



*North Shore*

Youth Triathlon

2024

# Packet Pickup

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**Friday, August 16**

5:00–7:00 pm

**Saturday, August 17**

4:00–7:00 pm

Both packet pickups will be located at ETHS in the grassy area near the pool entrance off of Dodge Avenue, north of Door 1

**There is no packet pick up on Race Day.**

# Timing Chips and Race Numbers

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In each athlete's bag from packet pick up will be an ankle strap timing chip, a numbered bike sticker, and a numbered running bib.

- The ankle strap will go on the athletes LEFT ankle on race morning.
- The bike sticker should go under the bike seat on the post or on the top cross bar. **It's extremely important to ensure that your athlete's race number is not close to the chain on their bike.**
- The running bib/number should be pinned to the shirt that they will wear on the run, or on a race belt.

Race numbers help identify the athlete to race officials and help identify athletes to their bikes. They will need to be shown to take bikes from transition. Timing chips need to be worn throughout the event for the athlete to be recorded. **Relay teams will receive one timing chip that will be passed between athletes in transition.** 5-6 year old's will not receive a timing chip as the Splash and Dash is not an officially timed event.

# Facilities

## Location

The race is located at 1600 Dodge Ave, Evanston Township High School.

## Parking

Free parking is available in the parking lot across Dodge Ave. from the high school.

## Bathrooms

Bathrooms will be available inside the school during the swim portion of the event.

# Transition and Staging

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Transition will be located on the lawn adjacent to the pool entrance on Dodge Ave. Parents may be in transition to help their child set up their bike and transition area but will not be allowed into transition during the race. During the race, only racers and assigned volunteers will be allowed to enter transition. This policy is for the safety of all athletes.

**Transition for athletes ages 11-14 will close at 7:00 am and for athletes ages 7-10 it will close at 7:15 am.**

After setting up their transition area, 11-14 year olds should report to the pool area (swimmer staging). After setting up their transition area, 7-10 year olds (with a guardian) can watch from the balcony waiting/viewing area or stay outside in the viewing area adjacent to the pool.

Transition area 5-6 year olds will be outside behind the pool area (east of the tennis courts). Parents can help them set up and help them in transition.

# Timeline

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- 6:00 am Transition opens at ETHS
- 6:30 am Roads close
- 7:00 am Transition closes for 11-14 year olds
- 7:15 am Transition closes for 7-10 year olds
- 7:15 am Race start for 11-14 year olds
- 8:00 am Race start for 7-10 year olds\*
- 8:30 am Race start for 5-6 year olds\*

*\*Start times are estimated based on the finish time of the previous group*

# Rules

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- Buckled helmets required when on bike
- Stay to the right side of course
- Call out when passing
- Always look where you are going
- Be kind and respectful to all racers
- No personal audio devices or headsets may be used or carried during any portion of the event.
- Thank the volunteers
- Do not throw equipment—goggles, helmets, shoes, bikes—this will be immediate disqualification

**Visit [northshoreyouthtri.com](http://northshoreyouthtri.com) and click “Event Info” to review the full list of rules.**

# Swag and Awards

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All participants receive an event t-shirt and medal.

Youth triathletes will be chip-timed and the top three finishers will receive awards.





# Course Maps | Ages 11-14




## Course Maps Ages 11-14

- Swim (200 yards)
- Bike Course (Four loops, 5 miles)
- Run Course (1.3 miles)

Free parking is available in the parking lot across Dodge Ave. from the high school. Impacted streets will close at 6:15 a.m. on race morning. Transition for 11-14 year olds will close at 7 a.m.

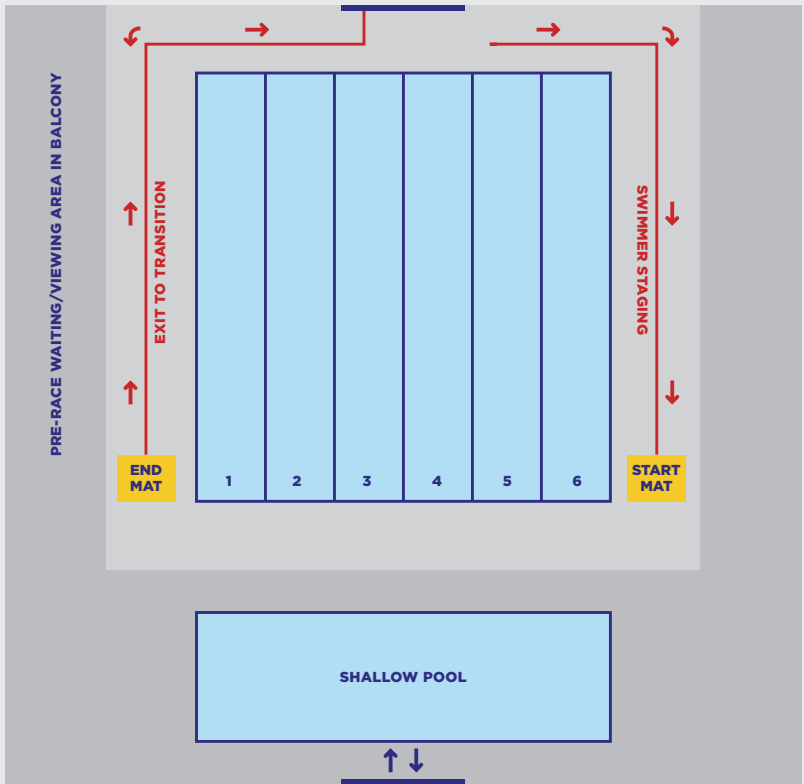


**POOL SWIM**  
The pool consists of six lanes. Two athletes will be assigned to each lane. Each athlete will stay on their side of the lane (no circle swimming) and swim 8 lengths of the pool then exit to transition. Volunteers will then fill that side of the lane with the next swimmer in line.



## Pool Swim

5-6 year olds will utilize the shallow pool (bottom of map)  
7-10 year olds and 11-14 year olds will utilize the large pool (top of map)  
11-14 year olds will report to swimmer staging after setting up their transition.  
5-6 and 7-10 year olds will wait in the balcony until they are called to the swimmer staging area





# Course Maps | Ages 7-10



## Course Maps Ages 7-10

- Swim (100 yards)
- Bike Course (Two loops, 2.5 miles)
- Run Course (.7 mile)


Free parking is available in the parking lot across Dodge Ave. from the high school. Impacted streets will close at 6:15 a.m. on race morning. Transition for 7-10 year olds will close at 7:15 a.m.



**POOL SWIM**  
The pool consists of six lanes. Two athletes will be assigned to each lane. Each athlete will stay on their side of the lane (no circle swimming) and swim 4 lengths of the pool then exit to transition. Volunteers will then fill that side of the lane with the next swimmer in line.

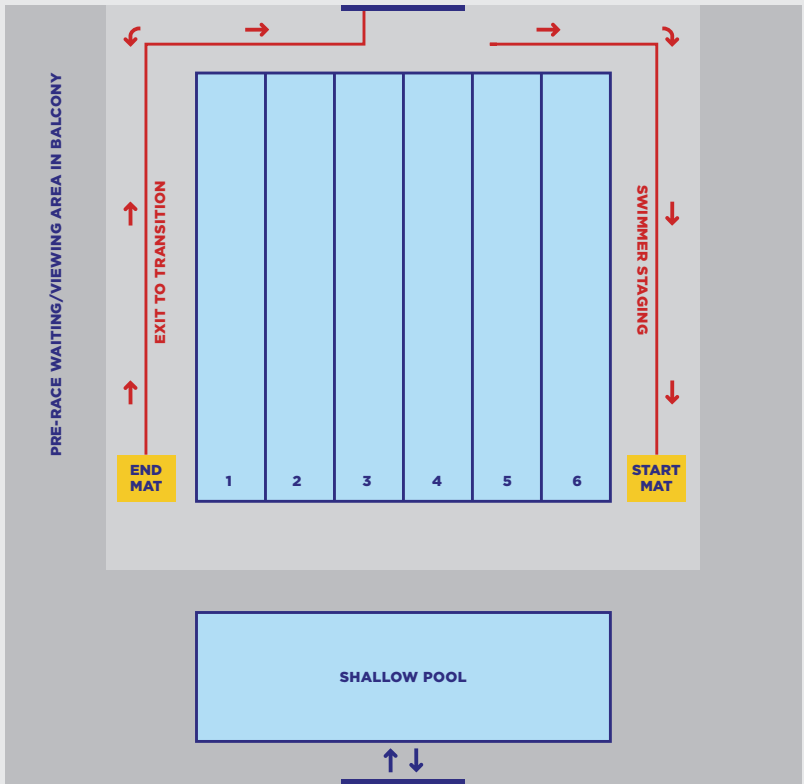
Pool

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## Pool Swim

5-6 year olds will utilize the shallow pool (bottom of map)  
7-10 year olds and 11-14 year olds will utilize the large pool (top of map)  
11-14 year olds will report to swimmer staging after setting up their transition.  
5-6 and 7-10 year olds will wait in the balcony until they are called to the swimmer staging area



PRE-RACE WAITING/VIEWING AREA IN BALCONY

EXIT TO TRANSITION

SWIMMER STAGING

END MAT

START MAT

1 2 3 4 5 6

SHALLOW POOL



# Course Maps | Ages 5-6



## Course Maps Ages 5-6


■ Swim (2 pool lengths)  
■ Run Course (.4 mile)

Free parking is available in the parking lot across Dodge Ave. from the high school. Impacted streets will close at 6:15 a.m. on race morning. The 5-6 year olds will exit and transition at the northwest corner of the pool.



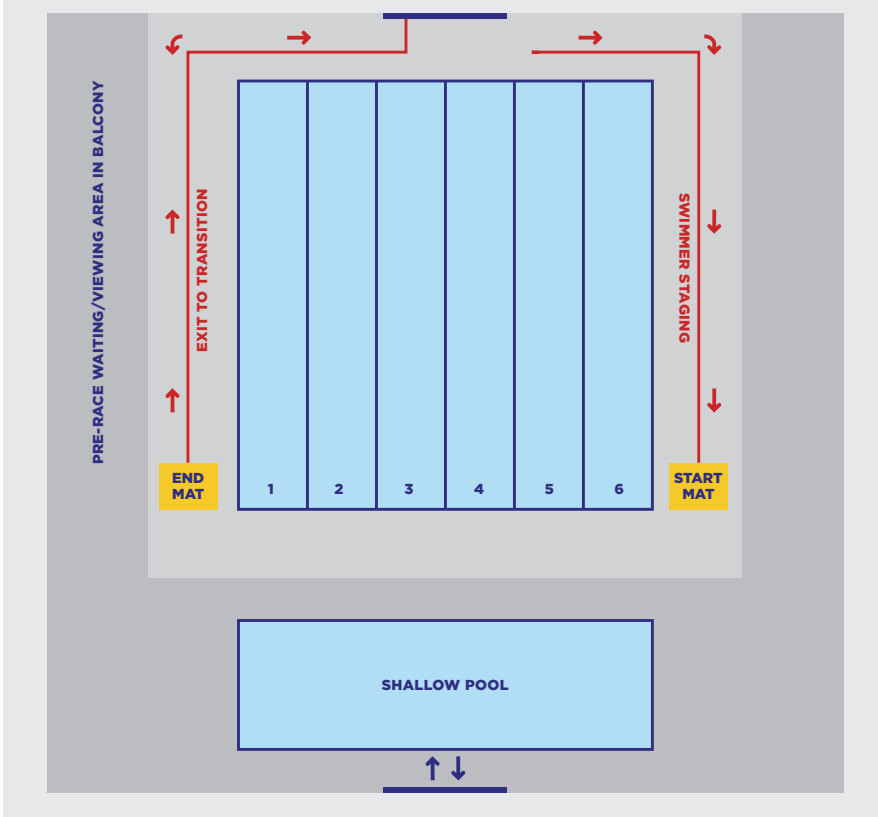
**POOL SWIM**  
The 5-6 year olds will utilize the shallow pool. Each athlete will swim two lengths (down and back) and then exit to transition. Volunteers will manage when each athlete enters the pool.

Map labels: Church St., Hartrey Ave., Grey Ave., Hovland Ct., Brown Ave., Dodge Ave., Pitner Ave., Davis St., Grove St., Lake St., Greenwood St., Pitner Ave., Hartrey Ave., Grey Ave., Brown Ave., Dodge Ave.



## Pool Swim

5-6 year olds will utilize the shallow pool (bottom of map)  
 7-10 year olds and 11-14 year olds will utilize the large pool (top of map)  
 11-14 year olds will report to swimmer staging after setting up their transition.  
 5-6 and 7-10 year olds will wait in the balcony until they are called to the swimmer staging area



Map labels: PRE-RACE WAITING/VIEWING AREA IN BALCONY, EXIT TO TRANSITION, SWIMMER STAGING, END MAT, START MAT, SHALLOW POOL, 1, 2, 3, 4, 5, 6

# Volunteers

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We are still in need of quite a few volunteers to help this be a fun, safe and rewarding experience for our youth. Please consider signing up to help out. **Visit [northshoreyouthtri.com](http://northshoreyouthtri.com) and click “Get Involved.”**

Thanks to our sponsors!



# Questions?

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**Q: What do I need in transition?**

A: In transition, you will need: bike, helmet, socks, shoes, towel, running clothes (if you want to put over your bathing suit—you may not change clothes in transition).

**Q: Before the start, do athletes need to be accompanied?**

A: 5-10 year olds need to be with a parent/guardian while they are waiting for their event to start

**Q: Can athletes dive into the pool?**

A: No. All athletes MUST enter the water feet first.

**Q: What if a swimmer needs to stop mid-swim?**

A: Swimmers may stop and hold onto the lane line or wall as needed. They may not use the lane line to propel them forward.

**Q: If someone can't finish all four lengths, what happens? Can they still bike/run?**

A: Absolutely! There will be counters in the pool to help them count. However, if the athlete says “I can't swim anymore” they can get out and continue on the bike and run. We will just let the timers know so that they don't accidentally receive a first place trophy.

**Q: Can swimmers pass the person in their lane?**

A: Yes, each swimmer will stay on their side of the lane, so they should not have another swimmer in their way. They will not be circle swimming. One swimmer on one side of the black line, the other swimmer on the other side of the black line.