

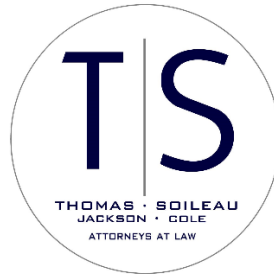


Sunrise Triathlon Pool SuperSprint  
April 19, 2026  
Athlete's Guide

Welcome to the 33<sup>rd</sup> year of Sunrise Triathlon Club. The club, originally known as the Sunrise Swim and Tri Club, was established in 1993 by a small group of intrepid athletes who swam regularly at sunrise (hence, the club's name) and soon began adding running and cycling to their early morning routine. Carrying on the tradition, our club's goal is to help empower athletes to accomplish more. The club has members from brand new beginners to seasoned veterans and all varieties in between. The common thread is the love of triathlon and competition, having a good time while doing it. We are excited that you are joining us for the first race and look forward to sharing joy in your progress this racing season.

Sam Denison, Race Director for Sunrise 2026

Thank you to our sponsors



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Packet Pickup is going to be race day only.

Remember only registered athletes can pick up race packets and race bibs. This is a USAT rule, and this is a USAT sanctioned event. Please have your **photo ID and USAT card. Also, NO RACE DAY SIGN UP**

## Race Day Schedule

- 6:00 – 6:45 Race Day Packet Pickup, No Race Day Sign up
- 6:30 Transition Opens
- 7:15 Transition Closes
- 7:20 Pre-race Meeting
- 7:30 Race Start
- Awards to follow race completion.

# Common Things To Remember

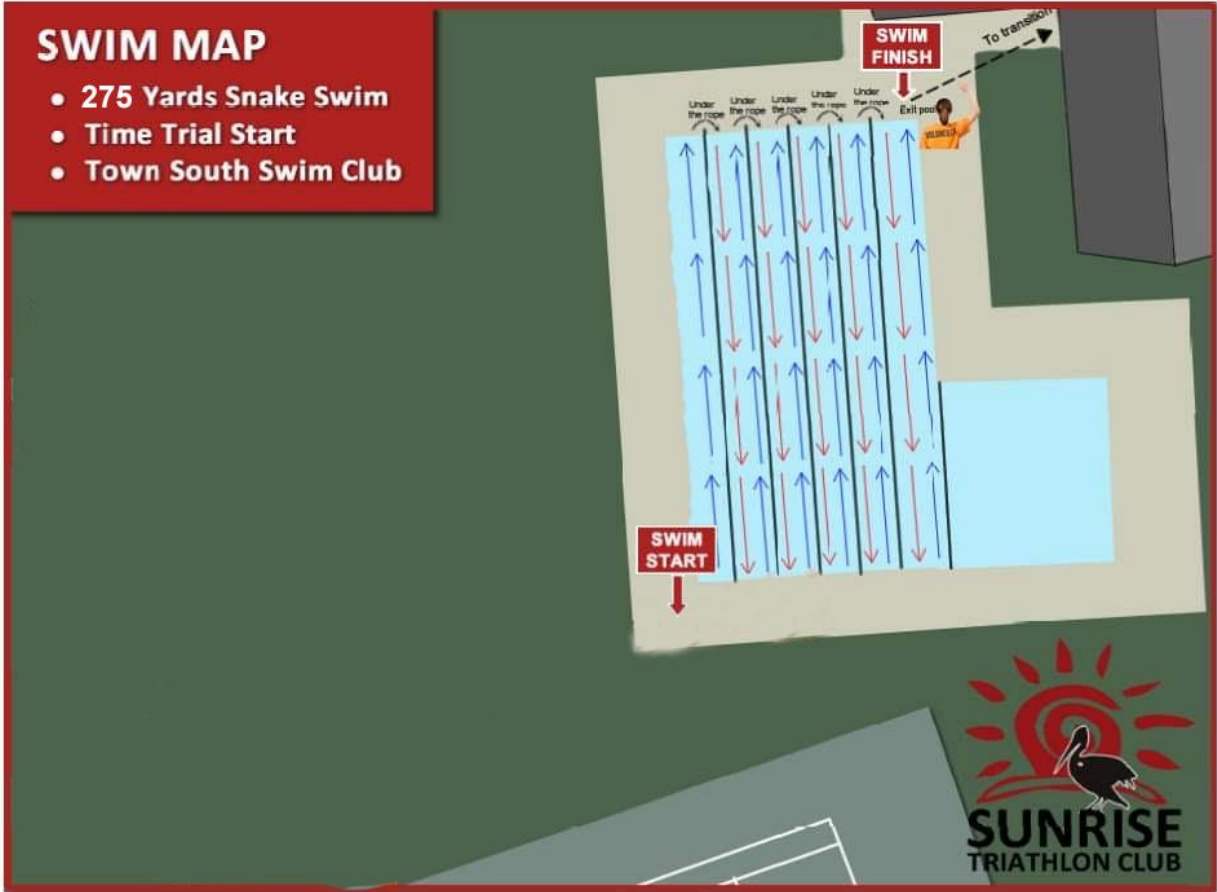
- **Helmets and Chinstraps:** Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.
- **Unauthorized Assistance:** No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.
- **Non-Draft Legal Bike Position Rules:** Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.
- **Entire Course:** Athletes must complete the race course in its entirety and as prescribed including in segment order.
- **Headphones and Communication devices:** Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending, or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition may result in disqualification.
- **Glass Containers:** Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.
- **Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.
- **Race number Transferring:** Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

# Parking

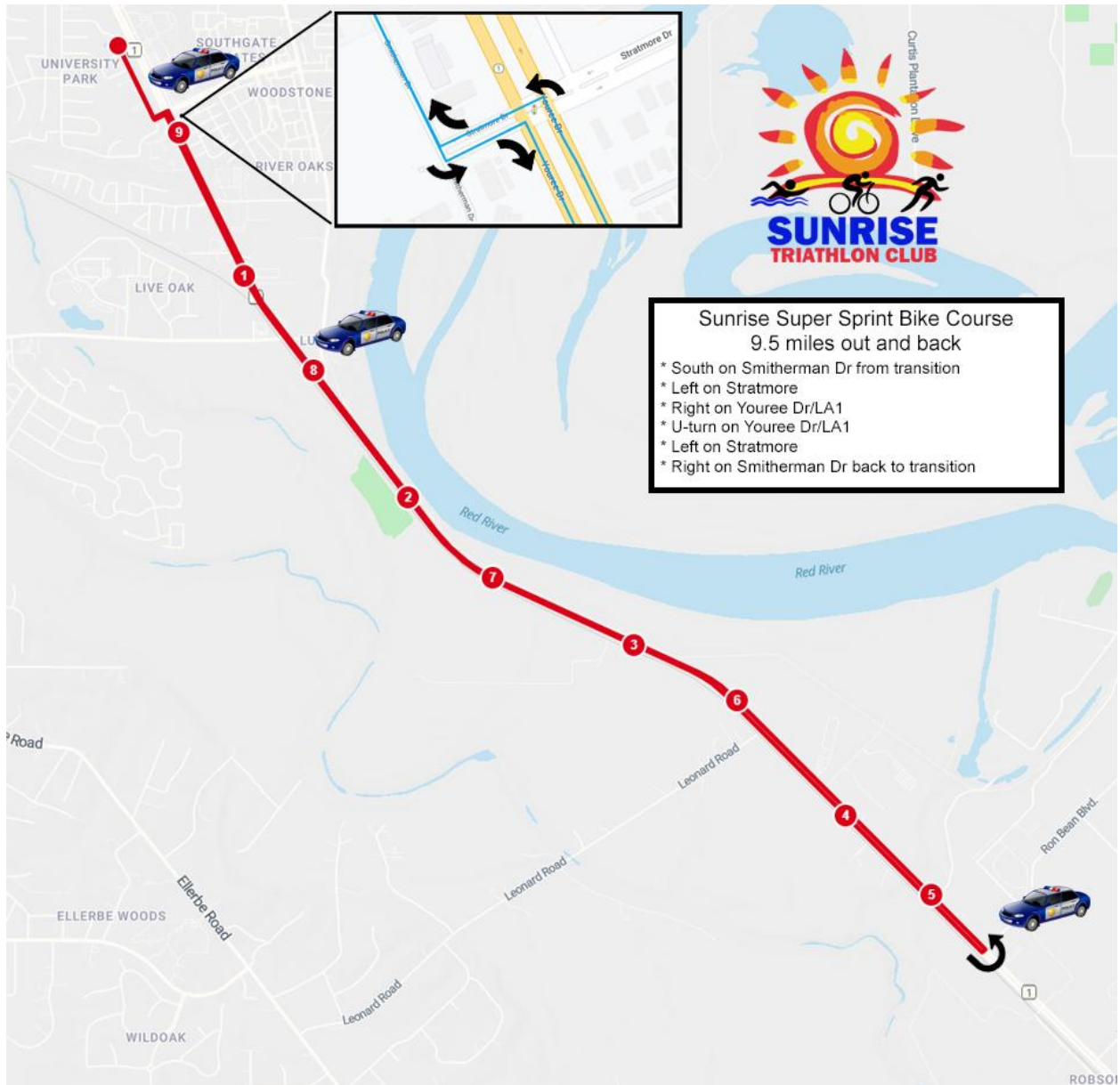
The day of the event, parking is at University Elementary School. There is no parking at the Town South Swim club.



# Swim Map



# Bike Map



# Run Map



# Transition Map

