationed). Do not follow the biker in front of you too closely. Be at least 2 bike lengths behind them. It is dangerous, and a possible violation called drafting. Use caution in turning, and slow down at turnaround.

**Run:** Participants must run or walk the complete running course.

**Race numbers:** Race numbers must be worn on the FRONT of the triathlete at all times during the bike and run. Participants will have their race numbers and age on their right arm and leg with marker (body marking) at Race Check-in to identify them throughout the race.

**Disqualification:** Failure to follow all safety rules and rules of the course will result in disqualification. Unsportsmanlike conduct will result in disqualification. Disqualified athletes will receive a participation medal but will be ineligible for age group awards and will not have their times posted.

**Results:** Official results will be posted at [www.RuntheDay.com](http://www.RuntheDay.com)