



Saturday, August 8th

Oak Hollow Marina

High Point, NC

2026 Athlete Guide

Race Timeline

- **Schedule of Events:**

- Early Packet Pickup (Thursday 8/6/26):
 - At High Point Fleet Feet: 2762 NC-68 Unit 111, High Point, NC 27265)
 - 4pm – 6pm

- **Race Day (Saturday):**

- 6:15 am – Race-Day Registration and Packet Pick-Up
- 7:30 am – Registration and Packet Pick-Up Closes
- 7:45 am –Triathlon and Duathlon Start –**This is a mass start for the duathlon and this will be a rolling start based on reported swim times. This is not a formal time trial start, so the order is just to get people in a place that they won't be in the way of each other based on pace. There will be a timing mat at the swim start for you to step on as you start and record your start time.**
- 9:50 am – Estimated Start of Awards

Parking

- Parking will be allowed in the marina, but those who park inside the marina, will not be able to leave until the race is over.
- Weather permitting, there will be plenty of parking in the field right outside of the marina. We will have volunteers/staff there to help you park.
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USA Triathlon Requirements

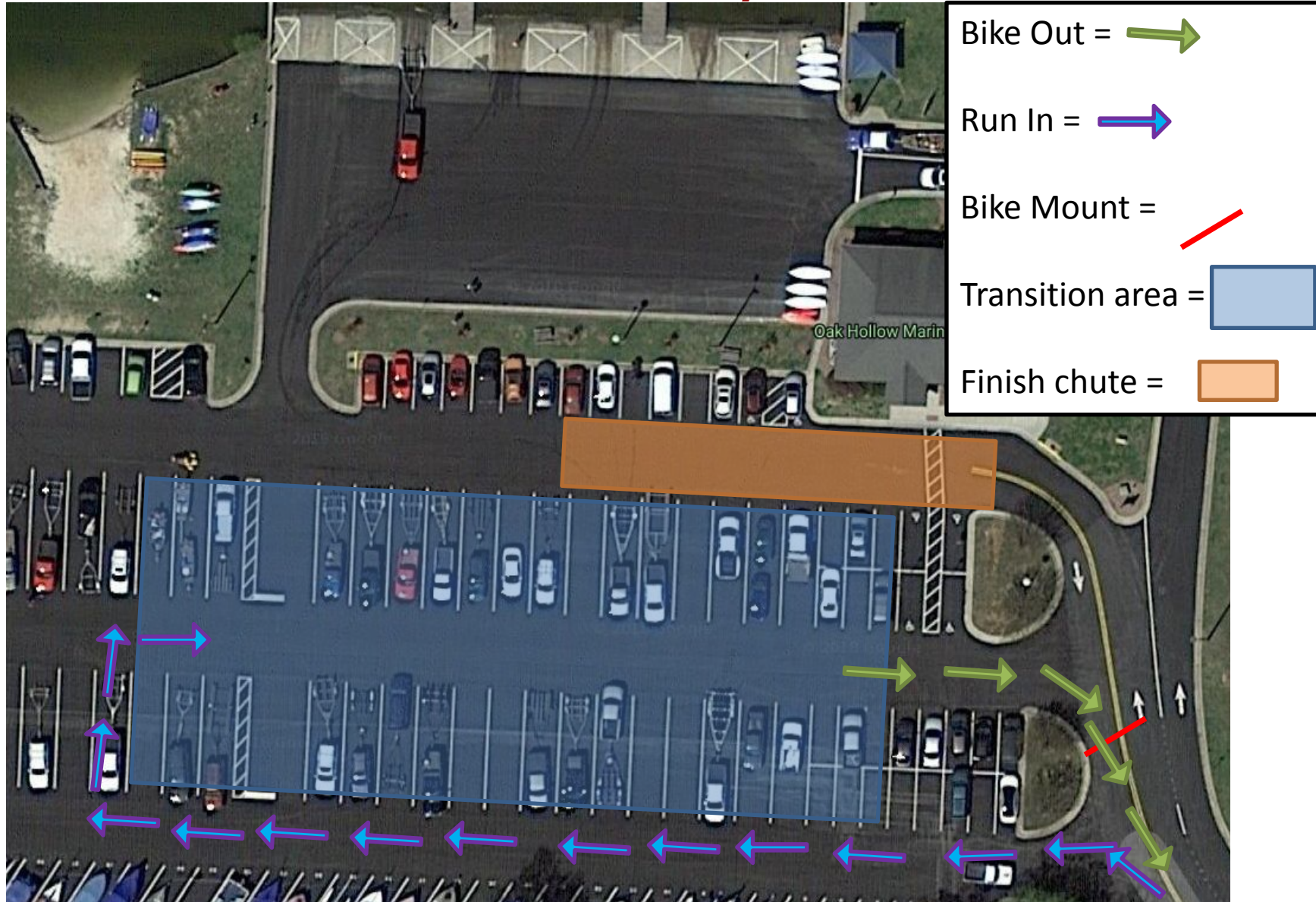


- This is a USA Triathlon (USAT) sanctioned event. All athletes are required to show ID in order to pick up their packet - no exceptions.
- Please familiarize yourself with the [USAT competitive rules](#) to make sure that you are compliant.

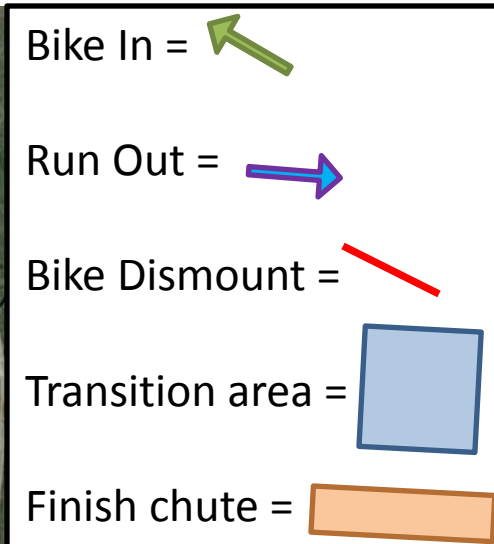
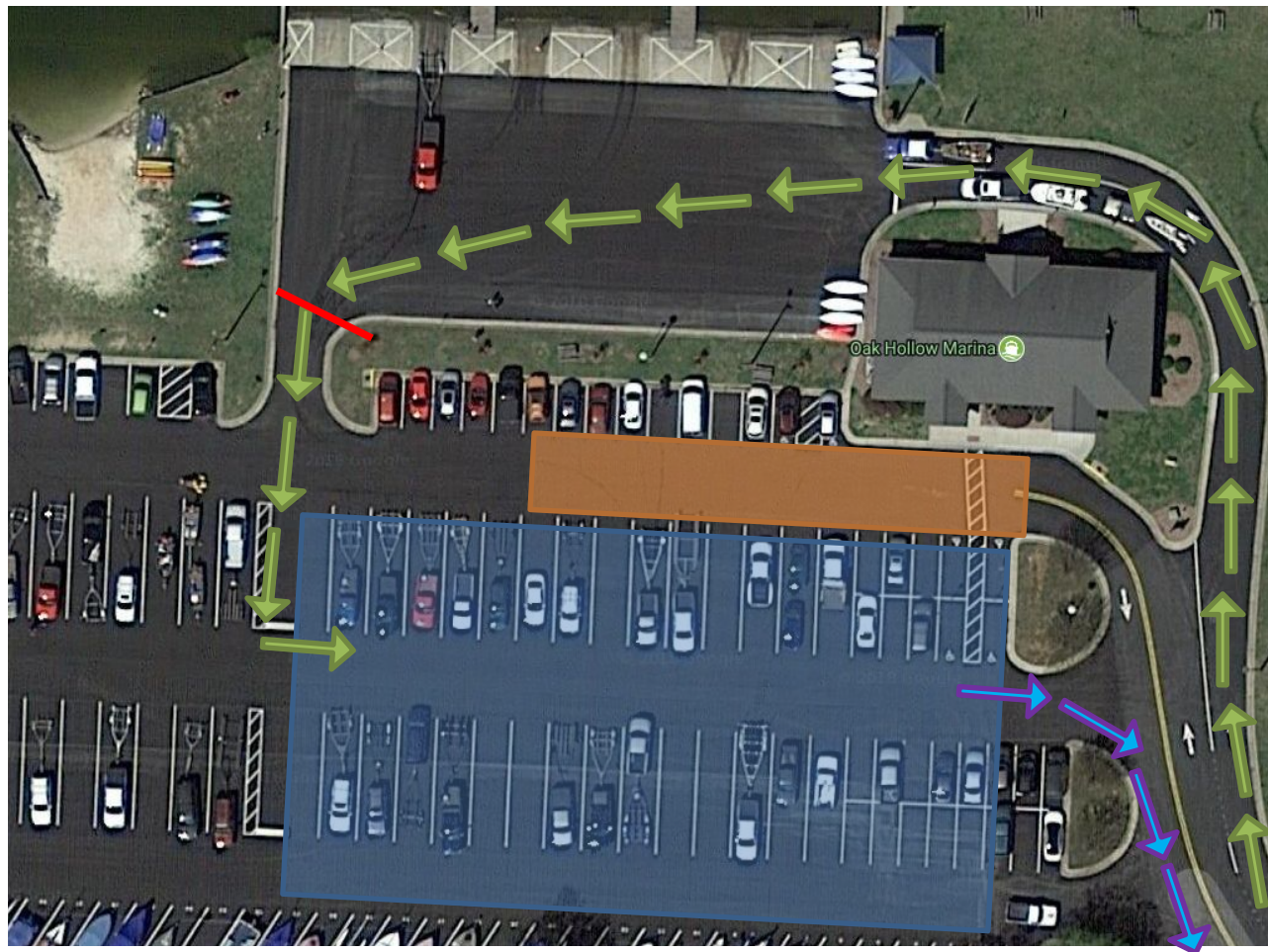
Swim In/Bike Out Transition



Duathlon Run In/Bike Out



Bike In/Run Out Transition



How to Rack a Bike Properly

- Take a close look at this picture. Every other bike is racked in the opposite direction with the opposite wheel on the ground. This gives everyone the most space on the rack.
- Place your bike the opposite direction of the bike next to you. Your equipment should go on the side of your bike's down wheel

Bike Support

Get Outdoors
Pedal and Paddle
will be on-site to
provide any bike
support you need
before, during, or
after the race!



Body Marking

Athletes will get body marked at the registration tent or in transition on race morning.

1. Right Calf – Age on December 31, 2026 or **(C)** Clydesdale, **(A)** Athena, **(CO)** Collegiate, or **(R)** Relay
2. Left and Right Arm – Bib Number written vertically



Timing Tag and Bib Instructions

- After you pick up your bib, you will need to pick up an orange timing tag and Velcro strap in a separate line by showing your bib number. This is how we record your splits during the race.
- Secure the chip to the strap via the instructions on the right.
- **You must have this around your left ankle at all times during the race.**
- **Timing chip must be OUTSIDE a wetsuit.**
- As soon as you cross the finish line, please make sure our volunteer gets your tag and strap back (**there will be a \$20 fee for lost tags**).
- Relay teams will have one tag that is passed between teammates in transition.
- **Your race bib only needs to be worn during the run portion of the race. It must be on the front of your torso when you cross the finish line.**

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the outside of your ankle and press the Velcro to ensure a solid clasp.



Relay Teams

- Relay teams will receive:
 - 1 Timing Chip
 - 1 Running Bib
- Chip must be passed between athletes in transition at your bike rack space
 - **PLEASE** be sure to stay at your rack and out of the way of other athletes moving through transition
- The Runner is the only athlete that needs the running bib, no one else needs to wear the bib
- Athletes can be in any order of the relay, your team decides what order and what disciplines your athlete will participate in. (Teams can be of 2 or 3 athletes.)

Clydesdale and Athena

- Athena category requirements:
 - Female
 - Weight of 160lbs or more
- Clydesdale category requirements:
 - Male
 - Weight of 220lbs or more
- Master Clydesdale category requirements:
 - Male of age 40+
 - Weight of 220lbs or more
- **Anyone registered in these categories will have a MANDATORY weigh in at packet pick up.**

Swim Caps

- Trivium swim caps will be provided to you for our race!
- Specific cap colors will be designated closer to race day.
- White caps will be available by request to anyone who may feel uncomfortable in the water.

Swim Course

- The swim is a counter-clockwise swim of 500 meters. Swimmers will keep the orange buoys on their left (stay to the right of the buoys) and swim the course counterclockwise, exiting the water at the beachhead.
- Current water temperature is 81 degrees.

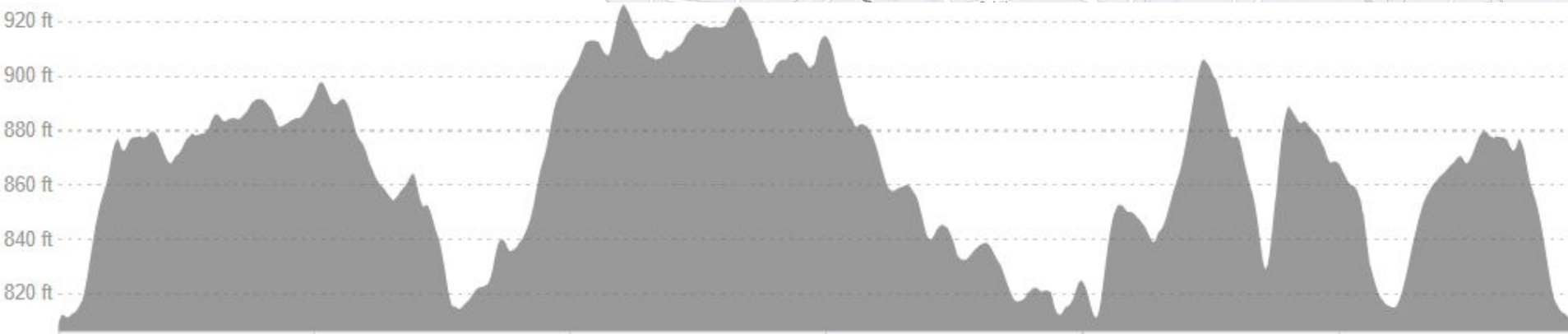
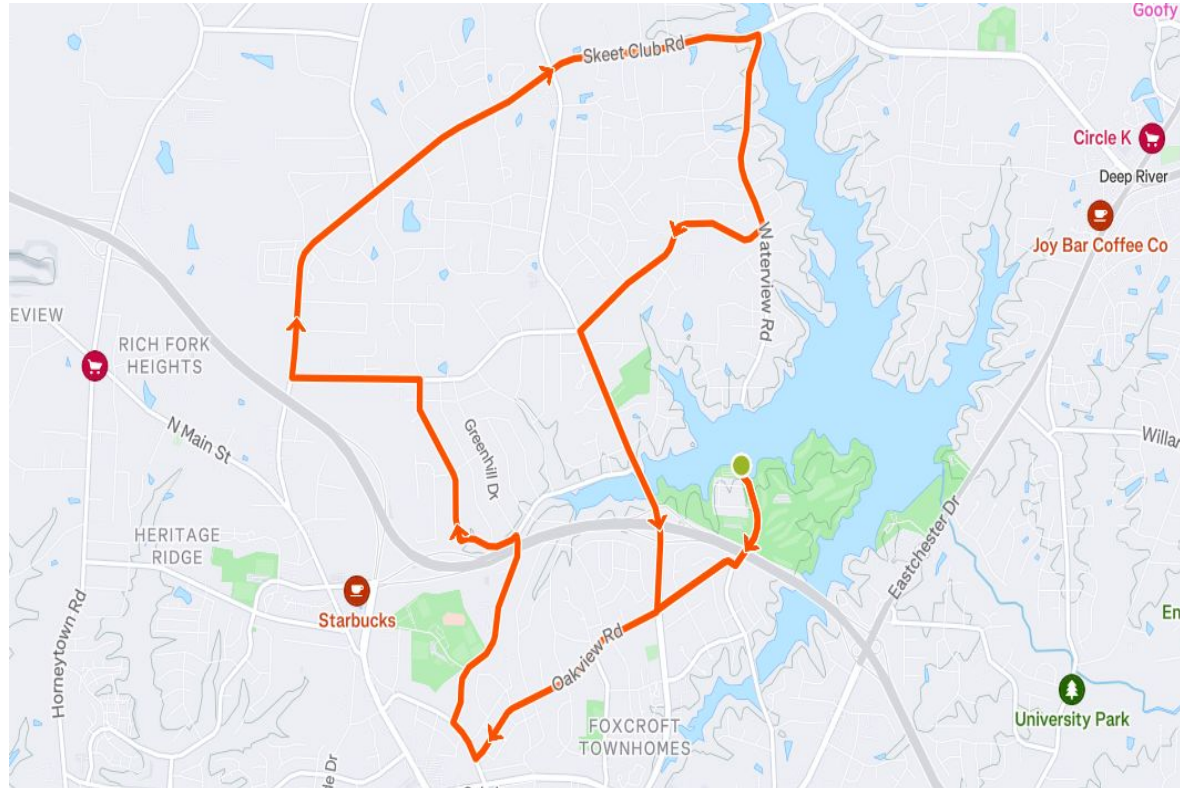


Small yellow circular buoys are sighting buoys (you can swim on either side of them). The Large orange triangular buoys you must keep on your left!

Bike Course

The bike course is a single loop on the roads around the marina.

2026 Bike Route



Bike Course Cue Sheet

High Point Triathlon Bike Turn By Turn Directions:

- **Start:** Oak Hollow Marina Parking Lot
- **Right Turn:** onto Oakview Rd.
- **Right Turn:** onto Old Winston Rd.
- **Right Turn:** onto Shadybrook Rd.
- **Left Turn:** onto Aberdeen Rd.
- **Right Turn:** onto Langdale Dr.
- **Left Turn:** onto Old Mill Rd.
- **Right Turn:** onto Skeet Club Rd.
- **Right Turn:** onto Waterview Rd.
- **Right Turn:** onto Old Mill Rd.
- **Left Turn:** onto Johnson St.

- **Be Prepared to Safely Merge into the Left Lane for the Next Turn**
- **Left Turn:** onto Oakview Rd.
- **Left Turn:** onto N Centennial St. and through the marina gate

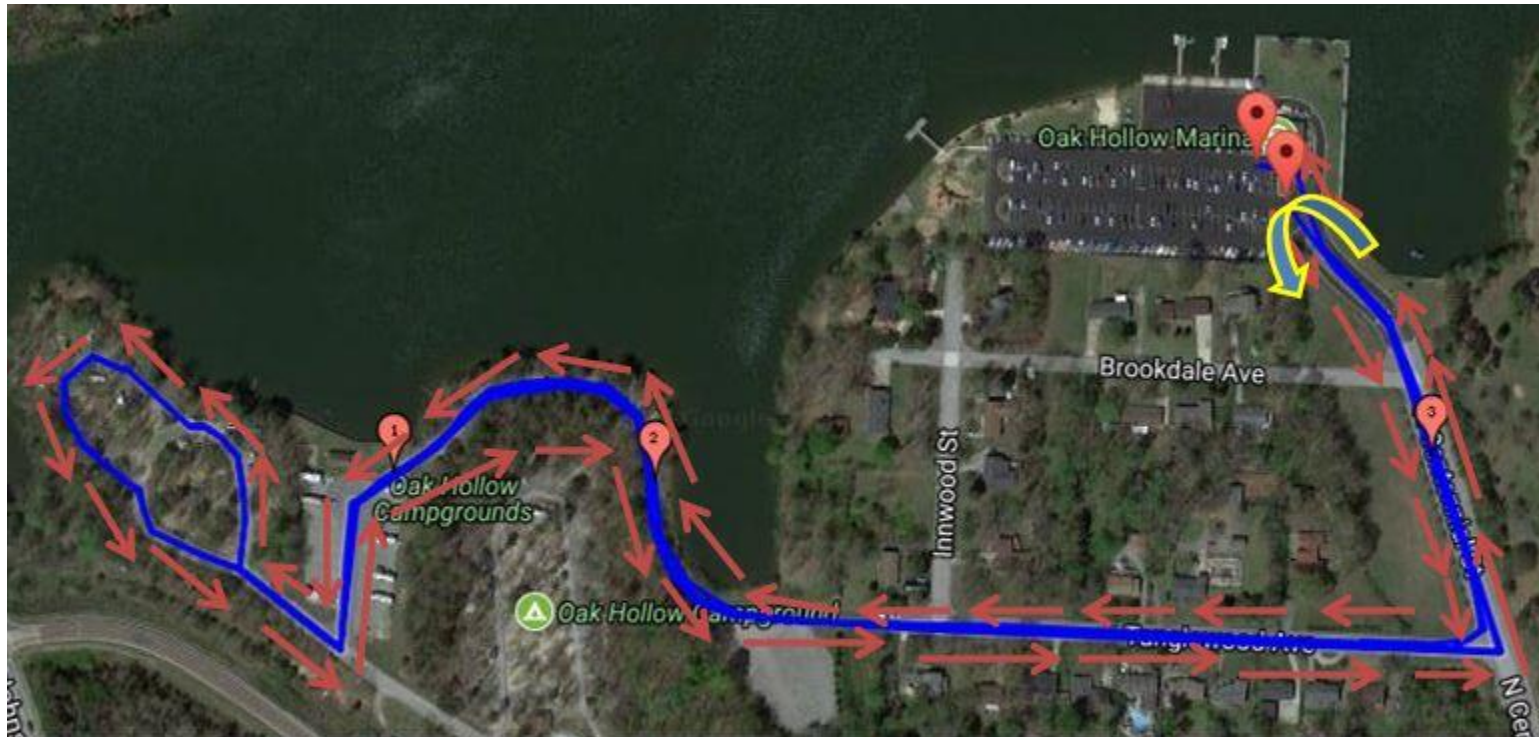
Bike Course Violations

Drafting- While on the bike course, you must keep at least five bike lengths behind the athlete in front of you. If you move closer than five bike lengths you are in the draft zone and must now pass. Once passing, you have 20 seconds for your front wheel to pass the front wheel of the athlete you are overtaking. Once this occurs, the overtaken athlete must drop back out of the five bike length draft zone before attempting to re-pass. The penalty for this violation is a variable time penalty.

Blocking- Athletes must ride to the right-hand side of the road unless passing. Riding on the left side of the road without passing is considered blocking as you are interfering with other athletes ability to ride the course. The penalty for this violation is a variable time penalty.

Abandonment- All of the gear you take onto the course must stay with you. Clothing, hats, bottles, tubes, CO2 cartridges, gels, bars, garbage, etc. The penalty for this violation is a variable time penalty.

Run Course

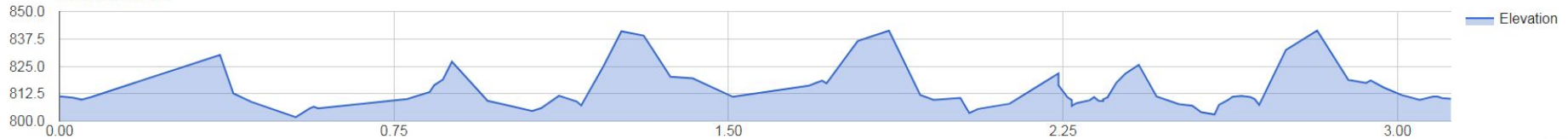


Run Route: →

First Lap Turn Around to Start Second Lap:



Elevation Profile



Aid Stations

You will pass the aid station providing water and Tailwind electrolyte replacement 4 times on the course.