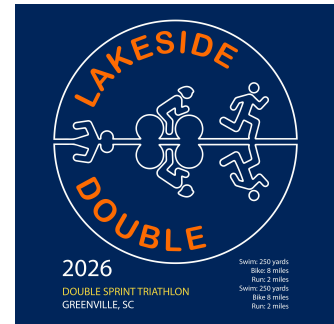


LAKESIDE DOUBLE SPRINT 2026



RACE LOCATION:

7th Inning Splash - 1500 Piedmont Highway - Piedmont SC 29673

RACE START TIME:

Friday September 11, 2026 at 6:00PM

PACKET PICK-UP:

Friday, September 11, 2026 (3:00 – 5:30pm) - 7th Inning Splash

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:

USA Triathlon requires that all USAT annual members must show their USAT membership card during registration. With that said you were most likely verified to be a member or not a member DURING registration. Thus, you will not be required to show your USAT Membership card. We suggest always bringing it with you just in case.

RACE PACKET:

Your race packet will contain two race numbers:

The square colored 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.

There will NOT be a helmet number at this event.

PACKET CHECK LIST:

- PHOTO ID
- USAT CARD
- BIKE AND RUN NUMBER

RACE DAY INFO:

Race Day Arrival and Event Parking:

Please plan to arrive at the race start no later than 5:00PM. There are many parking locations at Lakeside Park / 7th Inning Splash. Please make sure you park in a parking space. There is plenty of parking all within a short walk to the transition area and finish line.

Please note that nearly all of the venue is part of the race course. If you plan to leave early you can do so but keep in mind athletes will still be racing and use extreme caution. Exit will take place through the main exit area onto Piedmont Highway.

Chip Pick-Up will be held from 4:00PM—5:30PM on race day adjacent to packet pick-up. This race will be timed using the Race Result timing system. 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. We suggest leaving 1-2 finger widths of space between the timing chip bank and your ankle. **PLEASE NOTE:** You must show your run/bib number to pick up your timing chip.

NOTE: All timing chips must be picked up by 5:30PM. If you lose your timing chip, you will be charged a \$50 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.

Volunteers will remove your strap and collect your timing chip as soon as you cross the finish line.

What happens if I lose the timing chip? If this happens you will be charged a \$50 replacement fee. We will send you an invoice within a week of the race. You will be required to pay that invoice before you race in any other Set Up Events races. Lost chips are a rarity. In 2025, we had less than five lost chips for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip.

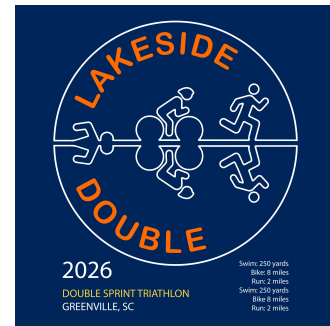
Body Marking: Body Marking will take place near the transition area. You may also self body mark if you like. If you do please place your race number on both arms and your age or race category on your right calf.

*****A MANDATORY** pre-race meeting will be held at 5:50PM inside the pool area on race day. This is the last opportunity we have to communicate important information and any last-minute changes that may be necessary. *******

RACE DAY INFO [CONTINUED]:

TRANSITION AREA:

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



The transition area will have four entrances/exits:

- Swim Finish
- Bike Start
- Bike Finish
- Run Start

These entrances and exits will be clearly identified through the use of named tent entrance ways. You may use these entrances to enter transition and set up your bike and run transitions until 5:55PM. **NOTE:** With the format of the event a good rule of thumb is this: Anytime you have swim goggles in your hand you will go under the swim finish entrance (starting or finishing each swim) / Anytime you have run shoes on you will go under the Run Start entrance (starting or finishing your runs) / When finishing each bike go under the Bike Finish entrance / When starting each bike go under the Bike Start entrance.

DO NOT CROSS ANY TIMING MATS AFTER 6:00PM UNLESS YOU HAVE STARTED YOUR EVENT.

Participants will rack 6 bikes to a rack. Look for your numbered bike rack. There will be no bike storage the night before the event. Do not rack more than 6 to a rack.

BIKE TECH SUPPORT:

Bike Tech support will be provided by Benchmark Bikes near Transition.

SWIM INFORMATION:

The 250 yard swim is held inside the 7th Inning Splash in a 6 lane, 25 yard pool. Participants start at one side of the pool and snake their way down each lane as they work towards the other side of the pool. Athletes will swim in one direction in the first and last lanes and two directions in lanes 2-5. A good rule of thumb is that you will change lanes each time you reach the wall opposite the wall where you started.

SWIM START TIMES: Swim start times will be based on submitted seed times and will be in numerical order. This start order WILL NOT BE CHANGED. Race week registrants will be seeded accordingly among the pre-registered athletes. This event features a timed start on the pool deck. Participants will cross a timing mat on the pool deck before entering the pool one at a time.

Line-Up: Be prepared to line up for the swim start a minimum of 10 minutes before your expected start time. Athletes must line up and start in numerical order and will begin the swim in the lane closest to the large slides. **NOTE: If you miss your swim start, please notify a race official and we will get you started as quickly as possible. Failure to start in the correct order will result in a 2-minute time penalty.**

Swim Etiquette: Passing is sometimes necessary in a pool swim. There may be enough room in the lane for an athlete to comfortably go around another athlete. Otherwise, a foot tap allows the swimmer in front of you to know that you would like to pass. If you feel that a swimmer is on your feet or is "tickling your toes", it is appropriate to yield at the wall and wait to be passed.



If you have a problem, grab a lane rope until you can continue. Lifeguards will be on hand.

Swimmers will begin one at a time every five (5) to ten (10) seconds.

BIKE INFORMATION:

The bike is a one-loop, 8-mile course through Greenville featuring quiet country roads, moderate grades, rolling climbs and descents. The last section of the course is on a four-lane highway. A bike course map is available on the event web page. Turns are marked with pavement arrows and directional signs. Police and volunteers control all intersections on the course.

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

POSITION VIOLATIONS: No drafting. No blocking. USAT Officials may 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.

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

RUN INFORMATION:

The run course is a two-loop, 2 mile course. Please be sure to complete both laps during both of the run sections. Runners will start lap 2 on each run by passing by the transition area. Turns are marked with pavement arrows and directional signs. Please visit our event web page for run course maps.

AID STATIONS: Aid/Water stations will be located on the run at the half way mark / beginning of lap 2..

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 two-minute penalty.

FINISH LINE: When you approach the finish line you may 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 and USAT membership. Relay packets include a neoprene ankle strap, a timing chip pass and the same bike and run numbers as an individual athlete. On race day, the swimmer or the runner will pick up the team timing chip. The swimmer can show the timing chip pass or the runner may show the square run number to pick up the chip.

The neoprene ankle strap allows for easy transfer from swimmer to biker and biker to runner. This strap is worn on the left ankle of each team member. Please remember to pass off the timing chip to your team member for accurate results.

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:

Please use the QR code found in your email or on your race bib to view results. Complete results (with splits) will be posted on the website where you registered by 9:00PM on race day.

The awards ceremony will take place close to the finish of the last athlete. Listen for announcements during the event as to the expected time. Our best guess is around 8:30PM.

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 2026.

HAVE A GREAT RACE!