

# ***Level Pebble Youth Triathlon***

**Hosted by the Flat Rock Community Center**

***Friday, August 20, 2021***



**DISTANCES:**

(9yrs & Under): 100yd swim, 2-mile bike, 1.0-mile run

(10-14yrs): 200yd swim, 4-mile bike, 1.6-mile run

**SCHEDULE:**

**Friday, August 20<sup>th</sup> :**

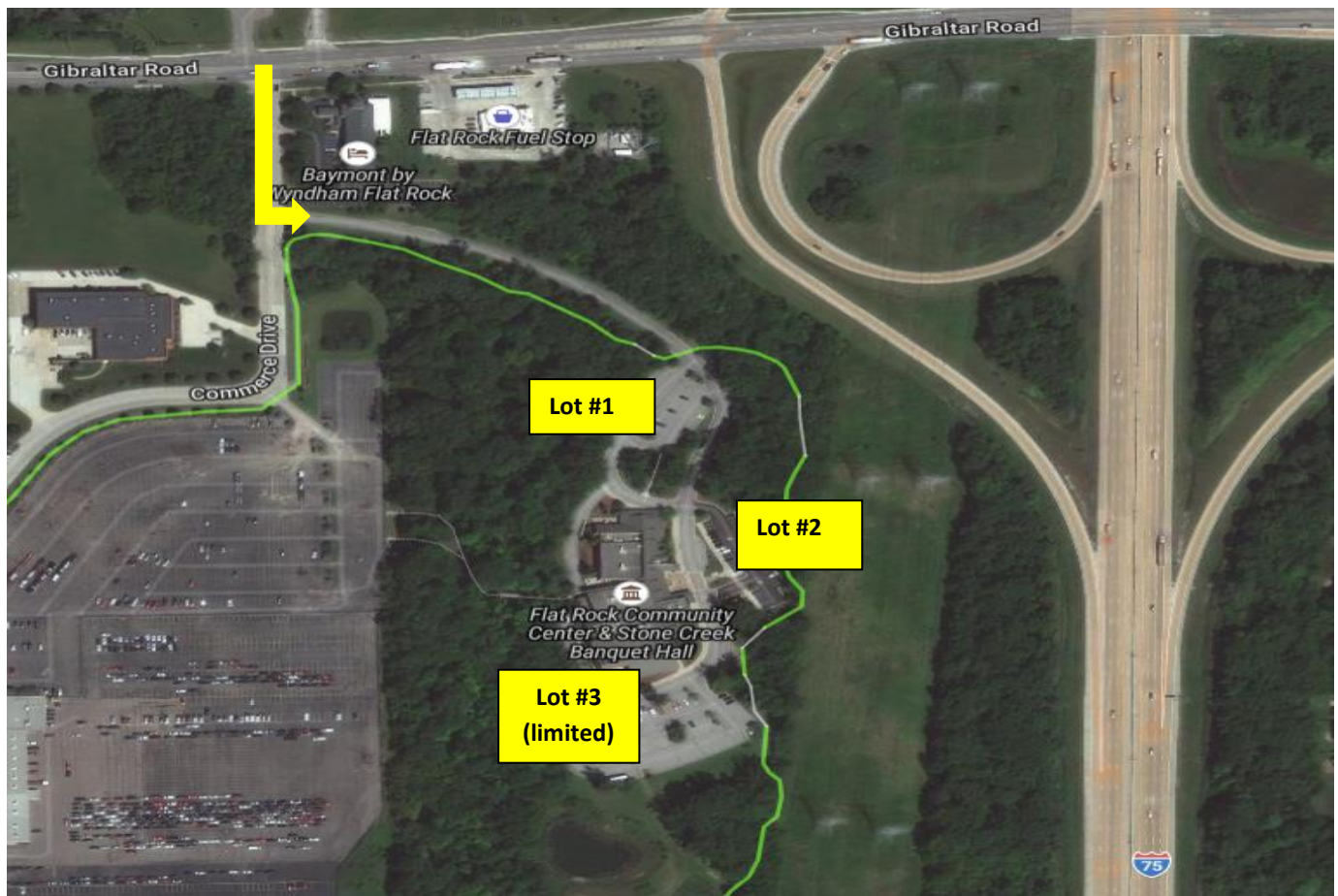
- 5:00 pm** Race registration, transition area opens, body marking.
- 5:45 pm** Transition closes; pre-race athlete meeting
- 6:00 pm** Duathlon time trial start

**FINISHER AWARDS:** ALL race participants will receive an award after crossing the finish line.

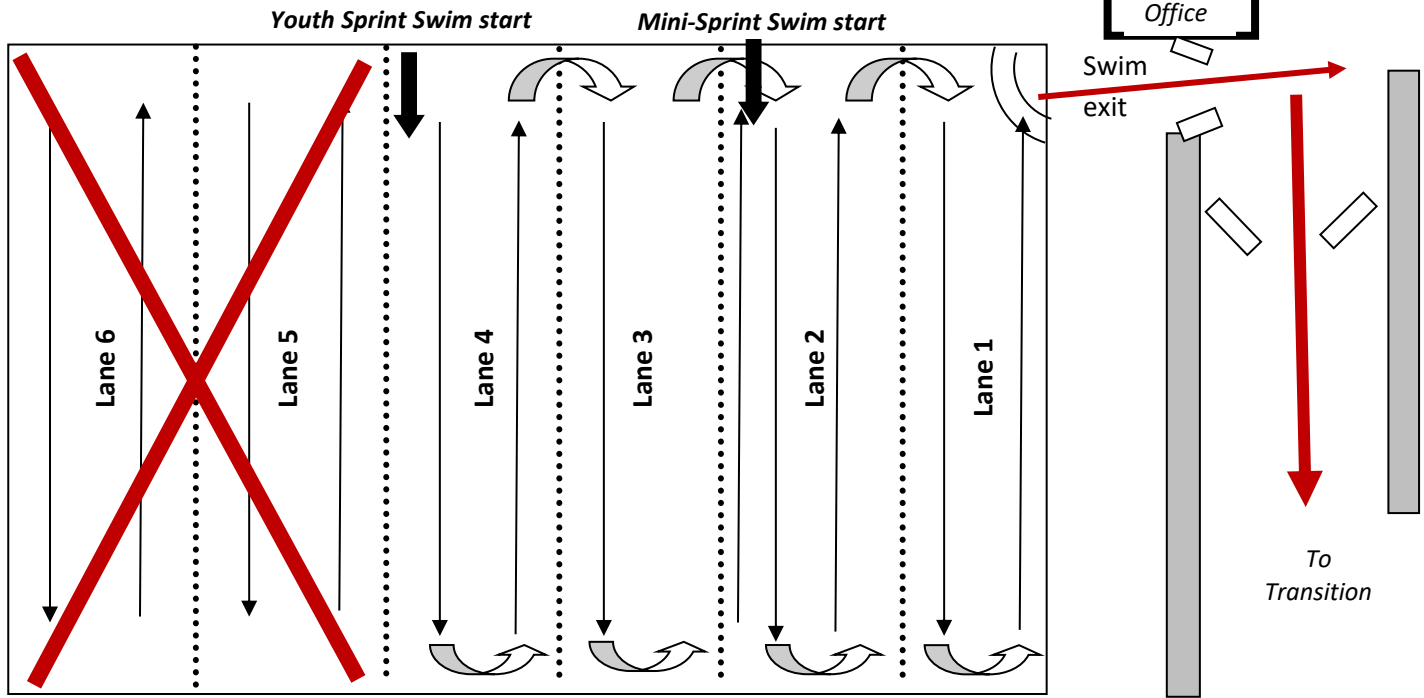
**TIMING:** Each race participant will be officially timed including all run, bike, and transition splits.  
Results will be posted on <https://levelpebbletri.weebly.com/> and [webscorer.com](https://www.webscorer.com)

**RACE LOCATION:** Flat Rock Community Center (1 Maguire St., Flat Rock, MI 48134)

**PARKING:** Available in 1<sup>st</sup> or 2<sup>nd</sup> lots (limited parking in lot #3).



# Triathlon Leg #1: 100 or 200yd Pool Swim



Swim participants will self-seed (fast → slow)

The “serpentine swim”:

- 1) Begins in shallow end of Lane 4 or 2 with a time-trial start (one swimmer every 30 seconds).
- 2) Swim down the right side of the lane, and return alongside the other side of the same lane
- 3) Swim under lane line at shallow end and repeat until reaching the ladder of lane 1.
- \* pass slower swimmers on the left and move back to the right side.
- 4) Immediately exit through doors outside to transition area.

**SWIM REGULATIONS:** *Participants must move forward on their own* (may hold lane line or the wall to break, but not pull themselves forward). *Participants unable to complete the swim will be allowed to continue onto the bike leg but will not receive an official result or award.*

**Transition Area:**

Racers MUST wear helmets while in contact with their bike and **walk** bikes out of transition past the MOUNT LINE. For safety, no biking allowed inside transition. Race officials will enforce transition rules.



## Bike Safety/Regulations:

- Helmet must be worn for the entire ride.
- Stay to the right side of path/road so that riders may pass you safely. Pass others on the left only when clear ahead (never on curved sections) and always talk (“passing on the left”).
- Due to safety concerns, absolutely no side-by-side riding allowed on roads.
- Roads are open to car traffic. Please stay to the right when possible.
- Listen to police, race officials, and volunteers who will help keep you on course!
- Failure to follow course directions may result in an unofficial race finish (not eligible for awards).

## Level Pebble Bike Course:

# Youth Mini-Sprint Bike Route: 2 Miles



**Turn-by-turn directions:** Exit transition onto grass path to Downriver Linked Greenways (DLG) bike path. Turn right along DLG bike path to Woodruff Rd. Turn right on Woodruff to PINK turn around. Competitors must reach the PINK turnaround sign to be an official finisher and eligible for any awards. Return on Woodruff to bike path and return to transition. Helmet number (provided) must be worn on front of bike helmet. **Total: 2.0 miles**

# Youth Sprint Bike Route 4.0 Miles



**Turn-by-turn directions:** From the mount line, bike onto grass path to Downriver Linked Greenways (DLG) bike path. Turn right and continue to Woodruff Rd. Turn right onto Woodruff to **YELLOW** turnaround marker at Ailanthus St. **Competitors must reach the YELLOW turnaround sign to be an official finisher and eligible for any awards.** Return on Woodruff to bike path and return to transition. Helmet number (provided) must be worn on front of bike helmet. **Total: 4.0 miles**

## Youth Sprint & Youth Mini-Sprint Run

Exit transition onto Downriver Linked Greenways (DLG) path, crossing Maguire St. and continuing on DLG to either **PINK** or **YELLOW** turnarounds and return to finish line. **Competitors must reach their designated PINK or YELLOW turnarounds to be an official finisher and eligible for awards.** **Distance: 1.0 or 1.5 Miles**

