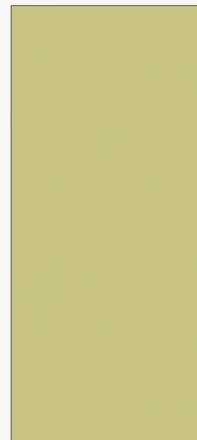


PLEASANT PRAIRIE CUP ATHLETE GUIDE

JUNE 1, 2025



ATHLETE GUIDE & VIDEOS

- Please review athlete guide video and rules briefing – there is important information related to the event that each athlete should review
- All videos will be posted here:
 - Rules briefing (to be posted):
<https://www.trisignup.com/Race/PleasantPrairieCupTriathlon/Page/Rules>
 - Athlete guide and video (to be posted):
<https://www.trisignup.com/Race/PleasantPrairieCupTriathlon/Page/AthleteGuide>
- Numbered start list (to be posted):
 - <https://www.trisignup.com/Race/PleasantPrairieCupTriathlon/Page/StartList>

SCHEDULE OF EVENTS

Saturday, May 31st

- 8:30am – 10:30am Swim Warm Ups & Course Preview (Bike course is not closed to traffic – please do not park on any part of the race course)
- 9:30am – Noon - Packet Pick-Up at the Pavilion at the race site

Sunday, June 1st

- 7:30 am Junior Women Start
- 9:00 am Junior Male Start
- 10:30 am Youth Female Start
- 11:30 am Youth Male Start

RACE LOCATION

- All facets of the race will take place at the Rec Plex facility – we will not be using the actual health club facility during the weekend. The race location is across the lake from the actual facility. For GPS purposes, the facility address is:

Rec Plex

9900 Terwall Terrace

Pleasant Prairie, WI 53158

COURSE PREVIEW

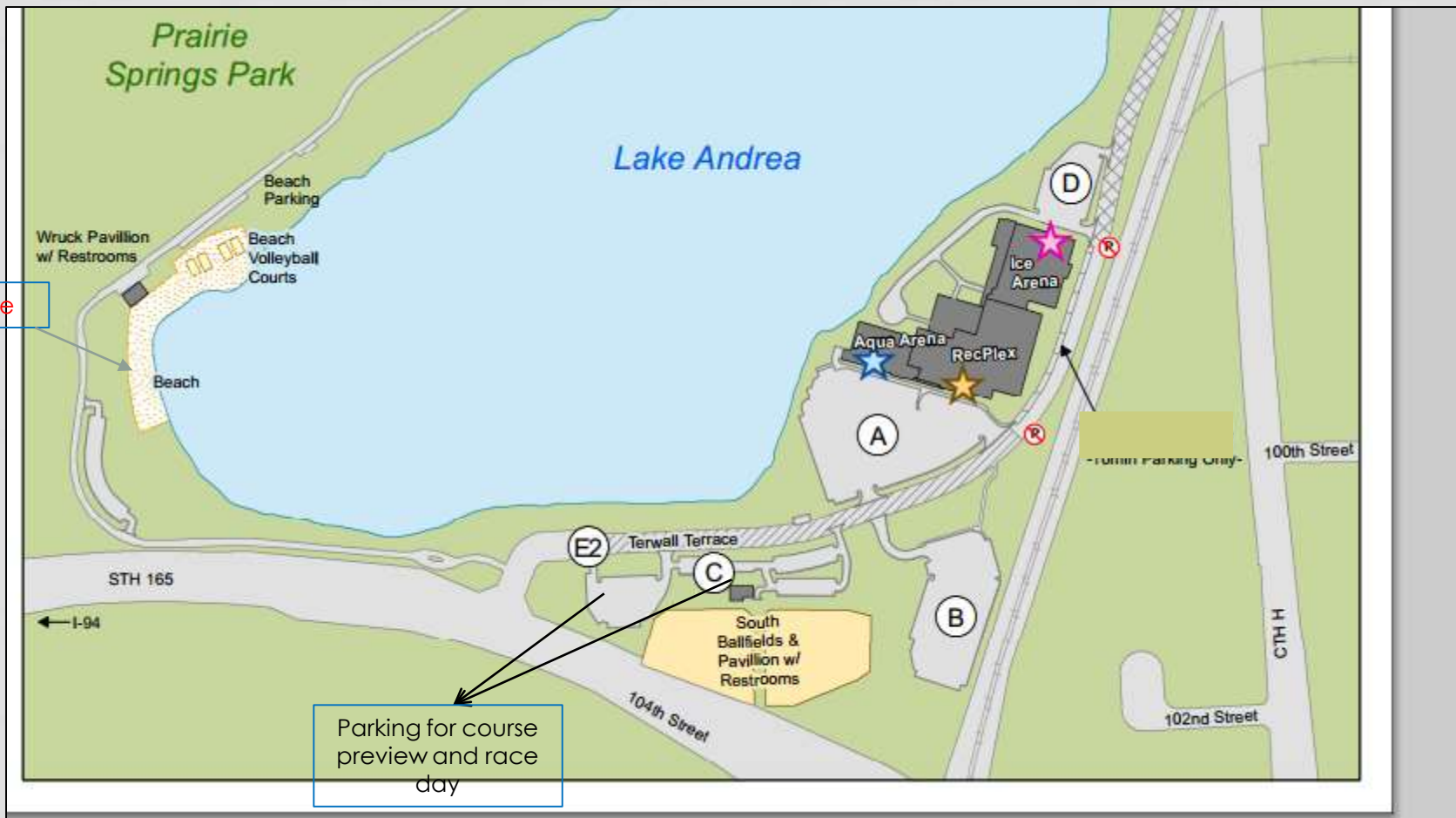
- Course preview will be on Saturday from 8:30am – 10:30am
 - This will be the only time to swim in Lake Andrea prior to race day
- The course will not be closed to traffic during the course preview but we are asking that all coaches, athletes, parents, etc. do NOT park on any part of the race course during the course preview. There is no parking on the grass or along side the park roads at any time. Cars must use the indicated parking lots or they run the risk of being towed. Please respect our athletes' safety and park in the designated parking lots shown below
- Parking map is located on page 7. Recommended parking locations are:
 - E2, C and B
 - The walk from the parking areas are $\frac{1}{4}$ to $\frac{1}{2}$ mile so please plan accordingly
- Team trailers / tents can be accommodated within the grass area near the finish line and swim exit – please do not attempt to drive into the park during our assigned course preview time to set up camp. Please do this prior to the course preview or after the course preview
- Athletes must follow the rules of the road during course previews. Riding or running in groups of more than two abreast is not permitted. Failure to follow traffic laws could result in disqualification from the event if observed by race officials, or USAT staff⁵

PACKET PICK UP

- Packet pick up is available from 9:30 am – Noon at the Pavilion near the swim start. All packets must be picked up at this time unless you have made previous arrangements with the race director (please email j561058@yahoo.com if you need to make accommodations)
- The youth event (ages 6-14) packet pick up is also available during this time as well (youth packet pick up is also available on Sunday)
- We will be providing customized Pleasant Prairie Cup water bottles instead of T-shirts this year

REC PLEX MAP

- Detailed below is the race site as well as the parking locations for the event



RACE DAY AND EQUIPMENT REMINDERS

- Please consider bringing bug spray as the early mornings can bring a large contingent of mosquitos in Wisconsin
- If you need bike support assistance, a mechanic will be available from 8:15am – 11:30am on Saturday only
- You will receive your decals, a bike number (fold this over your top tube or around your seat tube), helmet number (place this on the front of your helmet directly above your forehead) and swim caps at packet pick up. There is no run bib for this event
- Timing chips will be provided to athletes prior to each event at the swim start – you will not receive these at packet pick up

RACE SPECIFIC SCHEDULE

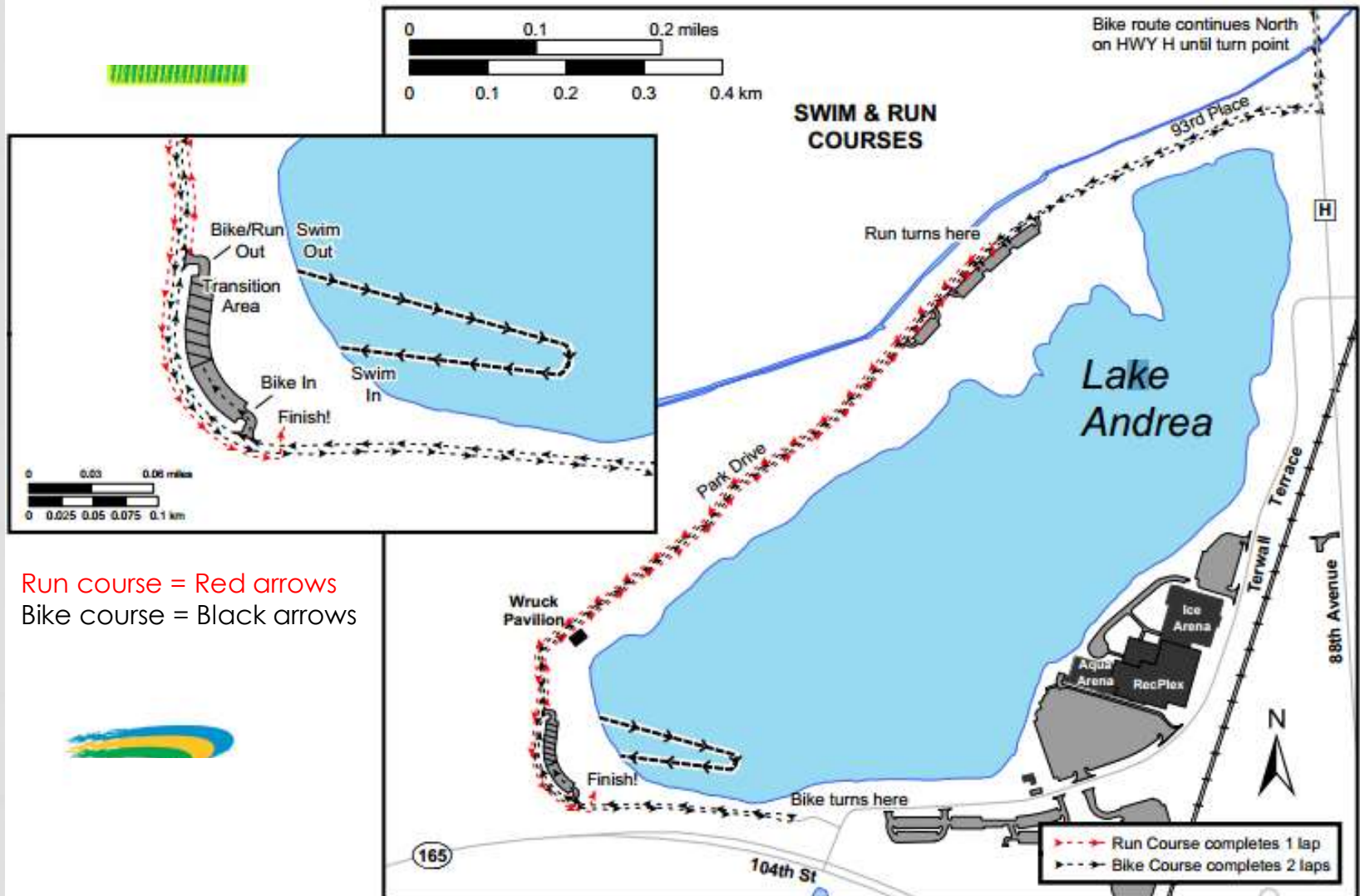
Junior	Female Schedule			Junior	Male Schedule		
	6:15 AM	Transition Open			7:45 AM	Transition Open	
	6:45 AM	Swim Course Warm Up Open			8:15 AM	Swim Course Warm Up Open	
	7:15 AM	Transition Closes			8:45 AM	Transition Closes	
	7:20 AM	Athlete Staging			8:50 AM	Athlete Staging	
	7:30 AM	Race Start			9:00 AM	Race Start	
Youth	Female Schedule			Youth	Male Schedule		
	9:15 AM	Transition Open			10:15 AM	Transition Open	
	9:45 AM	Swim Course Warm Up Open			10:45 AM	Swim Course Warm Up Open	
	10:15 AM	Transition Closes			11:15 AM	Transition Closes	
	10:20 AM	Athlete Staging			11:20 AM	Athlete Staging	
	10:30 AM	Race Start			11:30 AM	Race Start	

Note: Wheel pit wheels only accepted when your specific transition is open.
Teams can place a set of wheels that can be used for multiple races

YOUTH COURSE

- I would recommend that athletes bring a wetsuit to this event – water temp will be dependent on the weather leading up to the event
- Run in swim start from the beach
- Standard Youth distance: 375M swim, 10K bike (2 laps) and 2.5K run (1 lap)
- Lap out rule in effect
- Course Map – there are no significant changes to the course from the prior year – see following page

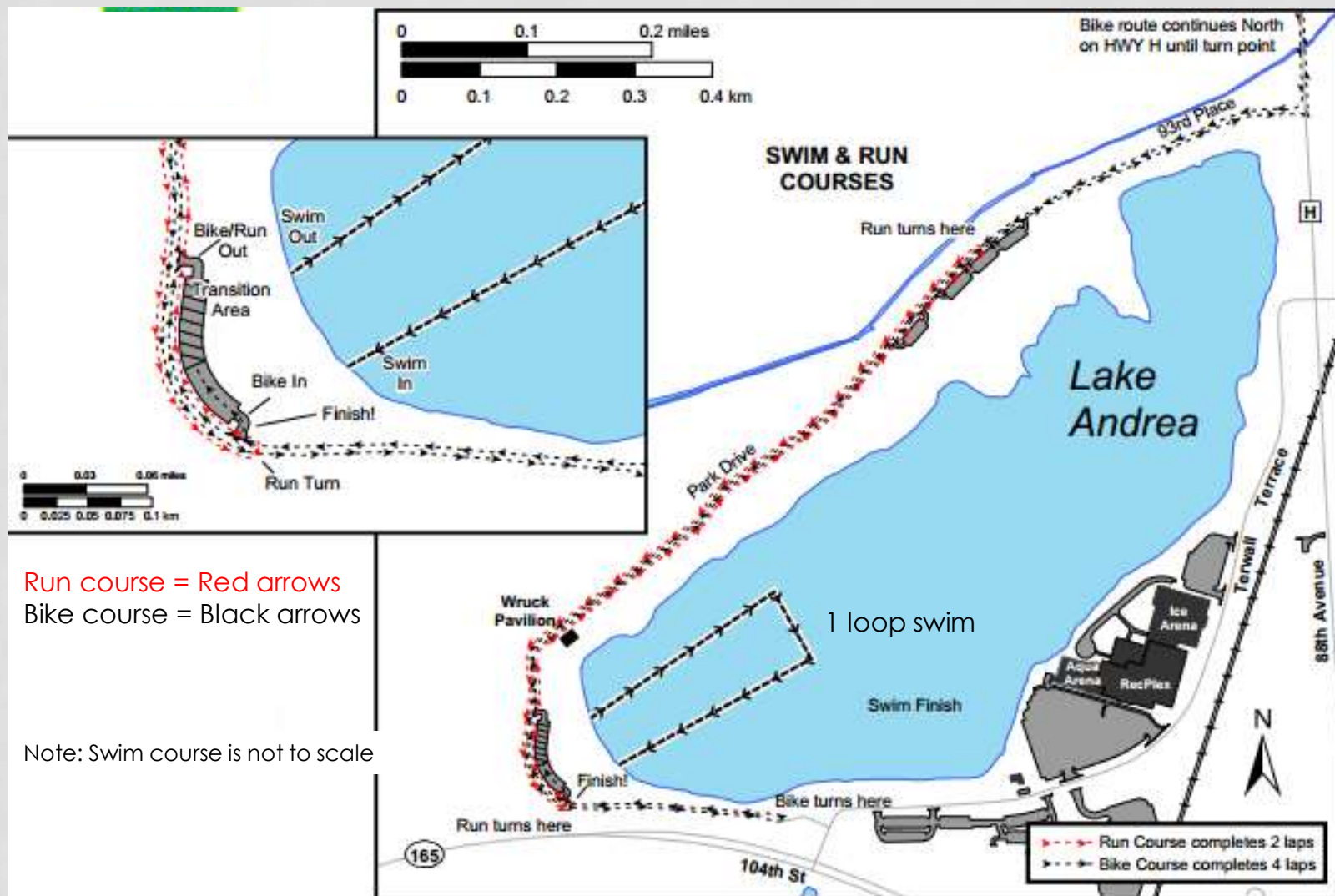
COURSE OVERVIEW – YOUTH



JUNIOR COURSE

- I would recommend that athletes bring a wetsuit to this event - water temp will be dependent on the weather leading up to the event
- The swim will comprise one lap
- Run in swim start from the beach
- Standard Junior distance: 750M swim (1 lap), 20K bike (4 laps) and 5K run (2 laps)
- Lap out rule in effect
- Course Map – there are no significant changes to the course from the prior year – see following page

COURSE OVERVIEW – JUNIORS



BIKE COURSE NOTES

- Reminder: As in past years, athletes are not allowed to cross the center line at any time on the bike course (center line will be identified by cones on the course)
 - Violators run the risk of disqualification

RESULTS

- Awards will take place after each event. The podium will be the top 3 in each division
- Results can be accessed here on race day:
<https://runsignup.com/Race/PleasantPrairieCupTriathlon/Page/Results>

EXITING THE PARK – TEAM TENTS / TRAILERS

- After the Youth male event is done (in the noon to 12:15pm timeframe), there is a small amount of time (~30 min) for teams to remove their trailers and exit the race course
- The youth amateur race will require the course to be shut down to any vehicle traffic in the 12:45pm timeframe
- If you are not ready to exit prior to the 12:45pm timeframe, you will have to wait until the youth races are done in the 2:30pm timeframe
- As a result, please prepare throughout the day to be ready to exit at the prescribed time. Thanks for understanding

SAFE SPORT

As an event with minor participants, it is important to us that everyone feels safe and protected. The U.S. Center for SafeSport created the Minor Athlete Abuse Prevention Policies (MAAPP), a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement to help create a safer and healthier environment in which minor athletes can thrive. As a member of USA Triathlon and participant at a USA Triathlon sanctioned event, you are required to follow these policies.

The MAAPP focuses on in-program contact between an Adult Event Participant and a minor athlete and covers the following Required Prevention Policies: One-on-One Interaction, Meeting and Training Sessions, Athletic Training Modalities, Massages and Rubdowns, Locker Rooms and Changing Areas, Electronic Communications, Transportation, and Lodging. All Required Prevention Policies must be followed by:

- Adult Event Participants who have direct contact with minor athletes
- Adult Event Participants authorized to have direct contact with minor athletes
- Adult Event Participants authorized to have authority over minor athletes

As the MAAPP will be enforced at Pleasant Prairie Cup Triathlon being held on May 31st / June 1, 2025, please review the MAAPP at a Glance in preparation for the upcoming event. Additionally, please review USA Triathlon's SafeSport Policies and References.

If you see or hear a report of any form of abuse, whether it is sexual, physical, mental or another type of abuse you are required to report that abuse within a 24-hour period. You can file a report to the U.S. Center for SafeSport through its online reporting form or by calling the U.S. Center for SafeSport at 833-587-7233 or USA Triathlon at trisafe@usatriathlon.org. If you have any additional questions or concerns, please email trisafe@usatriathlon.org. Thank you!