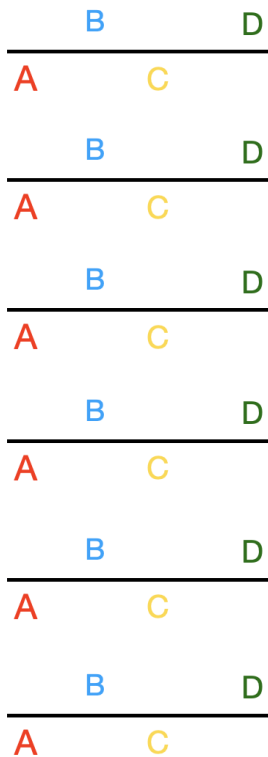


- **Packet Pick-up**

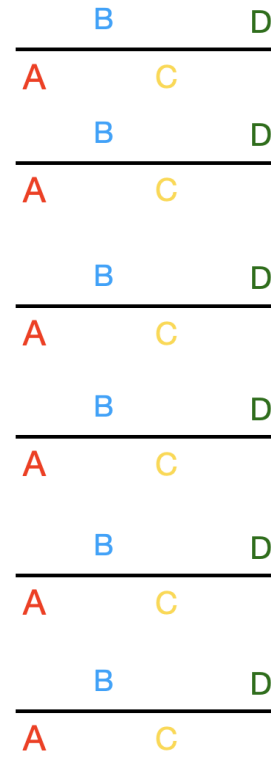
- No day-of registrations
- Racers are assigned to a wave: A, B, C, or D. That wave will have a specific check in time as well as a specific transition area set up time
- All COVID guidelines including social distancing, building capacity, and masks required will be adhered to at packet pick up and body marking
- Packet pick-up will occur in waves at assigned times at the outdoor pavilion on the day of the race

- **Transition Area Set Up**

- Racers will be assigned to a group for check in and for transition set up
- Racers will be assigned to a specific tri rack position: A, B, C, or D and will set up his/her tri rack according to their assigned position.
- Racers will be asked to remain 6 feet apart from adjacent racers when setting up.



Bike Out/Bike In



Swim/DU In  
Run Out

- **Race Day**

- Start:

- Participants will be grouped in start waves according to groups A, B, C, and D with 20-30 people at the start line at a time.
    - The “in water” start area will be marked with locations for participants to stand that adhere to the most current social distancing guidelines
    - Duathlon participants will be asked to line up at the start remaining socially distant
    - Participants will be asked to remain socially distant while waiting for their designated starting wave

- During the race:

- Participants will be asked to wear a mask during check in and transition set up if social distancing is not possible
    - Aid station volunteers will be required to wear a mask and gloves
    - Water will be pre-poured for participants and they will need to select their own water cup from the table.
    - Aid stations will be equipped with masks, gloves, and hand sanitizer for volunteers
    - Aid station volunteers will be from the same household, when possible and asked to social distance if not from the same household
    - Sufficiently spaced garbage bins will be placed after aid stations to avoid participants from throwing their cups on the ground
    - Participants will be asked to not throw their cups on the ground, resulting in a volunteer needing to pick them up
    - In the incident that a volunteer needs to pick up waste from a participant, they will use gloves and sanitize after
    - Spectators will be encouraged to not gather in the same location and social distance if not from the same household

- Post Race:

- Finish line volunteers will wear gloves and sanitize frequently
    - Gloves, masks, and sanitizer will be provided for finish line volunteers
    - Finish line volunteers will hand medals to participants in lieu of placing them on their necks
    - Disposable timing bands will not need to be returned
    - All post-race food and drink will be prepackaged for easy grab and go
    - All age group awards will be announced digitally and mailed to participants
    - Race results will not be posted at the event, but available to participants digitally
    - Any spectator/participant/volunteer not actively racing will be asked to wear a mask and social distance when possible
    - Capacity will be limited in the post-race pavilion to adhere to the current state guidelines