

Rockingham Triathlon Club

Kids Triathlon Series

A Message from Rockingham Triathlon Club

Are your children interested in a new challenge? How about doing a triathlon?

The swim takes place in the crystal-clear, shallow, and flat waters of Rockingham beach, where the kids can stand at any point throughout the swim if they need to. The single to multi-lap bike courses have the kids biking up and down the flat and wide open Rockingham Beach Road which is closed to traffic (no cars). The multi-laps allowing the kids supporters to give them a big cheer every time they go past! The run is also a single to multi-lap course which has them running along the foreshore footpath. In all a perfect location for a young athlete to enjoy their first triathlon!

The Rockingham Triathlon Club does a series of 4 kid's triathlons throughout the triathlon season.

11th December

Stepahead Podiatry SuperSprint Triathlon & SunSmart Trystars Kids Triathlon

15th January

Woodbridge & Endeavour Physiotherapy Supermix Triathlon & Kids Triathlon

26th February

IGA Safety Bay Enduro Triathlon & Kids Triathlon

19th March

WA Calibrations Triathlon & Kids Triathlon

Rockingham Triathlon Club is an all-inclusive, family friendly club, who open our races up to anyone who would like to participate. You don't have to be a member to join in the fun of one of our kids' triathlons! We do however encourage those who wish to continue in their pursuit of triathlon to become a member and receive the added benefits.

Event Details

Event Location

The event area and transition will be located at the Alexander Street car park on Rockingham Beach road, Rockingham foreshore.

Registration

Registration for all events is online only, please use the links below to EntryBoss to register for the the kids triathlons.

11th December

Stepahead Podiatry SuperSprint Triathlon & SunSmart Trystars Kids Triathlon

<https://entryboss.cc/races/12082>

15th January

Woodbridge & Endeavour Physiotherapy Supermix Triathlon & Kids Triathlon

<https://entryboss.cc/races/12520>

26th February

IGA Safety Bay Enduro Triathlon & Kids Triathlon

<https://entryboss.cc/races/12521>

19th March

WA Calibrations Triathlon & Kids Triathlon

<https://entryboss.cc/races/12519>

Event Distances & Age Requirements

Course	Start Time	Swim (laps)	Bike (laps)	Run (laps)
Participation Event (5&6 year olds, not timed)	7:30am	25m (1)	500m (1)	500m (1)
Junior Short Course (7, 8 & 9 year olds)	7:32am	50m (1)	1km (1)	500m (1)
Junior Medium Course (10 & 11 year olds)	7:33am	100m (1)	3km (2)	1km (2)
Junior Long Course (12 - 15 year olds)	7:34am	150m (1)	6km (4)	1.5km (3)

Event Fees

Category	RTC Members	Other clubs & Non-members
Juniors	Free	\$15

Event Road Closures & Parking

Road closures for the RTC SuperSprint Distance Triathlon will be from 7am to 10:30am incorporating, Rockingham Beach Road from Wanliss St to Governor Rd

The event parking is available along Rockingham Beach Rd. Please note these parking spots will be subjected to the road closures between 7am-10:30am. An alternative is to park on the verge along the Rockingham beach road offshoot which is accessed via Alexander St. Please DO NOT park on private residence verges.

If you choose to park down one of the side streets please be considerate of the local residents, do not block any driveways, access ways, obstruct street traffic and/or park on someone's lawn. As the event has an early start please keep the noise to a minimum (at least until you get to the event site).

Key Event Times

6am	RTC Spring Triathlon Set-up - event area & course
6:45-& 7:15am	Race chip collection for Kids Triathlon
7am	Volunteer Briefing (for volunteers, volunteering during the race)
7am – 10:30am	Road closures
7:15am	Kids Triathlon briefing
7:30am*	Kids Triathlon start – multiple wave/distances, starts several minutes apart
7:15-8:00am	Adults race chip collection (Sprint, Enticer & Duathlon)
8:15am	Adults race briefing
8:30am*	Adults race start, in waves
10:00am	Bike course cut Off Time
~11am	Event Pack Away - event area & course

*Start times may change

Event Area



RTC SuperSprint Triathlon event area map including locations and transition area

Race Chip collection

Race chip collection will be from 6:45am – 7:15am for the kids race. Please notify Race chip collection volunteers if the children don not wish to be timed in their race (they will not receive a timing chip but still need to be checked of as a race number) Chip collection site will be located under the main shelter marked on the event area map. Only the kids long course results will be ranked, all other race distances kids times will be reported alphabetically. Participation event is not timed.

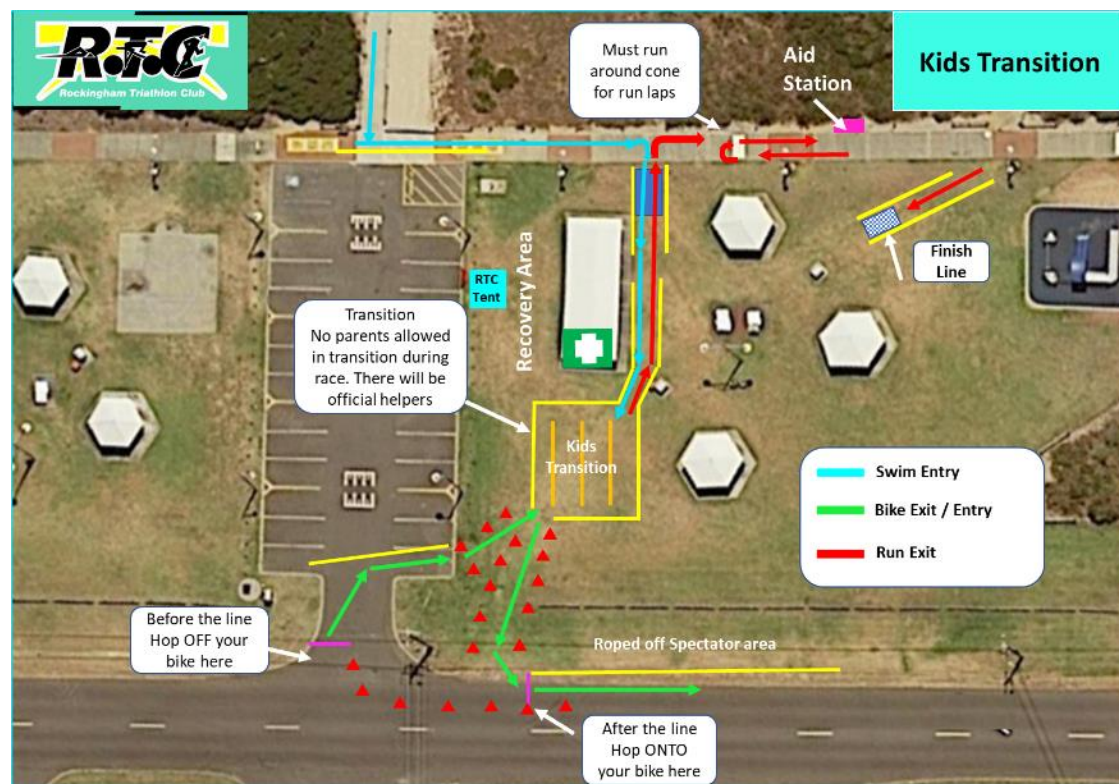
- Timing chip to be worn on left ankle.

Volunteers

These races are completely organised and coordinated by volunteers, without volunteers we will not be able to have such fun races. If you are available to help out please let the Rockingham Triathlon club know be emailing the club on rockytri.enquiries@gmail.com or answer the call out for race helpers on Facebook prior to race day.

Transition Flow & Bike Racking

Kids Transition will be open from 6 :30am – 7am. Kids will flow through the transition as per the diagram. Parents are not allowed in the transition area during the race. There will be designated volunteers there to help the children in transition.



Hydration Stations

There will be one aid station on the run, located near transition. This aid station will supply water.

There will be no aid stations on the bike course.

Race Briefing

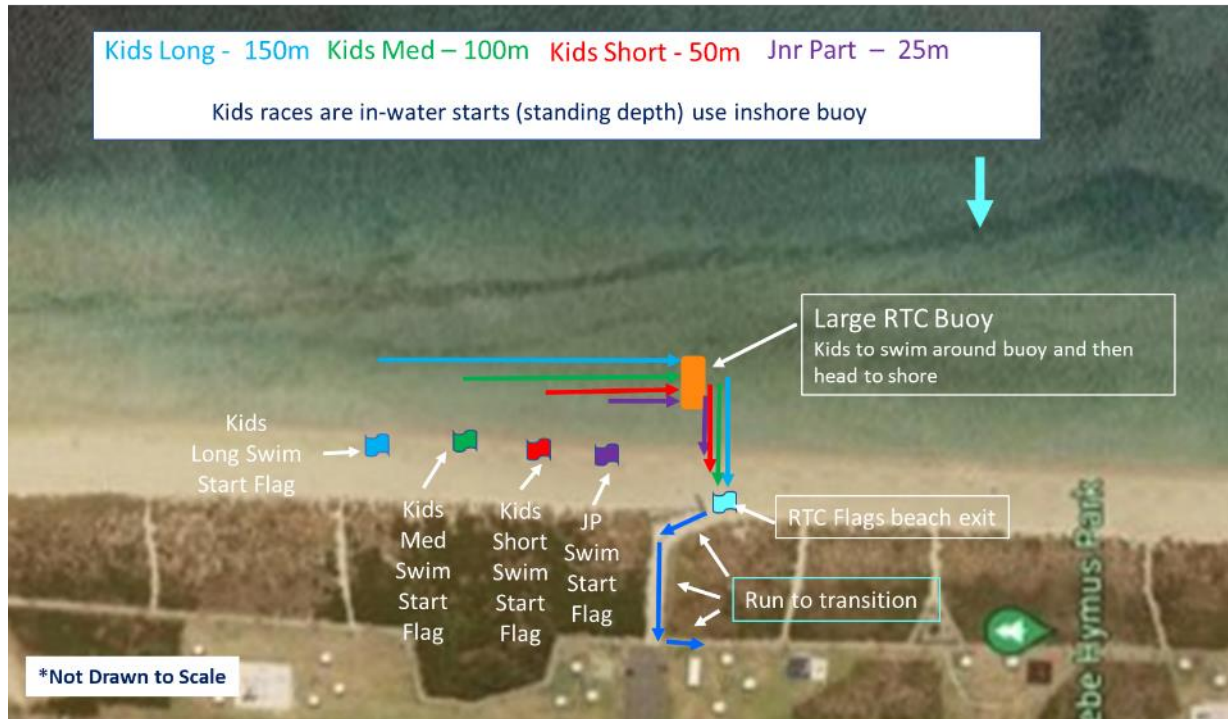
The race briefing will be held at 7:15am for the kids triathlon. Race briefing will be located in between transition and the main shelter.

The RTC KidsTriathlon is a Triathlon Australia sanctioned race, as such Triathlon Australia race rules apply.

Swim Course

Competitors will walk up the beach to their start point (there will be a flag indicating each start point) The swim consists of an 'in water' start however competitors will be able to stand in the waist to chest deep water swim down to the near-shore large orange buoy, swim around the outside of the buoy and then head to the beach exit.

Kids Triathlon Swim Course



Swim rules will follow Triathlon Australia race rules, in addition:

- Swim caps are optional
- If the megaphone siren goes off, swim to the shore immediately.
- If in discomfort, stop, stand in the water and if needed, signal for assistance by raising your arm with a closed fist

Bike Course

The bike is a single to multi-lap course riding up and down a section of the Rockingham beach road with hair pin turns at either end. Kids Short distance competitors will complete 1 lap turning around at the large roundabout, competitors doing the Medium (2 laps) and Long (4 laps) course will ride further down to a turnaround at Hillman street.

Jnr Participant

- Swim (25m)
- Bike 1 Lap (500m)
- Run 1 Lap (500m)



- #### Short Course
- Swim - 1 lap (50m)
 - Bike - 1 lap (1km)
 - Run - 1 lap (500m)

- #### Medium Course
- Swim - 1 lap (100m)
 - Bike - 2 laps (3km)
 - Run - 2 laps (1km)

- #### Long Course
- Swim - 1 lap (150m)
 - Bike - 4 laps (6km)
 - Run - 3 laps (1.5km)



Bike rules will follow Triathlon Australia race rules, in addition:

- Helmets must be fitted correctly and clipped on before removing your bike off the rack and on conclusion of the ride leg bikes must be placed back on the rack before unclipping and removing your helmet
- Please cross over the mount line before mounting your bike. Likewise, to dismount before crossing over the dismount line to conclude the bike leg.
- Stay left unless overtaking
- While road closures are in place, local residents may still use the road so please be mindful that cars can still appear on the course.
- No drafting - 7 metre draft zone.
- Headphones are not allowed.
- The instructions of traffic marshals must be followed at all times

Run Course

The run is an out and back course 500m long, with Short course competitors completing 1 lap(500m) Medium course competitors completing 2 laps (1km) and Long course competitors completing 3 laps (1.5km). Lap turn arounds will be marked with traffic cones, the one near transition is shown on the transition area map.

Run course rules will follow Triathlon Australia race rules, in addition:

- Please be mindful that the path on which the run leg will be held will remain open to the public during the duration of the triathlon

Finish & Recovery Area

At the completion of your run you will have to run down the finishing chute to the finish line (marked on event area map). Once you have run across the blue timing mat at the end of the finish chute you have completed your race!!

When you have finished please ensure you remove your timing chip and place it in the bucket provided.

The recovery area will have water and bananas. Please use this area to recover, if you are feeling unwell, please get the attention of one of the volunteers who will escort you to the First Aid station.

Race Dropouts

If for whatever reason kids are unable to complete the race, please go to the finishing line and return your timing chip and let the Finish line attendant know that they have drop out of the race.

First Aid

A First Aid post will be set up under the main shelter of the event area as marked on the event area map.