

SANDLING BEACH SPRINT & INTERNATIONAL TRIATHLONS

OCTOBER 3, 2026



RACE DATE & START TIME



INTERNATIONAL START
8:00AM on October 3, 2026



SPRINT START
8:15 AM on October 3, 2026

RACE INFORMATION



EVENT SITE:

Sandling Beach State Recreation Area
14605 Creedmoor Road :: Wake Forest, NC

SPRINT TRIATHLON

Swim: 750 meters
Bike: 20 miles
Run: 5K

INTERNATIONAL TRIATHLON

Swim: 1500 meters
Bike: 25 miles
Run: 10K

PACKET PICK-UP INFORMATION



Saturday (October 3) 6:15AM - 7:45AM at RACE SITE

PRE-RACE VIDEO BRIEFING

A pre-race video briefing will be posted on the event website by Thursday, October 1 at 9:00PM. There will be no pre-race meeting at the race site. We encourage all participants to watch this short video to become familiar with some of the nuances associated with this race.



SANDLING BEACH SPRINT & INTERNATIONAL TRIATHLONS

PACKET PICK-UP

Packet Pick-up will be held on Saturday, October 3 from 6:15 AM—7:45AM at the race site [14605 Creedmoor Road, Wake Forest, NC].

Bike Check-In: We will post a numerical list of all participants on Thursday. Your race number matches your bike rack assignment in the TA. Check this numerical list before you arrive.

When you arrive on race day, please go directly to the transition area and rack your bike and drop your gear at your assigned spot BEFORE you come to packet pick-up. This procedure is in place to cut down on the line at packet pick-up.

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.

Race Packet: Your race packet will contain, two race numbers, a swim cap and your race swag.

You will be issued two numbers at packet pick-up:

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) is used during the bike segment of the race. Place this number over the top tube of your bike – toward the front if possible.

Race Day Registration: Registrations will be accepted online until 7:00am on race morning.



PACKET PICK-UP LOCATION + TIME

🕒 Saturday (October 3) 6:15AM - 7:45AM at RACE SITE



SANDLING BEACH SPRINT & INTERNATIONAL TRIATHLONS

TIMING INFO

MYLAPS TIMING SYSTEM

Participants will receive an ankle strap that is about 14-15" long and about 2" high containing a velcro strap. These new foam material straps are very comfortable and will be collected at the finish line.

In 2026, all timing straps will be handed out on race morning at the timing strap tent which will be set up adjacent to the transition area. As in the past, participants will be required to show their race number (either run bib or bike number) in order to receive their timing strap. We require this, because we don't want people picking up the wrong timing strap.

Unreturned straps result in a \$30 replacement fee.

TIMING STRAP PICK-UP IS 6:15AM - 8:00AM ALL STRAPS must be picked up by 8:00AM.

NOTE: If you lose your timing strap, you will be charged a \$30 replacement fee. For any participant that does not finish the race – you must return your timing strap to the finish line or be subject to a charge of \$30. These are straps that we use for all of our races. These are not disposable straps. AquaBike participants also must return their timing strap to the finish line.



HOW TO WEAR THE MYLAPS MULTISPORT TAG

The MULTISPORTS tag must be worn on your LEFT ankle.

Wrap the tag around your ankle using the velcro strap.

Press & rub the velcro hook firmly to ensure it is attached.

Make sure the number is visible on the outside of your leg.

Carefully pull Velcro when removing the tag.

Return the ankle tag to the race organizers after the event. [Failure to return your strap will result in a \$30 fee.]

Aquabike Athletes: Please return your timing strap to the finish line.

SANDLING BEACH SPRINT & INTERNATIONAL TRIATHLONS

RACE DAY INFO



IMPORTANT: All participants, volunteers and spectators need to be in the park **NO LATER** than **7:45AM**. The front gate to Sandling Beach Recreation Area will close at **7:45AM** and no vehicles will be allowed to enter after that time.

NO PARKING along Creedmoor Road or the entrance to Beaverdam Park (across Creedmoor Road from Sandling). State Park Rangers and local police will not allow vehicles in these areas. Parking attendants will be on site to assist with parking on race morning. Please follow their guidance.

EXITING THE PARK: Athletes, volunteers and spectators will not be allowed to leave the park until ***approximately*** 11:00 AM. This time is in flux and is based on the last participant in the International distance race finishing the bike course.

Your bib number can be found on the event website. Athletes may use this number to rack bikes in transition before getting in line to pick up race packets and pick up timing straps.

NOTE: It is a USAT rule that if you ride your bike to the transition area prior to the race you must be wearing your bike helmet.

SANDLING BEACH SPRINT & INTERNATIONAL TRIATHLONS

TRANSITION AREA INFO



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

The transition area will have four entrances/exits: **Transition Area Entrance/Exit**, **Swim Finish**, **Bike Start/Finish**, **Run Start**. These entrances and exits will be clearly identified through the use of large inflatable archways.

Once the race starts and you're racing, make sure you come in and out of the transition area through the appropriate inflatable archway. If you're finishing the swim and heading into the transition area to start the bike, make sure you run through the inflatable archway that reads **SWIM FINISH**. The inflatable archway next to that one will be for **RUN START**, so you don't want to run through that one. At the other end of the transition area will be the **BIKE START** and **BIKE FINISH** archways. Please use the designated **TRANSITION AREA ENTRANCE/EXIT** before the race (to rack your bike and set up your transition) and after you've finished racing (to remove your bike and gear).

All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. Wheel is down on the same side as your number. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side. [Please reference photo example below.]

Do not make a complete change of clothing in the transition area or other event area. There will be port-a-johns located in the transition area as well as the finish/start area. Please use these units if you plan to change clothing.

After the race, you will be required to show your race number to check your bike out of transition.



EVENT INFO

SWIM DETAILS



Swim Start Format: This will be an individual time-trial start. Participants will start the race – one person at a time – going off about every three seconds. A long pennant line chute will lead participants to the swim start timing mats at the edge of the lake where the swim starts.

International participants will begin the swim at 8:00am. Sprint participants will begin the swim at 8:15am

Swim Specifics: The course will be a 750-meter triangular shaped course. Sprint athletes will do ONE lap. International athletes will do TWO laps. International participants will exit the first lap about 20 yards from the swim start location. They will exit the lake and be directed back to the swim start for their second lap. Swim course diagrams are available on the event website.

WATER TEMPS: An updated water temperature will be posted by 9pm on Thursday, Oct. 1st. Water temp is expected to be in the low-to-mid 70s.

USAT wetsuit rules will apply. If the water temperature is 79 – 83 degrees, participants may choose to wear a wetsuit, however, they will not be eligible for awards and they will not receive NCTS points or USAT ranking points and will show up in the results as DQ'd.

SWIM CAPS: Swim caps are provided at packet pick-up.

OPEN WATER SWIM TIPS: Orange buoys will be placed along the triangular course to lead you to the swim finish location. You may swim on either side of the round siting buoys. Triangular buoys mark the turns. You must keep them on your right. There will be a variety of watercraft on the swim course during the race. If you need assistance during the swim, roll over on your back and put your hand in the air.

If you need to hang on to a watercraft during the swim, please make sure you are not hanging on to one of the motorized safety boats. You may hang on to a non-motorized vessel (kayaks, canoes, or surfboards) without penalty, however if you hang on to the side of one of the motorized watercraft you will be taken out of the water and disqualified.

EVENT INFO

BIKE DETAILS



The 20-mile Sprint bike course and the 25-mile International bike course are basically the same with one exception: at the nine(9)-mile mark of the ride, the International distance athletes will turn left onto Bruce Garner Rd. and the Sprint distance participants will take a right. There will be an event staffer at that location with a megaphone to assist bikers in turning the correct direction. Please visit our event website for printable course maps.

PRE-RACE BIKE RACKING: All bikes must be checked into the transition area on race morning.

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

DRAFTING: No drafting! Draft Marshals will be on the course and drafting 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. **This includes pre- and post-race travel to the race site.**

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

COURSE INFO: There are plenty of volunteers and police officers for the race and turns will be clearly marked. Remember: it is ultimately your responsibility to know the course. Roads will be open to vehicular traffic. Be careful and alert at all times.

BIKE SUPPORT: Pre-race bike tech support and will be set up at the Bike Start/Finish entrance to the transition area.

EVENT INFO

RUN DETAILS



The Sprint run course is an 5K out & back route. The International course is two loops of the Sprint course. The course stays entirely inside the park. Run course diagrams are available on the event website.

Aid Stations: Aid stations will be located approximately every 3/4 miles on the course. PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. PLUS, if you take a towel and run with it, please deposit it at the next aid station or in buckets labeled for towels only! 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 have your run number visible on the front of your body 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 approximately 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.

EVENT INFO

RELAY TEAM INFO



Relay team members do not have to come to packet pick-up together. However, each member must pick up their own packet. Please be prepared to show a valid photo I.D.

The swimmer will get an index card containing their team's race number.

The biker will get a bike frame number – used to attach to the top tube of the bike.

The runner will receive the running bib.

On race morning, your designated relay team leader may pick up the official timing strap at the timing strap pick-up tent as long as they show either the index card, bike number, or run bib. The timing strap volunteers will not hand out the timing strap without seeing one of those three things.

This neoprene strap will become the “baton” that the swimmer gives to the biker and then the biker gives to the runner.

Relay teams will make their exchanges at their assigned bike rack location in the transition area.

Please be courteous of other competitors as you wait for your team members.

EVENT INFO

AWARDS + RESULTS + MISCELLANEOUS



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-Race Food & Drinks: Post-Race refreshments will be available after the race under the refreshment tent near the finish line. We'll provide self-serve bottles of water, cans of drink and pre-packaged snacks. We ask that only athletes access these snacks and drinks.

Little House Lattes: We are pleased to announce that the folks at Little House Lattes will be on hand serving a variety of coffee and hot chocolate options for spectators. This will be a wonderful amenity for any spectators coming out to cheer and a bonus for participants! Make sure you bring a few extra bucks to enjoy what will be a fantastic post-race treat.

Results: Results will be posted continuously during the day on the website. Complete results including splits will be posted on the event website later in the day.

Awards: We anticipate awards ceremonies as follows:

Sprint: 10:45 AM
International: 11:45 PM

If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

REMINDER: Athletes, volunteers and spectators will not be allowed to leave the park until approximately 11:00 AM. This time is in flux and is based on the last participant in the International distance race finishing the bike course.

Thank you for choosing SET UP EVENTS! We appreciate your participation in our North Carolina series.

