



Packet Pickup

Friday, August 14

5:00–7:00 pm

Saturday, August 15

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

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

- **Ankle strap** – LEFT ankle on race morning
- **Bike number** – attached to the front of the handlebars using three zip ties (two for the top corners, one for the middle bottom)
- **Running bib** – pinned to the shirt they will wear on the run, or on a race belt



Race numbers help identify the athlete to race officials and their equipment. 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

Police generally start closing roads by 6:15 am, arrive early to park in the high school lots, if roads are closed, park on neighborhood streets nearby.

Bathrooms

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

Transition and Staging

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

- 6:00 am Transition opens at ETHS
- 6:15 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*

No bikes can be removed from the transition until all 7-10-year-olds are finished with their bike. Please do not argue with the volunteers regarding this; it is for the athlete's safety.

Important Rules

- 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

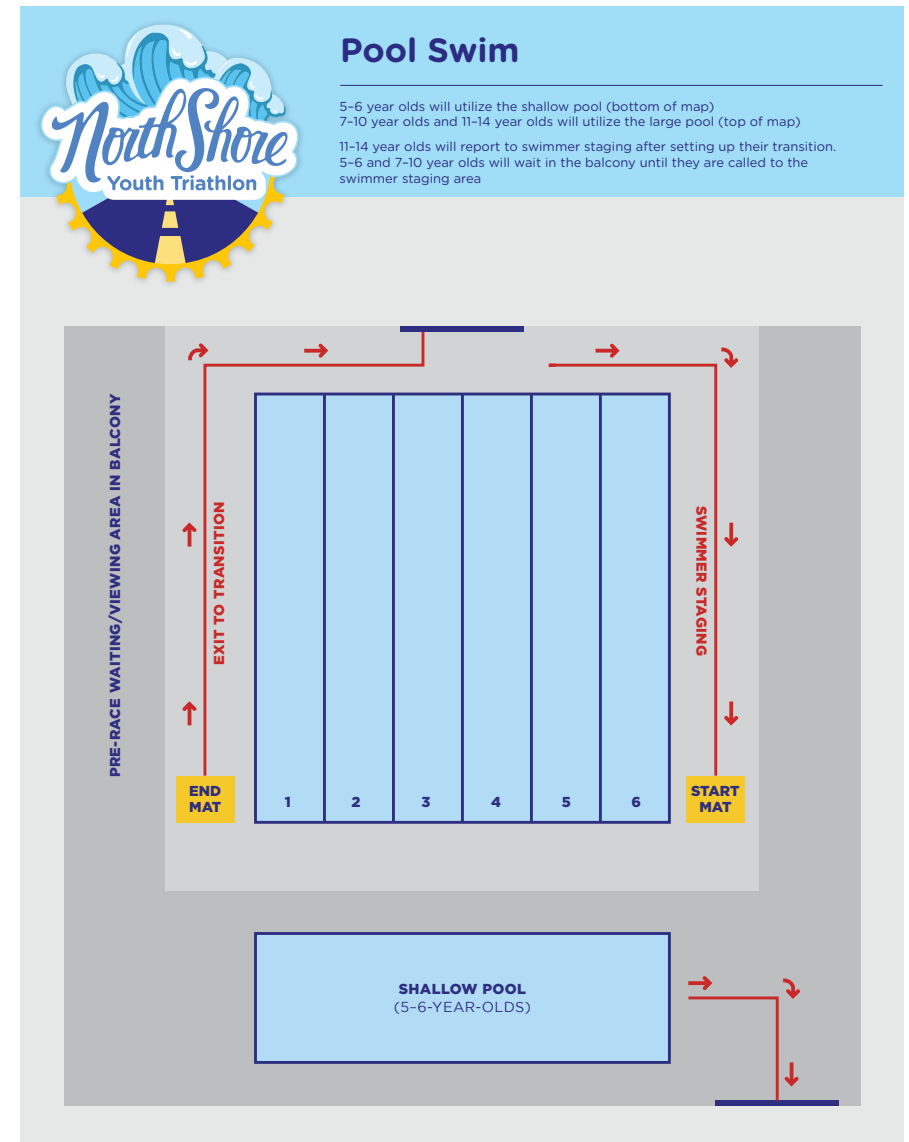
Visit northshoreyouthtri.com and click “Event Info” to review the full list of rules.

Swag and Awards

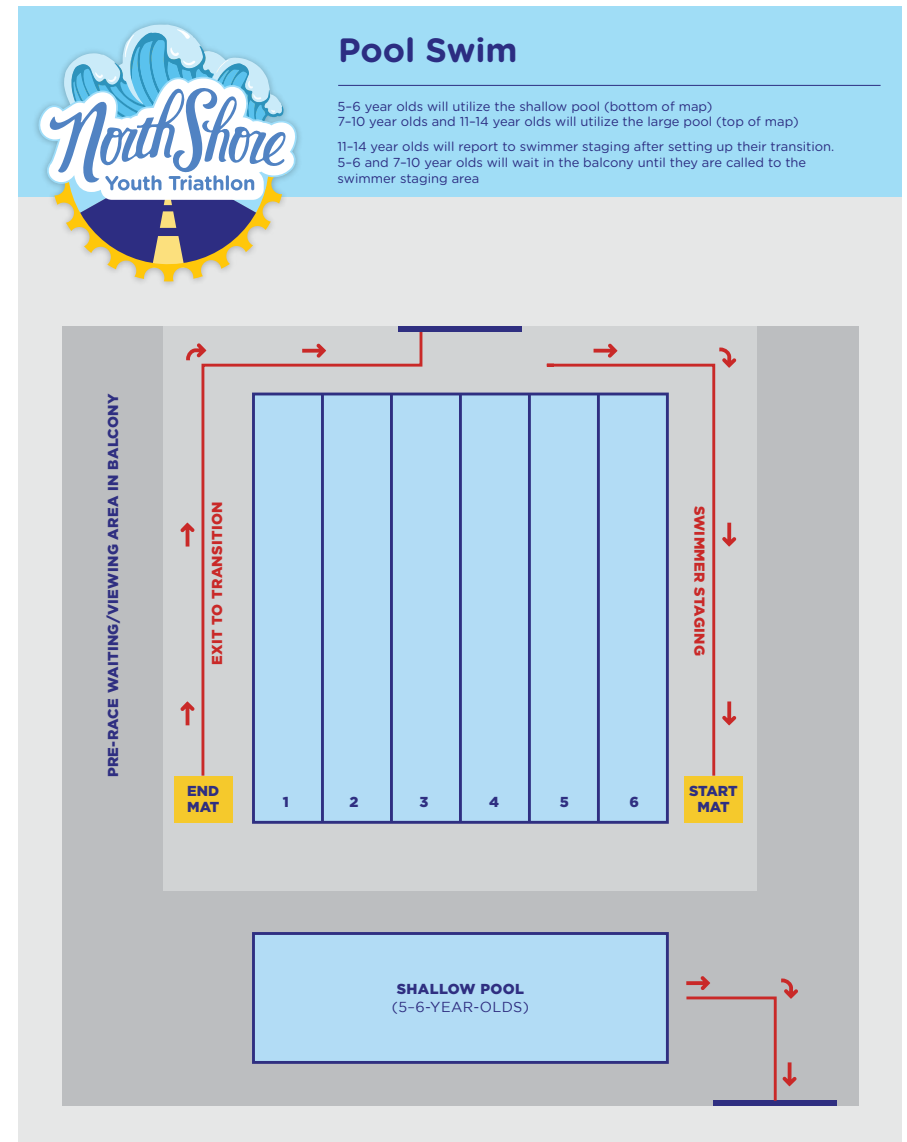
All participants receive an event t-shirt and medal.

Youth triathletes (ages 7-14) will be chip-timed and the top three finishers will receive awards.

Course Maps | Ages 11-14



Course Maps | Ages 7-10



Lap Counting on the Bike Course

It's very important that each athlete knows:

- **How many loops** they need to complete on the bike course.

7-10-year-olds will **pass by transition one time** and enter transition at the end of the second lap

11-14-year-olds will **pass by transition three times** and enter transition at the end of the fourth lap.

- **What lap number** they are currently on during the race.

Lap Counting on the Bike Course

While volunteers will be stationed along the course to help track laps, it is ultimately the athlete's responsibility to complete the correct number.

Volunteers will:

- Call out race numbers when an athlete has completed all their laps.
- Offer reminders when possible to help athletes stay on track.

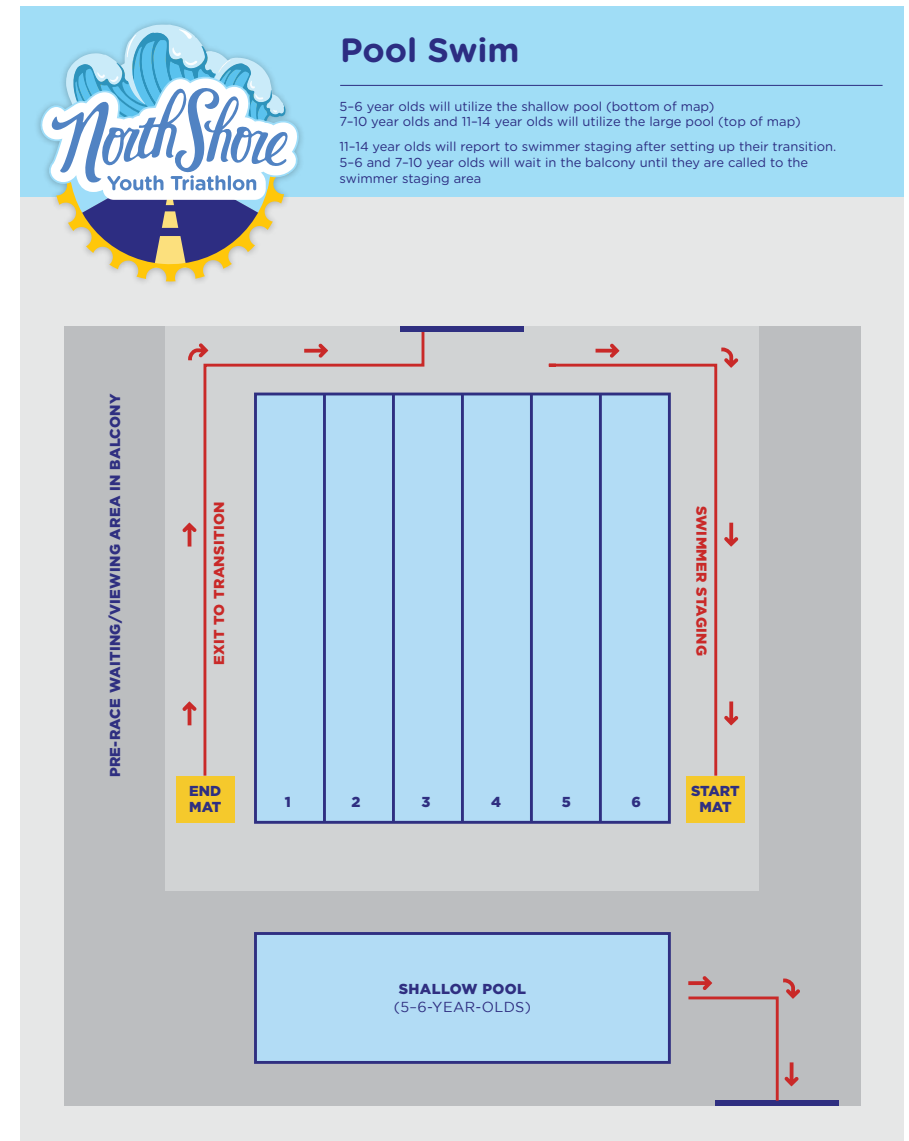
Athletes should:

- Know their race number before the race.
- Know how many loops they need to complete.

Parents can help by:

- Helping their athlete count their laps.

Course Maps | Ages 5-6



Weather

Weather conditions are monitored leading up to and throughout the event. The safety of our participants, volunteers, and race staff is our top priority. If weather conditions may impact the event, we will communicate any changes by email as early as possible.

On race morning, our staff will be focused on setting up and preparing for the event and will not be monitoring email. **If you have not received an update from us, the race is going on as scheduled.** Please plan to arrive and prepare to race.

Volunteers

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 and click “Get Involved.”

Thanks to our sponsors!



Questions?

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.