

**Gene Fullmer Outdoor Triathlon**  
**August 2, 2025**  
**Race Notes**

**Pre-Race:**

**Packet pick-up:**

Packet pick-up will take place Friday, August 1st, 2025, from 5:00pm – 8:00pm and the morning of the race from 5:45am – 9:45am at the West Jordan Outdoor Pool. Please be sure to pick up your packet no less than one hour before the start of your race. Only athletes (or parents/ guardians) will be allowed to pick up their own packets.

At packet pick-up the number corresponding with each athlete will be marked on both arms of the athlete. Age of the athlete will also be marked on the left calf of the athlete.

T-shirts, race bibs & goodie bags will be given at packet pick-up.

**We strongly encourage athletes to come pick up their packet on Friday, August 1st.**

**Staggered Starts:**

The Swim n' Run will begin at 7am. Anticipated swim times will be set out on deck and participants will be encouraged to line up in order of anticipated swim time. Athletes will then be started about 10 seconds apart.

The Kid's Races will begin at 8am for 6-8 year olds, 9am for 9-10 year olds and 10am for 11-12 year olds. Athletes will then be started about 10 seconds apart.

**Transition area set-up:**

The transition area will be open for set-up, beginning as early as 5:45am on race day for the Swim n' Run and closing for the start of the Swim n' Run at 6:50am. The transition will then open for the 8am kid's race set up at 7:30am and then closing again at 7:50am. It will open again at 8:30am for the 9am kids' race set-up and then closing at 8:50am. It will open again at 9:30am for the 10am kid's race set-up and then closing at 9:50am. Transitions spots are not assigned. It is on a first come first served basis. Each athlete will receive approximately 24 inches of space in the transition area. Only athletes and one parent per child participant will be allowed in the transition area.

When setting up transition areas, please be aware of athletes that may be racing. Please stand clear of the path of travel of any athlete who is racing. Changes may be made to the race day if necessary.

Athletes are responsible for their own set-up and retrieval of race gear in the transition area.

**Restrooms/ changing areas:**

If a restroom is needed prior to, during, or after the race, please use the restrooms located in the locker rooms at the outdoor pool. There are restrooms in the park, just off the racecourse.

Athletes should use the locker rooms if needed for purposes of changing into or out of a bathing suit and other clothing prior to or after the race.

### **Warm-up areas:**

The pool will be open at 6:30am for warm-ups for the Swim n' Run. The pool will close for warm-ups at 6:50am. The pool will open 30 minutes before the start of each kid's race and close ten minutes before the start of each race. Start staging area: The start staging area is located on the pool deck near the start of the race on the north side of the pool for all races, with the exception of the kid's 6-8 year old race. That race will begin on the south side of the pool. Once in the start staging area we encourage athletes not to leave the start staging area until they are directed to do so. Any questions should be directed to event staff.

### **During The Race:**

#### **Swim:**

Athletes will start the swim according to the order in which they are lined up in a time-trial style start; meaning that athletes will start approximately ten seconds apart. For the Swim n' Run, athletes will swim in lanes serpentine style: down and back in each lane on the right, then under the lane line into the next lane until they complete eight total laps. Athletes will then proceed out of the pool to the transition area (see map).

For the Kid's races, athletes will swim down in one lane, under the lane line and then back in another lane. The 6-8 year olds will only swim one lap length, the 9-10 year olds will swim two and the 11-12 year olds will swim four.

Athletes will be timed once they start the swim. The swim time will stop after leaving the pool at the time point entering the transition area.

Restrooms and locker room facilities are available on the west side of the transition area. There are also restrooms in the park on the far east side of the course (see map). If a restroom is used by the athlete the athlete must enter the race course at same point in which they left.

Lifeguards will be staffed the morning of the event so that medical attention will be available should the need arise.

#### **Transition:**

After the completion of the swim athletes should exit the pool in a timely manner and enter the transition area. Gatorade and water will be available in the transition area. One adult will be allowed in the transition area with each participant of the Kid's Triathlon.

#### **Bike: Kid's Races only**

Athletes should mount their bikes in the parking lot after exiting the transition area and AFTER passing the time point. Crossing the time point starts the bike time.

You must wear a helmet. You will not be allowed on the course without one.

Athletes should look at the course maps so that they can get a good idea of where they will be.

Each age division has a different distance for the bike:

6-8 year olds-1 lap-1.8K

9-10 year olds-2 laps-3.2K

11-12 year olds-4 laps-5.6K

There will be volunteers on the course to help direct participants as needed. All major roads and entrances turning into the park will be closed. This is a completely closed off course.

If for any reason on the bike course, you cannot continue to finish please find the nearest staff member and they will be able to assist you. There will be a staff member that will be available with bike tools should the need arise. Bikers are responsible for their own tubes if needed. If an athlete must leave the course for any reason during the competition the athlete should return to the course at the location where the course was left.

All biking is in the parking lot of Gene Fullmer Recreation Center and the road around Veteran's Memorial Park. The course will be checked prior to the race but it is not guaranteed to be free of debris. Please be attentive!!!

When athletes have completed the bike portion of the race the dismount should be in the parking lot before crossing the timing point. The timing point will end your bike time and start your transition time.

### **Run:**

The running course will be clearly marked with volunteers located at the critical points. There will be one aid station available on the run course at the north end of the park. Most of the course is on the sidewalk around the park with a few sections on the road. These areas will be clearly marked. Follow the instructions of event staff. If an athlete cannot complete the run for any reason they should see the nearest event staff for help.

If an athlete must leave the race course for any reason they should return to the race course at the point where they left.

### **Finish:**

The finish line for all races will be in the parking lot in front of the newly constructed West Jordan Community Arts Building. After completing the race please proceed to the athlete's finish area.

### **Post-Race:**

#### **Athlete finish area (Transition Area):**

In the athlete finish area, there will be post-race food, water, and Gatorade. There will also be medical assistance available if needed.

PLEASE BE AWARE OF THE ATHLETES THAT ARE STILL RACING!!!

#### **Cool-down areas:**

All race areas will be closed while there are still athletes competing. If you have questions regarding any areas in which you are allowed to cool-down please contact event staff.

#### **Transition area race gear retrieval:**

Athletes are responsible for their own set-up and retrieval of race gear in the transition areas. Any unclaimed race gear by noon will be stored for two weeks in the facility lost and found. After two weeks it will be donated to charity.

#### **Health Fair:**

There will be a health fair that will start at 8:00am and will go to 11:00am. It will be located in the gymnasium of the Gene Fullmer Recreation Center.

**Free Swimming:**

Free swimming will be available to all participants and their immediate families starting at 12:00pm. Wristbands for swimming can be picked up in the athlete finish area. Participants and their families can swim any time from 12:00pm until the end of the open plunge- 6pm outdoors and 8pm indoors.

**Awards:**

The awards ceremony for each race will take place approximately one hour after the start of that race. This will be inside the gymnasium at Gene Fullmer Recreation Center. Awards will be given to the top three males and top three females for the Swim n' Run. The top three boys and top three girls in each of the divisions of the kid's triathlon will also receive awards.

**Results:** Results will be posted at [www.runnercard.com](http://www.runnercard.com). Race results will include overall time and place and splits for each event and each transition. There will also be age divisions included in the results for the Swim n' Run.

13-14

15-18

19-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65 & Up

Age groups will also be divided by gender.