

TRADITION TRIATHLON

ATHLETE'S GUIDE

MS STATE CHAMPIONSHIP

BILOXI, MS

04.30.22

The Tradition Triathlon will be April 30, 2022! We look forward to seeing you this year! Below are updates and reminders for the race.

We have an excellent race bag for you this year including this t-shirt and hat!



SCHEDULE

Friday, April 29, 2022

12 PM – 6 PM

Packet Pickup and Onsite Registration at MS Coast YMCA Tradition Branch
[12661 Village Ave. W. Biloxi, MS. 39532](https://www.yymca.org/12661-Village-Ave-W-Biloxi-MS-39532)

Saturday, April 30, 2022 (6am to 7:30am) Race Day

Packet Pickup ONLY at MS Coast YMCA Tradition Branch
[12661 Village Ave. W. Biloxi, MS. 39532](https://www.yymca.org/12661-Village-Ave-W-Biloxi-MS-39532)

YOU MAY NOT PICK UP SOMEONE ELSE'S PACKET. If you are a RELAY TEAM, each individual member of your team must be present to pick up your packet! USA Triathlon is very strict about that rule for sanctioned races which provide national ranking points.

Transition Opens: 6am to 7:45am

Swim course warmups: 7:30am to 7:50am

RACE START: 8am

Swim will be self-seeding with Chip Time Trial Start every 5 seconds for safety

AFTER PARTY STARTS: 9:30am

AWARDS: 10:30am

- Mississippi State Triathlon Championship Awards
- Triathlon Age Group Awards
 - Top 3 Overall M & F
 - Masters M & F
 - Grandmasters M & F
 - Seniors M & F
 - 3 deep in 5-year age groups
- Relay Team Awards
 - Top 3 relay teams
- Clydesdale, Athena Awards
 - Top 3 Overall
- High School Awards
 - Top 3 Overall M & F

RACE CONTACTS

- www.gulfcoastrunningclub.org
- [Tradition Triathlon Facebook page](#)
- Leonard Vergunst
 - (228)380-7037
 - leonardvergunst@gmail.com

RULES AND SAFETY

This is a USAT Sanctioned Event. All USAT rules will be in effect during the event. For further review of the rules, please visit www.usatriathlon.org. You must be a current USAT member to participate or you will be required to purchase a one-day membership during online registration. Protests of penalties assessed for rules infractions must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes the race.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event weekend will result in your immediate disqualification.

COURSE SAFETY

Because the Tradition Triathlon is conducted on public roads, it is virtually impossible to keep the entire course closed to vehicular traffic. We do restrict traffic as much as possible. Be

aware of your surroundings, obey the instructions of the traffic control officers and volunteers and be considerate of others during the competition.

PARKING

Parking near the Transition Area is plentiful. Please follow the directions of race officials and volunteers as you come in on the road past transition.

RACE NUMBERS

You will have a timing chip band with your race number printed on the inside issued in your race packet that will attach around your LEFT ankle. Each relay team member will receive an individual chip too.



You will have an adhesive bicycle frame number that must be attached to your bike with the race number clearly visible from both sides of the bike. Lost bike numbers cannot be replaced!

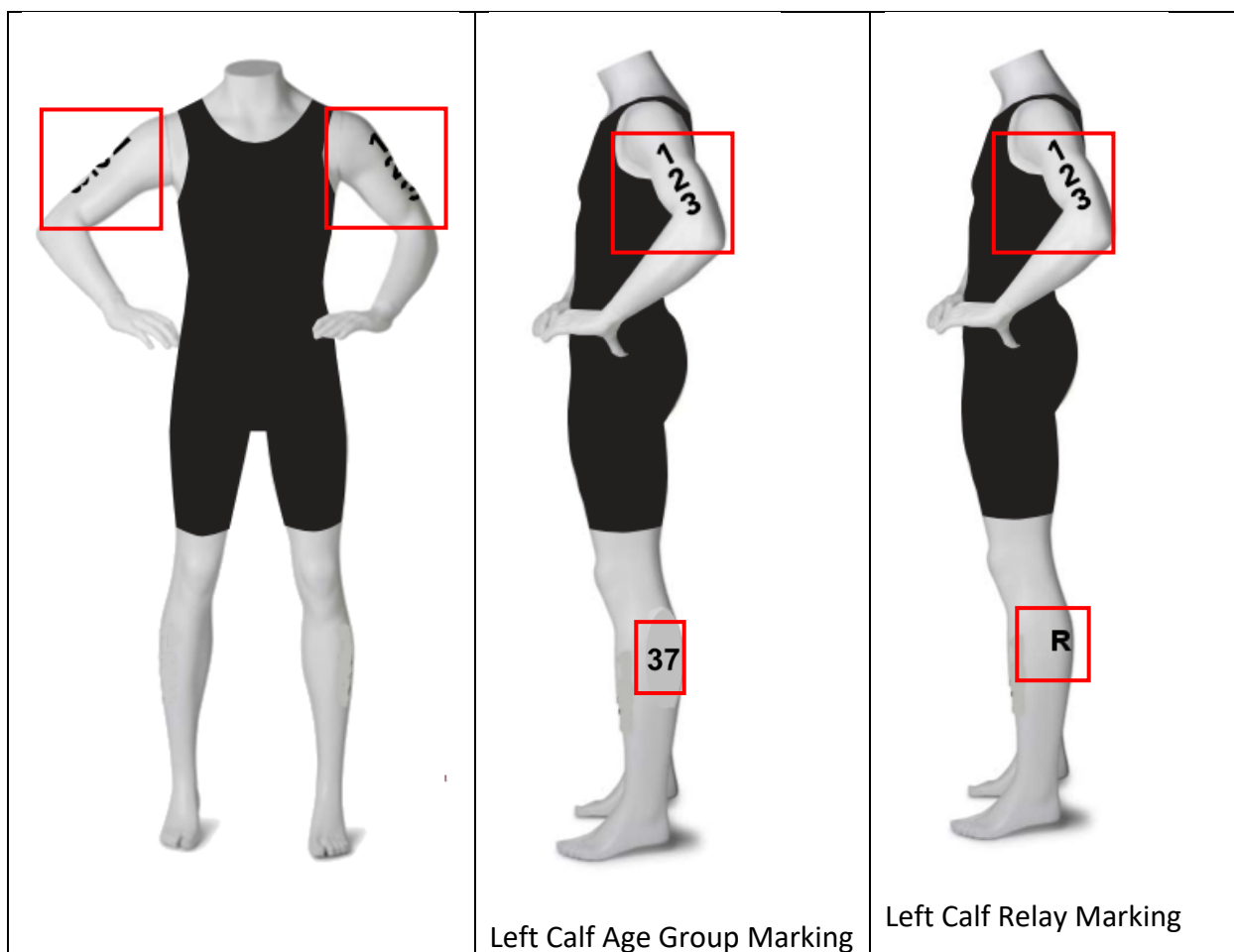


You MUST be body marked before the race starts!

BODY MARKING

Body marking will take place during packet pickup on Friday as well as on Saturday near the transition area. Do not apply body lotion or sunscreen until after you have been body marked. Be sure you have complete markings before entering the transition area with your bike.

You must mark your race number below your shoulder on your bicep so it is visible from the front on both arms. You must also write your age on your LEFT ankle UNLESS you're in the relay in which case you write an "R". Race staff will assist you with body marking.



TRANSITION AREA ACCESS

The transition area will be open on race day 6 AM until 7:45 AM and after race officials deem it safe to enter when the majority of athletes have exited for the run. Any athlete, including relay team members, who arrive after 7:45 am, will not have access to the transition area. Please be considerate to other racers when accessing the transition area after the race to reclaim your bicycle and gear. When reclaiming your bike exit by the volunteers performing bike checks.

The transition area has two entries and exits on opposite ends. You run in from the swim and run out for the run on the east end and bike in and out on the west end. This setup neutralizes the advantage of any particular transition spot so all athletes must cover the same distance. The image below shows the transition routes.



BIKE RACKS

Individual athletes will place their bike on a rack labeled with a number range that corresponds to their number. For example, if your number is 15, you will place your bike on the rack labeled "11-20".

When you rack your bike, roll the bike backwards under the rack, lift the seat, and hook it on the rack. Alternate the direction of each bike to fit the bikes comfortably on the rack and make them as easy as possible to remove quickly during the race. If you put your gear under the raised back wheel, you'll also keep the aisles clear for everyone:



BIKE SUPPORT

We have very limited bike support. Please be sure you have extra tire tubes for your bike and the equipment you need to change and inflate a flat tire. Also verify that your bike handlebars have end caps or are sealed by the gear levers or brakes. Open bike handlebar ends are not permitted for safety per USAT rules. We'll do our best to support bike issues but be prepared!

TIMING CHIPS

We are using DISPOSABLE TIMING CHIPS this year. These chips are very lightweight and we don't have to recover them after the race. We will be able to hand these chips to you at packet pickup in your race bag. The chip will be in a sealed white envelope with instructions for putting it on. You can put this chip on the night before so you have one less thing to worry about race morning. The chips are waterproof.

Each member of a relay team will receive their own chip. In the past, relay teams had to hand off the chip so these disposable chips will be much easier.

If you lose your chip, additional chips will be available on Saturday morning at transition for a charge of \$35. **DON'T LOSE YOUR CHIP.** Each chip is encoded with your specific registration data so do not trade your chip with another athlete! The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the timing mats at the end of each segment (e.g., swim finish).



SWIM CAP

The swim cap placed in your race packet **MUST** be worn during the swim.

SWIM START

The swim starts on the edge of the lake south of transition. Participants should proceed to the swim no later than 7:50 AM. The timing team will start a runner every 5 seconds.

SWIM COURSE

Please note, the swim takes place in a lake. Follow the buoys during the entire swim course. Keep all buoys on your left by swimming to the left of each buoy. Athletes who cut any portion of the swim course will be disqualified. For your safety, water safety personnel will be monitoring the swim course from shore and on watercraft.

The race has always been wetsuit legal and we expect the same this year. You may wear aqua socks, snorkels, goggles, and USAT-approved personal floatation devices.

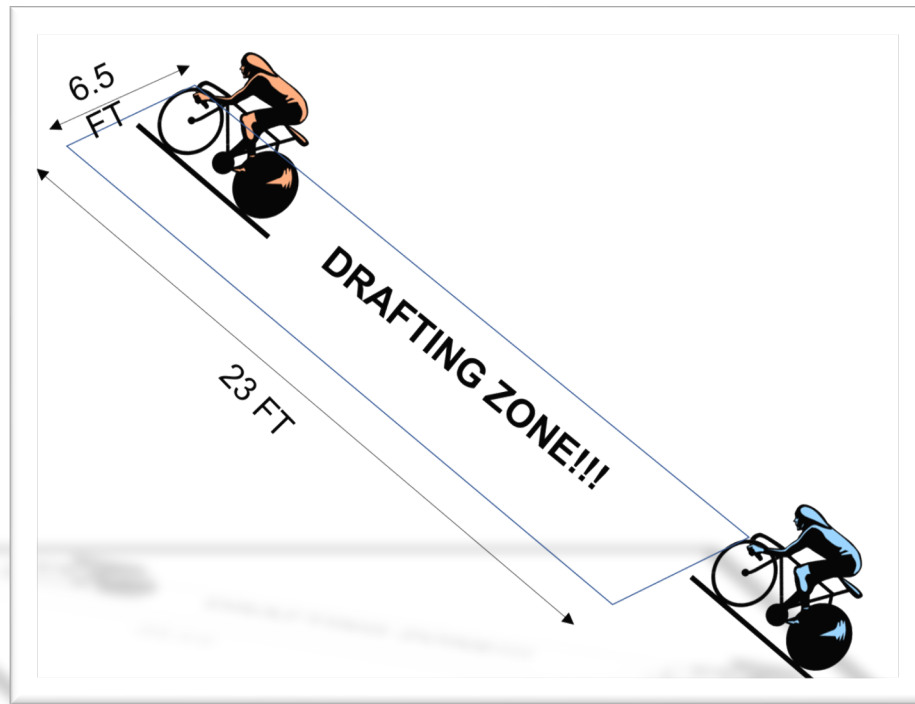
TRANSITION AREA CONDUCT

For safety reasons, you will not be permitted to ride your bike in or out of the transition area. You must walk or run while in the transition area. Please watch out for other athletes as you

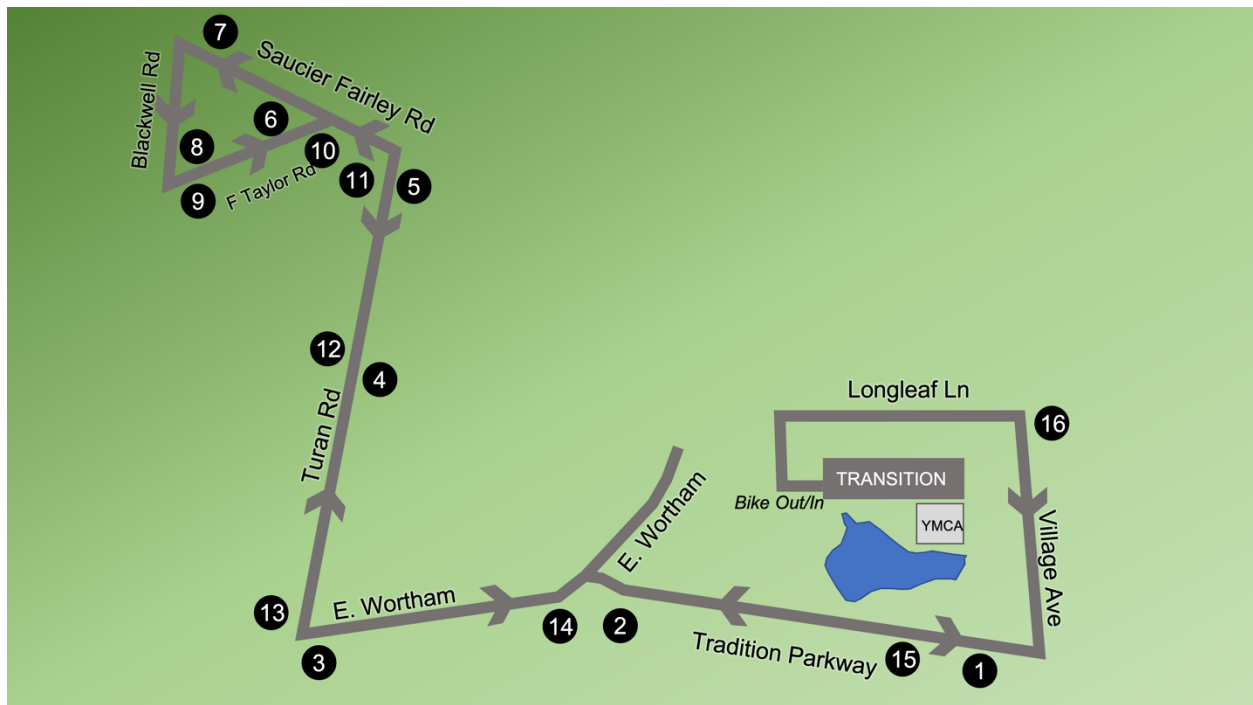
move through transition and follow the instructions of race officials and volunteers. You must walk or run your bike to the mount/dismount line near transition.

BIKE COURSE

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before you mount and dismount your bike. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. Race officials will monitor the bike course and strictly enforce these rules. Cyclists must avoid the draft zone of the bike immediately in front of them which is a 23 feet by 6.5 feet imaginary box around the front biker as show below. As soon as your front wheel enters the drafting zone you are drafting. If you wish to pass a cyclist, you have 15 seconds to enter the draft zone and pass. As soon as you pass the cyclist, they must drop back out of your drafting zone.

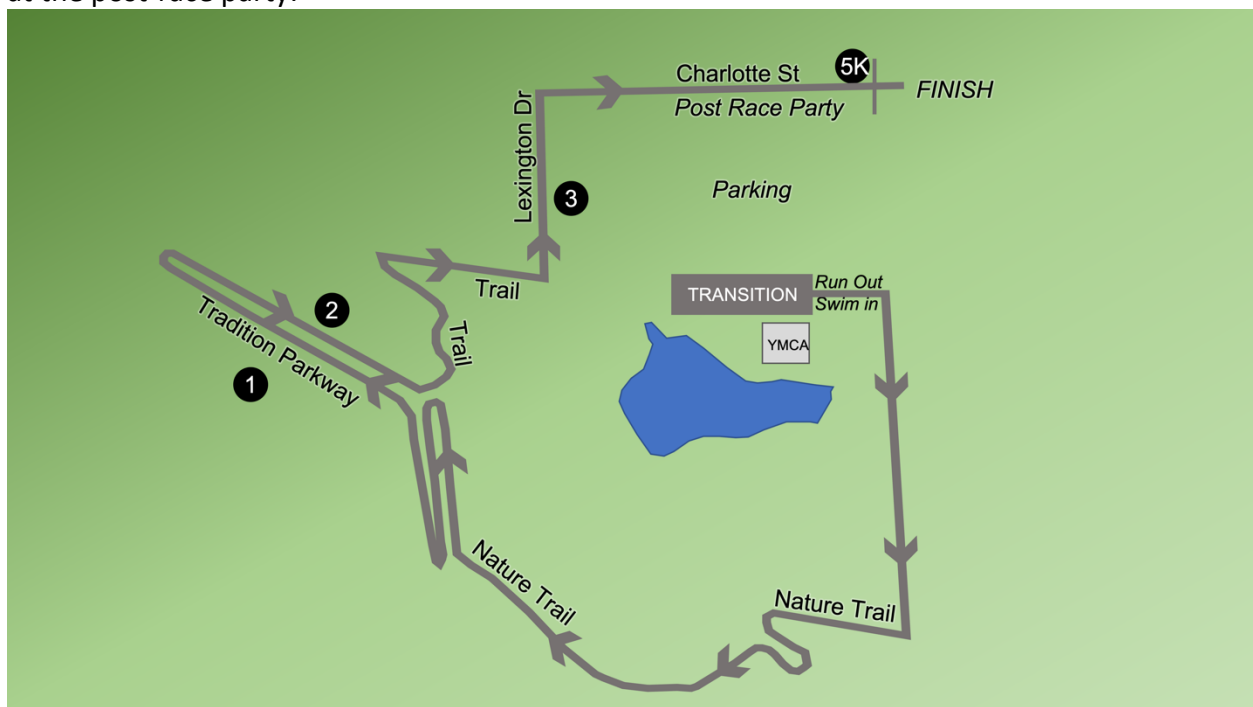


The following map shows the bike route which is not to scale:



RUN COURSE

The run course is a point-to-point 5K that starts in transition and ends north of the parking area at the post-race party:



DROPPING OUT

Please notify a race official if you drop out of the race! It's critical for safety reasons that we know the status of everyone on the course.

TIMING & RESULTS

Athletes who do not wear the timing chip during the entire event will not be scored. Please note that the clock at the finish line reflects the start time of the first swimmer. If you have an issue with your timing chip, notify a race official immediately.

POST-RACE PARTY

The awards party begins as soon as you cross the finish line! Be sure to stick around for fruit, food and beer. The Awards Ceremony will follow the race.