



## **2024 Race Day Instructions**

We welcome you to the 2024 Rocky Hill Triathlon March 16, 2024! We have participants from all over California and representing 6 other states! We hope you are ready for an amazing event and we welcome back our past participants!

### **Packet Pickup**

This year we are extending the hours of packet pickup to accommodate those traveling from out of town. We will be at Bell Craft Brew Co until 9pm to get you checked in. There will be a food truck, plenty of beer, and lots of other great food choices downtown. You are allowed to grab a bib for a friend!

### **Friday March 15th**

4pm-9pm

Bell Craft Brew Co.

130 North E Street

Exeter, CA 93221

### **Race Morning**

6am-7:30am

Exeter Union High School

505 Rocky Hill Dr

Exeter, CA 93221

## **Race Times**

**8am  
Olympic Course**

**8:30am  
Short Course**

**9am  
5k Run/Walk**

## **Shoe Donations**

Please bring your gently used shoes to be donated to our local high schools that are in need. We will accept your shoes at packet pickup and race day!

## **Parking**

There is ample parking available at Exeter High School for everyone. There is a North Parking Lot and South Parking lot separated by Rocky Hill Drive (race course). Please do not park on Rocky Hill Drive. We also have parking on Portola Ave North of the School.

## **Track Rules:**

No pets are allowed on the track surface or field turf

No chairs allowed on the track surface or field turf

No playing on or around the pole vault pads

Please be mindful of track and field surfaces

## **Schedule**

On race morning, transition will open at 6am. We will have our favorite local shop Visalia Cyclery there in the event your bike needs some additional care. They will also have some bike supplies available for purchase, in the event you forgot your helmet, or need an extra tube. We will have body markers there to get you temporarily inked, that way your free race photos are easier to sort. Transition will hard close at 7:30am. Hard close means you are not allowed back in transition until you are getting on your bike after your swim. At 7:30am we will hold a mandatory safety meeting for all athletes on the pool deck. The race will start promptly at 8am with the Olympic distance followed by the sprint course at 8:30am and the 5k at 9am.

## Swim Portion

This is a self-seeded swim. It is your responsibility to get into a lane with swimmers of similar ability to you. We will help direct that a little on race morning. Be real with your swim ability on this. We will be doing wave starts to minimize traffic in the lanes. There will be no more than 50 athletes in the pool at a time, and hopefully no more than 4-5 athletes per lane. The swim is done in a circle swim format, meaning that you swim down one side of the lane, and swim back on the opposite side of the lane. Passing is allowed, but only at the wall when you turn. The first group in the water will be the Olympic athletes. We will do our best to get everyone through the swim as quickly as possible. Your patience is appreciated.

## Vendors

Bring your credit card or cash if you are interested in making some purchases at the expo and the race. Artletic Apparel will have a limited supply of Custom Rocky Hill Triathlon apparel and will be distributing the “add ons” purchased from the store

## The Rocky Hill Motorfest

Continue the festivities in downtown Exeter for the inaugural Rocky Hill Motorfest featuring a raffle for the 1971 Ford F-100 truck (\$50 per ticket). There will be lots of food and vehicles to check out. The race course will go through the car show as it is kicking off



## Sponsors

We can not have done this without our sponsors. Proceeds from The Rocky Hill Triathlon are invested back into the Exeter Community for recreation projects. Because of your participation and our sponsors we were able to construct a frisbee golf course at Unger Park and are currently helping fund park equipment! If you visit one of our sponsors please thank them!



[www.rockyhilltraithlon.com](http://www.rockyhilltraithlon.com)

