

THE EDISTO ISLAND TRIATHLON - 2023

OFFICIAL ATHLETE GUIDE



TRANSITION / FINISH LINE LOCATION:

Bay Creek Park – 3706 Dock Site Road – Edisto Island , SC 29438

RACE START TIME:

Saturday, October 29, 2022 at 8:00AM

PACKET PICK-UP / BIKE CHECK IN:

- Friday, November 10, 2023 (12:00 – 6:00PM)
Bay Creek Park - 3706 Dock Site Road – Edisto Island, SC 29438
- Bike Check In – Transition (12:00 – 6:30PM)
Security will be on hand through Race Day
- Saturday, November 11, 2023 – There is no race day packet pick up

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:

For those who registered on-line (this should include all athletes) your USA Triathlon membership was validated during registration and thus you will not be required to present your card at packet pick up. If you are not a current USAT member you have paid the one day membership during registration.

RACE PACKET:

Your race packet will contain three race numbers and a swim cap:

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.

RACE DAY INFO:

Race Day Arrival:

Transition will open at 6AM on race day. You may check in your Transition gear on Friday between 12:00 – 6:30PM to save you time on race morning.

Parking:

See the Parking Map on the event web site. Please do not park on shoulders of roadways for any reason. This includes dropping off of athletes.

Chip Pick-Up will take place during packet pick up on Friday. This race will be timed using the 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. If you are wearing a wetsuit your timing chip should go UNDER your wetsuit. **PLEASE NOTE:** If you fail to bring your timing chip to the event you will be charged a 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.

We will collect your timing chip at the finish line following the event.

Body Marking: Body Marking will be held inside the transition area on race morning. Body marking is available from 6:15 – 7:15am on race day. If you are racing in a special division (Open, Clydesdale, Athena, Relay, etc), 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, 2023.

Swim Start Shuttles: Shuttles will run from Transition to the swim start location starting at 7AM and will run until 7:45AM. This will be a short ride but it is too far to walk. You may have someone drop you off and they will be allowed to stay at the swim start area until you begin. The approximate address of the swim start is Oyster Row Lane - Live Oak Boat Landing – Edisto Island, SC 29438. There will be two shuttle buses that will make two trips each beginning at 7AM. Do not wait until the last minute to get on the buses.

*****A MANDATORY** pre-race meeting will be held at 7:50AM at the swim start 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.

Entrances and exits in the transition area will be clearly identified through the use of large inflatable archways. This transition area includes:

- Swim Finish
- Bike Start
- Bike Finish
- Run Start – This arch will say TRANSITION ENTRANCE / EXIT and not Run Start

You may use these entrances to enter transition and set up your bike and run transitions until 7:45am.

Participants will receive a bike rack assignment. Please look for your numbered rack. A 2-minute penalty will be assessed for improperly racked bikes. Bikes must be checked into Transition 1 on Friday between 12PM and 6:30PM.

BIKE TECH SUPPORT:

Bike Tech support will be provided by Edisto Bike Rentals on race morning near Transition.

BIKE CHECK-OUT:

Athletes will be able to remove their bikes from Transition at any time following the finish. Please keep in mind other athletes may still be racing

SWIM INFORMATION:

This swim is a 1.2 mile point to point dock start course. Athletes will cross a timing mat on the dock one at a time and will begin 1 athletes every 2-3 seconds. A swim course diagram is available on the event website.

Water Temps: Preliminary water temps will be posted on the website by Friday before the event. 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 any SCTS points or USAT ranking points and will show up in the results as DQ'd. We do expect this race to be wetsuit legal. Water temperature is expected to be around 70 degrees. A final reading will be taken by the USAT official and announced on race morning.

SWIM CAPS are provided and must be worn.

PLEASE ARRIVE at the swim start no later than 7:45am.

OPEN WATER SWIM TIPS: If you need assistance during the swim, roll over on your back and put your hand in the air and RELAX – don't panic. A swim course safety monitor will assist you.

If you need to hang on to a watercraft during the swim, please be sure that you are not hanging on to one of the motorized safety boats. You may hang on to a non-motorized vessel (kayak, canoe, surfboard) 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.

SWIM START:

This event will begin at a Time Trial swim start. Each athlete will cross over a timing mat just before jumping into the water to begin the swim. The timing mat (found at the end of a dock) is just a couple of feet above the water. Please jump in feet first.

BIKE INFORMATION:

The bike is a TWO loop, 56-mile flat course. A bike course map is available on the event web page. Failure to complete both loops on the bike course will result in disqualification. NOTE: At approximately miles 26 & 55 you will make a decision. TURN LEFT to start Lap 2 or TURN RIGHT to go to the finish. Please pay attention at this location at the intersection of Jungle Road and Lybrand St.

BIKE TRANSITION: Mount your bike at the designated mount/dismount line just outside transition area. You will dismount your bike at the same location before you cross the timing mats at the bike finish archway.

POSITION VIOLATIONS No drafting. No blocking. USAT Officials will 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.

BIKE COURSE INFO: There are plenty of volunteers and safety personnel for the race. Turns will be clearly marked and mile markers are indicated on the course. Remember: it is ultimately your responsibility to know the course. Please be careful and alert at all times as this course is open to traffic. NOTE: While on the main road onto and off the island you should stay INSIDE the bike lane at all times except to pass. There will be a water bottle exchange at mile 28. Sports cap water bottles will be available.

RUN INFORMATION:

The run is a two loop out and back course. You must complete both laps of the run before crossing the finish line. Please visit our event web page for run course maps.

AID STATIONS: Aid/Water stations will be located along the course at every mile. These will offer water, Body Armor, Gel and coke.

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 four-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. Relay packets include a timing chip and the same bike and run numbers as an individual athlete.

The ankle strap used at this event has a velcro strap and thus is able to be reapplied. Simply exchange the timing strap after each segment and reapply to the next athlete up.

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.

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.southcarolinatriathlonseries.com) by 5:00PM on Saturday. Scan the QR code found on your race bib to be taken directly to the results page which are updated throughout the day.

The awards ceremony will be held at the finish line at 3:30PM. Awards WILL NOT be mailed out.

THANK YOU FOR CHOOSING SET UP EVENTS! WE APPRECIATE YOUR PARTICIPATION IN THE SOUTH CAROLINA TRIATHLON SERIES. PLEASE VISIT WWW.SOUTHCAROLINATRIATHLONSERIES.COM TO FIND YOUR NEXT RACE AND LEARN MORE ABOUT OUR SERIES AWARDS FOR 2023.

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.

EDISTO ISLAND TRIATHLON Course Overview

TRANSITION AREA / FINISH LINE

SWIM START

- SWIM COURSE
- BIKE COURSE
- RUN COURSE

Edisto Island Triathlon Transition 2 / Finish Line Parking



The Edisto Island Triathlon
Bike Course (Turn by Turn Directions)

- 0.0 Start at Transition at Bay Creek Park
- 0.0 RIGHT turn onto Buoy Road
- 0.1 RIGHT turn onto Docksite Road
- 1.6 Docksite Road becomes Palmetto Blvd
- 8.5 RIGHT turn on Point of Pines Road
- 9.9 LEFT turn onto Clark Road
- 10.2 LEFT turn on Indigo Hill Road
- 11.6 LEFT onto Hwy 174
- 12.5 RIGHT turn onto Peters Point Road
- 14.2 TURN AROUND on Peters Point Road
- 16.1 RIGHT turn onto Hwy 174
- 19.0 RIGHT turn onto Palmetto Road
- 21.7 RIGHT turn at The Neck to stay on Palmetto Road
- 22.5 RIGHT turn to exit The Neck to stay on Palmetto Road
- 25.1 RIGHT turn onto Hwy 174
- 26.3 RIGHT turn onto Jungle Road
- 28.2 LEFT turn onto Lybrand Street
- 28.5 LEFT turn onto Palmetto Blvd
- 34.8 RIGHT turn on Point of Pines Road
- 36.1 LEFT turn onto Clark Road
- 36.5 LEFT turn on Indigo Hill Road
- 37.8 LEFT onto Hwy 174
- 38.7 RIGHT turn onto Peters Point Road
- 40.5 TURN AROUND on Peters Point Road
- 42.4 RIGHT turn onto Hwy 174

- 45.3 RIGHT turn onto Palmetto Road
- 47.9 RIGHT turn at The Neck to stay on Palmetto Road
- 48.8 RIGHT turn to exit The Neck to stay on Palmetto Road
- 51.4 RIGHT turn onto Hwy 174
- 52.6 RIGHT turn onto Jungle Road
- 54.5 RIGHT turn onto Lybrand Street
- 55.9 RIGHT turn onto Buoy Rd
- 56.0 FINISH at Bay Creek Park

