

GREENVILLE SPRINT TRIATHLON 2018

PRESENTED BY HUB COACHING



RACE LOCATION:

Westside Aquatic Center – 2700 W. Blue Ridge Rd. – Greenville, SC 29611

RACE START TIME:

Sunday August 12, 2018 at 7:00AM

PACKET PICK-UP:

Saturday, August 11 – 2:00 – 4:00pm - Carolina Triathlon – 123 Welborn St. – Greenville, SC 29601
Sunday, August 12 – 5:15 – 6:30am – Westside Aquatic Center (Event Site)

PACKET PICK-UP INFO:

Mandatory Photo ID: All participants will be required to show photo ID at packet pick-up (including relay team members). You will not be given your race packet without photo ID. All participants must pick up their own race packet – individuals and relays.

USAT Members:

USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up. Any USAT annual member who does not present his/her valid membership card at packet pick-up will be required to pay the USAT one-day fee of \$15. If you have not yet received your current USAT membership card, be sure to print out a temporary card to show at packet pick-up. We must see a current expiration date or you will have to pay the one-day fee. Please visit usatrithlon.org/member to join, renew or print your temporary card.

RACE PACKET:

Your race packet will contain three race numbers:

The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.

The medium-sized number (actually containing your number twice) has a peel-off backing and is used during the bike segment of the race. Place this number over the top tube of your bike toward the front if possible. It must be seen from both sides of your bike.

The little number also has an adhesive backing to it. This number should be attached to the front of your bike helmet.



PACKET CHECK LIST:

- PHOTO ID
- USAT CARD
- BIKE, HELMET AND RUN NUMBER

RACE DAY INFO:

Race Day Arrival and Event Parking:

Please plan to arrive at the race start no later than 6:00AM. There are two parking lots available at the Westside Aquatic Center. Both lots are within 200 yards of the finish and transition areas. Overflow parking is available in the Bi Lo parking lot on the right toward Hwy 25 if leaving from the Aquatic Center.

Please note that if you need to leave the event early—you must arrive early. You **MUST** park in the lot closest to transition and to the left when you enter the park. No one will be allowed to leave the top lot until the last runner is off the course and no one will be allowed to leave the bottom lot until the last cyclist is off the course. Please try to fill the upper lot before parking in the lower lot.

IMPORTANT: PARKING IS NOT PERMITTED IN THE CHURCH LOT ON BLUE RIDGE ROAD (NEW LIFE BAPTIST). ATHLETE & SPECTATOR VEHICLES IN THIS LOT WILL BE TOWED. Overflow parking is available in the Bi Lo parking lot on the right toward Hwy 25 if leaving from the Aquatic Center.

Chip Pick-Up will be held from 5:30AM—6:30AM on race morning on the ball fields adjacent to packet pick-up and the finish line. This race will be timed using the Champion Chip (MyLaps) Timing method. Make sure you receive the correct timing chip. Your chip number will match your run number. You will wear this chip on your **LEFT** ankle. Attach the chip to the Velcro strap given to you at chip pick up and attach the strap to your left ankle. **PLEASE NOTE:** You must show your run/bib number to pick up your timing chip.

NOTE: All timing chips must be picked up by 6:30AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Chip Fit Tips: We usually recommend 1-2 fingers width between the band and your ankle. Too Loose: It could fall off and you'll be charged a replacement fee for the lost chip. Too Tight: It will become uncomfortable as your ankle will swell a little during the race.

Volunteers will remove your strap and collect your timing chip as soon as you cross the finish line.

What happens if I lose the timing chip? If this happens you will be charged a \$30 replacement fee. We will send you an invoice within a week of the race. You will be required to pay that invoice before you race in any other Set Up Events races. Lost chips are a rarity. In 2017, we had less than ten lost chips for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip.



RACE DAY INFO [CONTINUED]:

Body Marking: Body Marking will be held in the ball fields adjacent to the finish line. All participants must be marked at the body marking area at the race site. Body marking is available from 5:30 – 6:30am on race day. If you are racing in a special division (Open, Clydesdale, Athena or Relay), please let our body-marking volunteers know so that they may mark you accordingly. Remember, your racing age is the age you will be on December 31, 2018.

*****A MANDATORY** pre-race meeting will be held at 7:50AM in the pool area on race morning. This is the last opportunity we have to communicate important information and any last minute changes that may be necessary***

TRANSITION AREA:

ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.

The transition area will have four entrances/exits:

- Swim Finish
- Bike Start
- Bike Finish
- Run Start

These entrances and exits will be clearly identified through the use of large inflatable archways. You may use these entrances to enter transition and set up your bike and run transitions until 6:45am.

DO NOT CROSS ANY TIMING MATS AFTER 7:00AM UNLESS YOU HAVE STARTED YOUR EVENT.

Participants will receive a bike rack assignment. Please look for your numbered rack. A 2-minute penalty will be assessed for improperly racked bikes. There will be no bike storage the night before the event.

BIKE TECH SUPPORT:

Bike Tech support will be provided by Carolina Triathlon on race morning near Transition.

BIKE CHECK-OUT:

Athletes will be able to remove their bikes from TA when the last finisher is on the run course. Please be aware that you will be required to show your race number to remove your bike from the transition area after the race.



SWIM INFORMATION:

The 400-meter swim is held inside the Westside Aquatic Center in an eight-lane, 50-meter pool. Participants start at one side of the pool and snake their way down each lane as they work towards the other side of the pool. Athletes will swim in one direction in each lane. A good rule of thumb is that you will change lanes each time you reach the wall. Please visit the event website for a detailed swim diagram.

SWIM START TIMES: Swim start times will be posted to the event page by Friday, August 10, 2018. This start order WILL NOT BE CHANGED. Race weekend registrants will be seeded accordingly among the pre-registered athletes. This event features a timed start on the pool deck. Participants will cross a timing mat on the pool deck before entering the pool one at a time. You will be allowed to jump in or dive in as the pool is deep enough to allow a dive from the start.

Line-Up: Be prepared to line up for the swim start a minimum of 10 minutes before your expected start time. Athletes must line up and start in numerical order and will begin the swim in the lane closest to the bleachers on the left side of the pool. **NOTE: If you miss your swim start, please notify a race official and we will get you started as quickly as possible. Failure to start in the correct order will result in a 2-minute time penalty.**

Swim Etiquette: Passing is sometimes necessary in a pool swim. There may be enough room in the lane for an athlete to comfortably go around another athlete. Otherwise, a foot tap allows the swimmer in front of you to know that you would like to pass. If you feel that a swimmer is on your feet or is "tickling your toes", it is appropriate to yield at the wall and wait to be passed.

If you have a problem, grab a lane rope until you can continue. Lifeguards will be on hand.

Swimmers will begin one at a time every five (5) seconds, swimming one direction in each lane.

BIKE INFORMATION:

The bike is a one-loop, 15-mile course through Greenville featuring quiet country roads, moderate grades, rolling climbs and descents. The first and last sections of the course are on fairly busy four-lane highways, however, the curbside lane is closed from traffic on all these sections for athletes. A bike course map is available on the event web page. Turns are marked with pavement arrows and directional signs. Police and volunteers control all intersections on the course.

BIKE TRANSITION: Mount your bike at the designated mount/dismount line just outside transition area. You will also have to dismount at this location.

POSITION VIOLATIONS: No drafting! No blocking! USAT Officials may be on the course and drafting and blocking rules will be enforced! Stay to the right to allow faster cyclists to pass on the left.

HELMETS REQUIRED: Hard shell helmets must be worn and fastened before leaving the transition area. Helmet numbers must be affixed to the front of your cycling helmet.

EQUIPMENT: No headphones, earphones or any radio-type devices will be allowed.



RUN INFORMATION:

The run course is a two-loop, 5K course. Athletes run through the aquatic center campus, out to neighboring streets and back onto the aquatic center site. Timing mats at the Westside Aquatic Center mark the start of loop two and insure completion of both laps. After the second lap athletes will take a right turn into the finish line in the ball fields surrounding the aquatic center to end the day. The course is mostly pavement with a 1/4 mile stretch of each loop being run on hard packed dirt roads. Turns are marked with pavement arrows and directional signs. Please visit our event web page for run course maps.

AID STATIONS: Aid/Water stations will be located at the beginning of the run, the 3/4- mile mark, the 1 1/4-mile mark, the 2 1/4-mile mark and 2 3/4-mile mark. These stations will provide water only.

PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. We ask for your cooperation with this. Any and all trash must be picked up after the race by our volunteers. Help these folks out – they will have been out there longer than you.

HEADPHONES: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

RACE NUMBERS: You MUST wear your run number (with the pull tag) on your front for the run. It must be clearly visible as you cross the finish line. Failure to do so will result in a two-minute penalty.

FINISH LINE: When you approach the finish line you will cross over several timing mats – located approx. 50 yards before the finish line. These mats are used to pick up your race number so that the race announcer will be able to announce your name. Don't stop at this point – keep running to the finish line – the finish line will be obvious.



RELAY TEAMS:

All members must be present at packet pickup. Each member needs to show a photo ID and USAT membership. Relay packets include a neoprene ankle strap, a timing chip pass and the same bike and run numbers as an individual athlete. On race day, the swimmer or the runner will pick up the team timing chip. The swimmer can show the timing chip pass or the runner may show the square run number to pick up the chip.

The neoprene ankle strap allows for easy transfer from swimmer to biker and biker to runner. This strap is worn on the left ankle of each team member. Please remember to pass off the timing chip to your team member for accurate results.

Swimmers will tag bikers at their assigned bike rack location in T1. Bikers must tag runners at their assigned bike rack location in T2. Relay members do not have to remain in the transition area the entire race, but you do need to make sure you are at the bike rack in enough time to get yourself ready and for your team member to tag you. Please be courteous of other competitors as you wait for your team members.

ALL Relay members MUST get body marked before the race.

PLEASE DON'T LITTER:

Be good citizens and give our volunteers a break – don't litter on the bike or run courses. Littering will result in an automatic DQ.

POST EVENT FOOD AND DRINKS:

Post-event refreshments will be provided for athletes and volunteers ONLY. We ask for your cooperation with this. We want to ensure that all participants and our hard-working volunteers are provided for after the race.

RESULTS AND AWARDS:

Preliminary results will be posted 30 minutes after the first athlete finishes and will be updated every 30-45 minutes. Complete results (with splits) will be posted on the website (www.setupevents.com) by 2:00PM on Sunday.

The awards ceremony will be held when the last athlete crosses the finish (approximately 9:30AM). If you cannot attend the awards ceremony, please have someone pick up your award. Awards WILL NOT be mailed out.

THANK YOU FOR CHOOSING SET UP EVENTS! WE APPRECIATE YOUR PARTICIPATION IN THE AAA CAR CARE SOUTH CAROLINA TRIATHLON SERIES. PLEASE VISIT WWW.SETUPEVENTS.COM TO FIND YOUR NEXT RACE AND LEARN MORE ABOUT OUR SERIES AWARDS FOR 2018.

HAVE A GREAT RACE!

A MESSAGE FROM THE HEAD REFEREE



Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the USA Triathlon Competitive Rules in entirety. For reference, these may be found at www.usatriathlon.org. To minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations (known as the drafting rules). I have reduced the Position Rules to the following concepts: a. Ride on the right side of your lane unless attempting to pass another cyclist. b. Keep three bike lengths (about 23 feet) between you and the cyclist in front of you. c. Pass on the left of the cyclist in front, never on the right. d. If passing another cyclist you must complete your pass within 15 seconds. e. If passed, you must drop completely out of the draft zone (23 feet), to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of position penalties. Marshals commonly cite the following violations:

Illegal Position or Blocking - riding on the left side of the lane without passing. Illegal Pass - passing on the right. Overtaken - failing to drop back three bike lengths after being passed and before re-passing. Drafting - following a leading cyclist closer than three bike lengths (23 feet) and failing to pass or exit the draft zone within 15 seconds.

Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified.

Always have your chinstrap securely fastened when on your bike! The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ! Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsman like Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.