

2025 LAKE DAVIDSON TRIATHLON

SEPTEMBER 14, 2025

START TIME: 7:30 A.M.

Packet Pick Up

Saturday, September 13 – 2pm - 5pm

The Cycle Path
20900 N Main St
Cornelius, NC 28031

Sunday, September 14 – 6:00am – 7:15am

Trane Technologies Campus (Red Tent)
800 Beaty St
Davidson, NC 28036

****Photo ID Required - No ID, No Race, No exceptions (USAT RULE)***

****All Participants MUST pick up own packet (incl. relay members)***

****Parent/Guardian may pick up packet for a MINOR child (17 or under)***

NO ONE WILL BE ALLOWED TO VISIT/ACCESS THE RACE SITE (TRANE TECHNOLOGIES) ON SATURDAY. IT IS ONLY ACCESSABLE ON RACE DAY.

Parking

Please review the parking map on the website – Volunteers will be in position to manage/direct participants and spectators into the parking lots/locations. Please follow the instructions of the Traffic volunteers and the parking signage. You will be directed to turn left after the guard shack and go to the end of the back road to the parking lot areas nearest to packet pickup.

The main road leading into Trane Technologies will close at 7:05 AM. If you arrive after 7:05 AM you will have to walk in, a little more than a ½ mile. Any public parking lots on Beaty Rd are available for parking if you arrive after the main road closes at 7:00 AM. This is for all spectator and/or participants.

Do not plan to exit the Trane campus until after 10:30 a.m., the estimated time when all participants will have finished the race. If you need to exit earlier please see a parking attendant after the race who will be in a purple volunteer t-shirt and located near the P5 parking area. **ENTRY AND EXIT FOR ALL PARTICIPANTS WILL FLOW THROUGH THE BACK ROAD. PLEASE USE CAUTION AS YOU ARE DRIVING ON AND OFF CAMPUS.**

Participant Meeting

A participant orientation meeting will be held at 7:05 AM on Sunday, September 14 (Race Morning) at the Swim Start Location near the Finish Line. If you cannot attend the meeting please read all the information in the pre-race email and the event details.

Timing Chips

NEW: Timing chips will now be in your race packet that you pick up during packet pick up.

These straps will need to be put on your LEFT ANKLE. We recommend putting the chip on BEFORE you leave your home/hotel for the event site in the morning. It is also helpful if you add an extra piece of duct tape for extra hold. We will have some available at packet pick up if you would like to add an extra adhesive (just along the seam). Sometimes if the air is extremely humid it can reduce the quality of the adhesive on the strap, which is why we recommend the extra piece of tape.

Please note, you will have ONE CHANCE to adhere the strap to your leg. If you do not like your placement and undo the adhesive to reattach, IT WILL NOT RESTICK. Make sure you have the chip strap exactly how you want it before removing the square to attach. You want to make sure the strap is good and snug. Not too tight, but not so loose it wiggles around.

Volunteers will collect this as soon as you cross the finish line.

Race Numbers

You will be issued 3 numbers at packet pick up.

1. 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.
2. The long number (containing your number twice) is your bike frame number. This number is self-adhesive and will be folded over the top tube of your bike frame.
3. The small number is your helmet number. It also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

*Do NOT cut or alter your numbers in any way.

Body Marking 6:00 - 7:15 am

All participants must be marked at the body marking area – located near the Packet Pick-Up Tent and in the Transition Area beginning at 6:00 AM

Swim Temperature Information

We will announce the water temperature on race morning multiple times. USAT rules will apply for wetsuits. If the water temp. is 78 degrees or lower, wetsuits may be worn. If the water temp. is 79 – 83 degrees, wetsuits may be worn – HOWEVER – the participant will not be eligible for any awards, will not receive any USAT national ranking points. Bring your wetsuit in case they are legal. If over 84 degrees wetsuits will not be allowed due to safety reasons.

NCAA Draft Legal Race

The NCAA Draft Legal Race will start at 7:30AM.

THIS IS THE ONLY EVENT THAT IS DRAFT LEGAL.

It will be an in-water (hip height) mass swim start with two start buoys to indicate the Start Line Location. We will have a Start Line Rope with specific start-spots for each athlete. We will have a call down so listen carefully at the Swim Entrance Gate for your name. Once your name is called head through the Swim Entrance Gate and choose a start-spot on the rope.

All buoys will be on our left shoulder throughout the entire swim course. Stay left of all the buoys during the swim.

Your **FIRST TRANSITION (Swim Finish / Bike Start)** will be separate from the Main Field's Transition Area. It will be located near the Swim Exit.

The transition area will have two entrances/exits:

- Swim Finish
- Bike Start

Your bike mount line will be indicated by White Tape across the Road at the Bike Start Entrance.

All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack, all bikes racked facing field of play, ie: front wheel out. Place your bike on the rack centered on your number. Each rack accommodates four bikes.

No bike storage the night before the race.

Your **SECOND TRANSITION (Bike Finish / Run Start)** will be at the Main Field's Transition Area. It will be located in the main parking lot.

The transition area will have two entrances/exits:

- Bike Finish
- Run Start

Your bike dismount line will be indicated by Orange Spray Chalk across the Road at the Bike Finish.

All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack, all bikes racked facing field of play, ie: front wheel out. Place your bike on the rack centered on your number. Each rack accommodates four bikes.

No bike storage the night before the race.

We have a small, limited number of gear baskets for the Second Transition (Bike Finish / Run Start). We recommend coaches/teams bring their own.

The bike course will be draft legal and will have a lead motorcycle. Police will be at the main intersections, but please remember this is not a closed course. There will be morning traffic on the roads, please pay attention.

You must wear the race number that is provided in FRONT when you cross the finish line.

Swim Course

- Swim diagram is available on the Lake Davidson Triathlon event page on our website and will also be displayed at packet pick-up
- This will be a wave start (you will receive the swim cap at packet pick up):

Wave	Age Group/Category	Start Time	Cap Color
1	NCAA Draft Legal	7:30 AM	Pink
2	Club Collegiate	7:50 AM	Silver
3	Men 34 & Under	7:53 AM	White
4	All Relay Teams	7:56 AM	Royal Blue
5	Men 35-49, Aquabike Men	7:59 AM	Sky Blue
6	All Female Age Groups, Aquabike Women	8:02 AM	Purple
7	Men 50 & Over	8:05 AM	Neon Green
8	Novice Men & Novice Women	8:08 AM	Yellow

- The lake will be open from 7:00 AM to 7:15 AM for warm-up. Everyone MUST be out of the water by 7:15 AM.
- Once the race starts the lake will not be available for warm-up swims.
- Be prepared to line up for the swim start a minimum of 5 minutes before your starting time.
- Wetsuits will be allowed if the water temperature is 78 degrees or lower – per USAT rules. 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 USAT ranking points and will show up in the results as DQ'd. If over 84 degrees wetsuits will not be allowed due to safety reasons.
- There will be a variety of watercraft on the swim course during the event. If you feel it's necessary and you need some assistance, roll onto your back and wave your hands above your head.

Transition Area

- ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.
 - The transition area will have five entrances/exits that will be clearly marked by large inflatable archways:
 - Swim Finish
 - Bike Start
 - Bike Finish
 - Run Start
 - Transition Area Entrance/Exit
 - Once you are racing, make sure you come in and out of the transition area through the appropriate inflatable archway. If you're finishing the swim and heading into the transition area to start the bike, make sure you run through the inflatable archway that reads "Swim Finish." The inflatable archway next to that one will be for "Run Start," so you don't want to run through that one. At the other end of the transition area will be the "Bike Start" and "Bike Finish" archways.
 - Once the race starts at 7:30 AM – the only entrance that you will be able to use (unless you've started the race and you're racing) will be the large "Transition Area Entrance & Exit" inflatable. This will allow people to enter and exit the transition area without disrupting the race. **Transition opens at 6am.**
 - All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number. If the number is upside down when you look at it, you're on the wrong side of the rack. This will allow more space between bikes for placing your gear. Each rack accommodates six bikes – three on one side and three on the other side.
 - No bike storage the night before the race.
 - Only the race participant will be allowed to remove his/her bike from the transition area.
 - Participants will not be allowed to mount bikes inside the transition area – and will be made to dismount at transition area entrance following the bike segment.
 - **IF YOU'RE NOT ACTUALLY RACING AND YOU'RE IN THE TRANSITION AREA BECAUSE YOU'VE EITHER JUST FINISHED THE RACE OR YOU HAVEN'T STARTED YET, PLEASE BE COURTEOUS TO YOUR FELLOW COMPETITORS. REMEMBER, YOU WOULDN'T LIKE IT IF SOMEONE GOT IN YOUR WAY WHILE YOU WERE RACING. THIS MEANS – DON'T STAND IN THE AISLES TALKING!**
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Bike Information

- Bike course map is available on the Lake Davidson Triathlon event page on our website and will also be on display at packet pick-up
- No drafting! Draft marshals on motorcycles will be present on the course. Don't get caught drafting or blocking. If you aren't familiar with the USAT rules, read through the USAT rules document that will be displayed at packet pick-up.
- Helmets must be fastened before leaving the transition area.
- Stay to the right in the designated bike lanes to allow faster cyclists to pass on the left.
- Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- Helmet numbers must be affixed to the front of your cycling helmet.
- No headphones, earphones or any radio-type devices will be allowed.
- There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- Corners will be marked with orange spray chalk arrows on the pavement approximately 25-50 yards before each turn and with large orange directional signs- also located about 25-50 yards before each turn.
- Volunteers will be wearing orange vests and will be directing athletes with orange flags.
- Pre-race bike tech support will be on site.
- **The turn back into Trane campus is sharp and there is two-way traffic so please slow down and listen to the volunteers and be cautious.**

Run Information

- Run course map is available on the Lake Davidson Triathlon event page on our website and will also be on display at packet pick-up.
 - The course will be well marked. The turns will be indicated with orange signs (with white arrows).
 - Mile 1, Mile 2, and Mile 3 markers will also be provided.
 - There will also be plenty of volunteers on the course.
 - You must wear the race number that is provided in FRONT (with the pull tag).
 - ***If you do not have your race number clearly displayed on your front as you cross the finish line-you will be assessed a two-minute penalty.***
 - Water stations will be located at the beginning of the run, mile 1 and mile 2. You will never be more than 1 mile away from the next water station.
 - No headphones, earphones or any radio-type devices will be allowed.
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Relay Teams

- Swimmers will be given a Velcro ankle strap at packet pick up. The strap will be passed from ankle to ankle at the transition area.
 - “Tagging” takes place at the designated bike rack for your team.
 - The cyclist will be waiting at the rack with their helmet on and ready. They will remove the timing chip strap from the swimmer’s ankle and put it on their ankle.
 - The runner will be waiting at the designated rack for the cyclist. When the cyclist returns, the runner will remove the timing chip from the cyclist’s ankle and put it on their ankle.
 - The chip strap will be collected at the finish line
 - Relay members do NOT need to remain in the transition area the entire time. Just make sure you are ready for when your team gets there. Use the Transition Area Entrance/Exit to go back and forth.
 - PLEASE BE COURTEOUS TO THE OTHER COMPETITORS!
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Post Race Food/Refreshment/Awards

The post race food and refreshments will be located near the finish line and the presentation of awards will also take place near the finish line. Awards presentation will begin immediately after the last finisher completes the race (estimated to be 11AM). You must be present to collect your award or arrange to have someone pick it up for you. Awards WILL NOT be mailed out.

Spectator Information

Spectators are welcome at the event. You will be allowed everywhere except in the finish line chute and the transition area. Spectators will be directed to park in the same area as Participant Parking. Parking maps are available on the website.

There are ample places around the transition area and finish line to see a lot of the event. You will be able to watch the swim, then walk over to the finish line. Please be aware of the event as you walk around. There will be athletes heading out on course and there’s nothing worse than a collision with a spectator because people aren’t paying attention.

Results

Results will be posted continuously throughout the race on a 47 inch TV. Results will also be available on the race website.