

Fawn Lake Triathlon 2022

Competitor Instructions

Course Description and Race Rules

Sprint Race: This race is open to all ages. The race consists of a 700-meter swim in Fawn Lake, a 12.332-mile bike-ride through Fawn Lake, and a 5K run on asphalt trails and streets. Fawn Lake is a gated community. You will need your race number to gain access to the community.

All USTA rules will be in place. A USAT certified official will be on site.

Sprint Race Description: The swim begins and ends on Fawn Lake Beach, located adjacent to the Fawn Lake Community Center. Swim caps are optional and wet suits are not permitted unless the water temperature is below 78° F per USAT rules. The swim will be out and back using a reverse triangle. The transition area will be in the FLCC parking lot. Each participant will be allotted ½ of a full-size parking space. Bike stands are not provided but optional. Spaces are 1st come first served. Bike helmets are required. Electric bikes are not permitted. The bike course will be 2 loops at 6 miles per loop. It is relatively flat. Traffic is typically light and will be controlled. The roads are in particularly good condition with no gravel sections. There will be two tight U-Turns on the course. Cones and volunteers will be on the course at these areas. The 2nd U-Turn is downhill. **Extreme caution is expected.** You will dismount your bike before a sharp turn into the transition area. The 5K run is on a new course for 2022. Competitors will find it much improved over previous years. There will be one water station on the course at 1.5 miles.

A COURSE MAP WILL BE DISPLAYED AT REGISTRATION AND WILL BE INCLUDED IN THE PACKET PICKUP PACKAGE FOR BOTH ADULT AND YOUTH RACES. IT IS THE RESPONSIBILITY OF EACH PARTICIPANT TO KNOW THE COURSE PARAMETERS FOR EACH SEGMENT OF THE RACE.

Youth Sprint Races: There are two categories in this race.

Race 1 is open to ages 12-15. The 12 -15 event begins with a 225-meter pool swim (9 lengths of the pool). Followed by a 6-mile bike ride. The course will be one lap of the Sprint course. This is a change from previous years. This change was enacted to eliminate the troublesome 180° turn at the transition area. The race will finish with a 2K run out and back.

Race 2 is open to children ages 6-11. It begins with a 75-meter pool swim (3 lengths) followed by a 3 mile bike ride out and back and a 1K run.

Water aides and Training wheels on bikes are not permitted. Helmets must be worn. Headphones are also not permitted. Parents are allowed to ride and run alongside their children in the 6-11 group and to offer encouragement. However, please refrain from direct assistance.

Event Schedule:

Pre-Race Day Packet Pickup	11:00 – 4:00 Aug 27
Competitor Arrival Course Open	6:00 Aug 28
Packet Pickup	6:15
Adult Sprint Triathlon	Start - 7:30
Youth 12-15	Start - 10:00
Youth 6-11	Start - 11:00
Awards Ceremony	Immediately Following Adult and Youth Races

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Payment and Registration: Payment and registration must be made online and with a credit card through [Fawn Lake Triathlon](#) until August 5. Adult Super Sprint fees are as follows: \$90 for individuals and \$135 per 3-man relay team. Both youth races are \$40. A youth relay option is not offered. After August 5th all fees increase by \$10. Technical shirts will be provided for the adult race, and cotton shirts for the youth races. Swim Caps will be provided to all competitors. Shirts sizes are not guaranteed after August 11. **Registration will close at midnight on August 26.** There will be no refunds. **There will be no same day registration.**

All participants must complete a [USA Triathlon](#) event waiver. The cost is \$15 for adult and \$10 for youth. Waiver registration is built into the event signup process at [Fawn Lake Triathlon](#). Per new USAT rules we cannot provide USAT Registration Forms. Registration is your responsibility.

Packet Pickup: Packet Pickup is scheduled for Saturday, August 27, from 12:00-5:00 at the Fawn Lake Harbor Club (11300 Longstreet Drive) located adjacent to the transition area. Note: This is a change from previous years. You must pass thru the security gate to access the Community Center. Race packets can be picked up on race day beginning at 6:15 at the Community Center on Longstreet

Awards: All finishers will receive a custom 3" Finisher Medal presented in the finish chute. Awards presentation will begin immediately following the completion of the Adult and Youth races. The Overall Male and Female event winners will receive a special award created by The Fawn Lake Veterans Group. Lapel pins will be awarded to the top 3 finishers in each age group by gender. Adult Sprint age groups are 19 and under, and then 5-year age groups starting at 20-24 thru to the oldest finisher. Ages to be determined as of December 31, 2022. Youth age groups are 6-7, 8-9, 10-11, 12-13 and 14-15. Ages are as of the day of the race.

Amenities: A race hospitality table will be provided for all competitors. The table will be open post-race. Restrooms are in the Community Center.

Parking: Parking will be in the Country Club parking lot. Overflow parking is available at the parking area opposite the Sports Park on the left side of Longstreet, as you enter Fawn Lake. The Fawn Lake Veterans Group will manage the parking. No trailers are permitted in the race staging area. Trailer parking is required in the overflow parking area. Race equipment may be dropped off at the staging area before parking a vehicle or trailer in the overflow area. Shuttle service will be provided from the overflow area to the staging area.