


# 2026 Oilman TRIATHLON

# ATHLETE GUIDE

# SPONSORS

On behalf of the entire race management team, our dedicated volunteers, and every athlete lining up at the start line, **Thank You to our 2026 event sponsors**.

Executing safe, high-quality, multi-sport events requires immense resources, precise coordination, and unwavering community support. Whether you contributed financial backing, donated merchandise, or provided local services, your partnership directly powers this race experience from swim start to the finish line.

We are deeply grateful for your investment in our athletes and the broader endurance community. Thank you for standing behind us and helping make this event possible. Please join us in supporting the outstanding local and national businesses that help make race weekend a reality!

**To Our Volunteers**
Bayou City Triathlon would like to extend a HUGE thank you to everyone who volunteered their time and effort to help make this event a success. It takes a great deal of energy to breathe life into an event like this, and it is the people behind the scenes that deserve the bulk of the credit. Events like this would not be possible if not for the volunteers that show up to selflessly offer their time to make something like this happen, and from the bottom of our hearts - thank you. And for all of you athletes who have enjoyed the fruits of their labor - some of you for years - without giving back; now is the time. Please consider skipping a race here or there and showing up as a volunteer. Thanks in advance.

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# OILMAN ATHLETE GUIDE

## RACE DIRECTOR RON STITT



On behalf of our entire race crew, welcome to the Oilman Triathlon; and if you're not from these parts, welcome to Texas, y'all! We are glad you decided to join us at the Margaritaville Lake Resort on beautiful Lake Conroe.

We look forward to bringing you a world-class event with a big helping of Texas hospitality. While we have grown quite a bit in the past few years, your athlete experience remains our first priority, from check-in through awards. You can expect a weekend full of races covering a range of multisport events for all ages and distances. We hope the Texas touch and post race festival will be fun for everyone!

Most of us are triathletes ourselves, and we love sharing in the joy of our participants. Whether this is your first multisport event or 100th, newbie or pro, it is our hope that you leave with a smile and a PR, and will make Oilman a part of your fall race schedule for years to come!

*Ron Stitt*

# OILMAN ATHLETE GUIDE

**Margaritaville Lake Resort, Lake Conroe**
**November 14-15, 2026**

## WELCOME & GENERAL RACE WEEKEND OVERVIEW

Race Weekend Schedule Overview (Detailed Schedule on the last page of this guide):

**Friday, November 13, 2026:**
- Packet Pickup, Expo: Margaritaville Resort - Nautical Wheeler Conference Room

**Saturday, November 14, 2026:**
- Packet Pickup, Expo: Margaritaville Resort - Nautical Wheeler Conference Room
- Parrot Head 5K
- Oilman Sprint Triathlon/Duathlon
- Oilkids Duathlon
- 5 O'Clock Somewhere Tri (no Packet Pickup - report directly to location and check in).

**Sunday, November 15, 2026:**
- Oilman Half Triathlon

**Medical & Emergency Services:**
Medical services will be available adjacent to the Finish Line. If at any point an athlete or a spectator is in need of medical services, please inform a member of race management. If a member of race management is not available, please dial 911.

**Parking Information:**
There are several parking lots near the resort. If parking in a paid lot, the rate is $10 per vehicle. This can be done via an app and QR code with signs on race site.

**Participant Parking:**
There are several lots available closer to the resort that will be available in accordance with the above policy. In addition, there is a gravel lot immediately to the right when turning off Walden Road on to Margaritaville Parkway that will be available for parking on race morning. Expect delays! Plan accordingly for a half-mile walk to the venue.

# PACKET PICKUP & EXPO

**Thursday November 12, 2026:**
Fleet Feet Sports - 122 Vintage Park Blvd
Packet Pickup: 1pm - 6pm

**Friday November 13, 2026:**
Margaritaville Resort - Nautical Wheeler Conference Room
Expo & Packet Pickup: 1pm - 6pm



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## PACKET PICKUP & EXPO

**Saturday November 14, 2026:**
5:15am - Race Morning Packet Pickup (must have purchased this option for Saturday races) located near transition

Margaritaville Resort - Nautical Wheeler Conference Room
Expo & Packet Pickup: 1pm - 6pm

## SATURDAY EVENTS

### PARROT HEAD 5K




**Event Schedule**:
Participants assemble by the Oilkids Duathlon Transition area adjacent to the main transition area by 6:40 AM.

**Race Start Time**: 6:55 AM

**Course Map & Description**: CLICK HERE for online course map. Course is primarily contained in the Margaritaville Golf Course on gently rolling cart paths.

**Aid Stations**: Water stop and Porta Potty at approximately 2 miles.

**Finish Line & Awards**: Awards ceremony at 9:40AM. 5k awards will be given to the Top 4 males and Top 4 females in 10-year age groups beginning with 19 & Under to 60 & Over.

**Turn-by-Turn Course Directions**:

- Runners will start at the BIKE OUT chute of the main transition area running West on Balboa Circle
- Turn RIGHT on Margaritaville Parkway
- Turn RIGHT on Balboa Road
- Turn RIGHT on to cart path
- Follow cart path signage to Finish

# OILMAN ATHLETE GUIDE

## SATURDAY EVENTS

### OILMAN SPRINT TRIATHLON & DUATHLON

**Event Schedule:**

**5:30am** - Sprint Transition Opens
**6:40am** - Sprint Transition Closes
**6:55am** - National Anthem at Swim Start
**7:00am** - Sprint Triathlon Starts

Swim is seeded by projected finish time, fastest to slowest - athletes will be released 3-5 at a time, approximately every 3-5 seconds.

Duathlon Participants meet at **Duathlon Start** flag adjacent to transition. Duathlon start time will be announced there (typically within a few minutes of Swim Start).

**9:40am** - Sprint Awards

Course Maps
CLICK HERE for the online course maps for the **Sprint Triathlon**.

CLICK HERE for the online course map for the **Sprint Duathlon**.

**Sprint Triathlon**
**Swim**: 500 meter Open Water swim
**Bike**: 11 Mile Bike
**Run**: 3.1 Mile (5K) Run

**Sprint Duathlon**
**Run** 1: 1.1 Miles
**Bike**: 11 Mile Bike
**Run** 2: 3.1 Mile (5K) Run









# OILMAN ATHLETE GUIDE

## SATURDAY EVENTS

### OILKIDS DUATHLON

**Event Schedule**

Age Groups & Start Times:
**Oilkids Short Course Duathlon (Ages 5 - 10)**: .6 Mile Run / 1.6 Mile Bike (1 Loop) / .5 Mile Run
**Oilkids Long Course Duathlon (Ages 11 - 15)**: 1 Mile Run / 3 Mile Bike (2 Loop) / 1 Mile Run
**8:30am** - Youth Transition Opens
**9:30am** - Youth Transition Closes
**~9:30am** - Youth Duathlon Long Course Start (pending last bike off Sprint course)
**~10:05am** - Youth Duathlon Short Course Start (pending last Long Course finisher)
**10:45am** - Youth Duathlon Awards Ceremony

Course Map & Distance Details:
CLICK HERE for the online **Short Course** map
CLICK HERE for the online **Long Course** map

The Oilkids Duathlon will start at the Oilkids Transition near the main transition Bike Out, and finish at the normal finish line.

Turn-by-Turn Course Directions:
Short Course
**Short Course Run 1:** .6 Mile Clockwise Loop on Balboa Circle

- Start at Transition **STAY TO RIGHT SIDE OF CONE LINE**
- First RIGHT on Balboa Circle (between Finish Line & Golf Clubhouse) **STAY TO LEFT SIDE OF ROAD**
- Continue STRAIGHT on Balboa Circle
- RIGHT on Balboa Circle
- RIGHT on Balboa Circle
- RIGHT on Balboa Circle
- LEFT on Balboa Circle (past Finish Line and Golf Clubhouse)
- LEFT to return to Transition **STAY TO LEFT SIDE OF CONE LINE**

**Short Course Bike:** 1.6 Mile Counter-Clockwise Loop

- Start at Transition **STAY TO LEFT OF CONE LINE TO AVOID RUNNERS**
- STRAIGHT on Balboa Circle
- RIGHT on Margaritaville Parkway
- LEFT on Laguna Road
- LEFT on La Costa DR
- CONTINUE LEFT on La Costa Drive (turns into Balboa Circle at Margaritaville Parkway)
- CONTINUE STRAIGHT on Balboa Circle to Transition
- **STAY TO RIGHT SIDE OF CONE LINE**



# OILMAN ATHLETE GUIDE

## SATURDAY EVENTS

### OILKIDS DUATHLON

**Short Course Run 2:** .5 Mile Clockwise Loop on Balboa Circle
- Start at Transition **STAY TO RIGHT SIDE OF CONE LINE**
- First RIGHT on Balboa Circle (between Finish Line & Golf Clubhouse) **STAY TO LEFT SIDE OF ROAD**
- Continue STRAIGHT on Balboa Circle
- RIGHT on Balboa Circle
- RIGHT on Balboa Circle
- RIGHT on Balboa Circle
- LEFT on Balboa Circle
- LEFT to FINISH LINE

**Turn-by-Turn Course Directions:**
**Long Course**
**Long Course Run 1: 1** Mile Counter-Clockwise Loop
- Start at Transition **STAY TO RIGHT SIDE OF CONE LINE**
- First RIGHT on Balboa Circle (between Finish Line & Golf Clubhouse)
- LEFT on cart path behind Golf Clubhouse
- Follow cart path in counter-clockwise direction
- Go past clubhouse at bottom of loop
- RIGHT on Balboa Circle
- LEFT to return to Transition **STAY TO LEFT SIDE OF CONE LINE**

**Long Course Bike:** 3 Mile Counter-Clockwise Loop
- Start at Transition **STAY TO LEFT OF CONE LINE TO AVOID RUNNERS**
- STRAIGHT on Balboa Circle
- RIGHT on Margaritaville Parkway
- LEFT on Laguna Road
- LEFT on La Costa DR
- CONTINUE LEFT on La Costa Drive
- LEFT on Margaritaville to BEGIN SECOND LOOP
- LEFT on Laguna Road
- LEFT on La Costa DR
- CONTINUE LEFT on La Costa Drive (turns into Balboa Circle at Margaritaville Parkway)
- CONTINUE STRAIGHT on Balboa Circle to Transition
- **STAY TO RIGHT SIDE OF CONE LINE**

**Long Course Run 2:** 1 Mile Counter-Clockwise Loop
- Start at Transition **STAY TO RIGHT SIDE OF CONE LINE**
- First RIGHT on Balboa Circle (between Finish Line & Golf Clubhouse)

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# OILMAN ATHLETE GUIDE

## SATURDAY EVENTS

### OILKIDS DUATHLON

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- LEFT on cart path behind Golf Clubhouse
- Follow cart path in counter-clockwise direction
- Go past clubhouse at bottom of loop
- Continue STRAIGHT to FINISH LINE

Transition Area Guidelines for Parents & Kids:

- One Parent per child allowed in transition during setup.
- Parents must exit transition when directed to do so - you will remain outside transition for the duration of the event.
- Short Course athletes will be staged in main transition during the Long Course event
- **NO BALLOONS. NO EXCEPTIONS.**
- Rack by seat according to assigned number. Front of bike should face the same direction as the sticker on the rack. If racking by seat is not possible, staff will assist.
- Kickstands are fine as long as bike is facing correct direction.
- No aerobars per USAT rules.
- Athletes are required to re-rack their bikes at their assigned spot after completing the bike course. Failure to A) rack their bike and/or B) rack their bike in the assigned spot will result in a disqualification. This means please do not just park it in a random spot, and please do not just toss it towards the general direction of your assigned spot.
- Shoes are required for ALL segments. No exceptions.
- PLEASE do not forget to turn in your timing chip at the Finish Line, as these are NOT disposable.

Safety & Helmets:

- DOT approved helmets required
- Functional brakes required
- Bike support will be on site if adjustments are necessary

### 5 O'CLOCK SOMEWHERE TRI

Start Time: 5:05 PM
Celebrate with Race Announcer Fitz Koehler, at this “pool party with a triathlon theme”. Swim around dangerous animals, barrel around Mario Kart style on vehicles of questionable quality, and slide your way on our ‘run course’ to a finish line celebration at Landshark Bar + Grille (drink ticket included). Prizes to be made up but the energy is CANNOT MISS!

PLEASE NOTE: The Landshark finish party is open to the public, but you must be a resort guest or purchase a day pass to participate.

Course Map & Distance Details
CLICK HERE for the online course map.

# OILMAN ATHLETE GUIDE

## SUNDAY EVENTS

### OILMAN TRIATHLON

**Event Schedule**:

5:00am - Parking Opens
5:15am - Race Morning Packet Pickup begins (must have purchased this option for Sunday races located near Transition
5:15am - Transition Opens
6:30am - Transition Closes
6:45am - National Anthem
6:50am - Elite/Pro Wave (Male/Female)
6:53am - PC Wave
7:00am - Oilman Triathlon Age Group Start
7:25am - Oilman 1.2 Mile Swim Begins
8:35am - Swim Course Cutoff (approx - 1:15 after last Full race athlete enters water)
12:50pm - Bike Course Cutoff (approx - 5:30 after last Full race athlete enters water)
2:45pm - Overall Awards Ceremony
3:00pm - Age Group Awards
3:50pm - Race Cutoff (approx - 8:30 after last athlete enters water)

**Course Details & Specifications**
**Swim Course**: 1.2 Miles - Lake Conroe

CLICK HERE for the online course map. A course map is also available in this guide.

- Give yourself plenty of time to walk to the Swim Start - it is approximately 1/4 mile from transition
- First Age Group Athlete in the water at 7:00am
- Swimmers will enjoy a time-trial start. Athletes will self-seed from fastest to slowest in the staging area near the beach.
- Athletes MUST wear the provided swim cap.
- There will be lifeguards, boats & kayaks in the water.
- Athletes will begin their swim from the beach, and exit the marina with a RIGHT turn. Directional buoys will lead to two additional LEFT turn buoys in the lake. Athletes will swim straight back to the marina, making a slight left turn to head to Swim Exit after entering the marina.
- Swim exit is a ladder exit.
- It is a short 30-yard run to the transition area, with wetsuit strippers available.
- Swim cut-off time is 1 hour and 15 minutes from the last swimmer's entrance into the water.
- Athletes who are still in the water at the swim cut-off time will be picked up and asked to turn in their timing chip.
- Athletes pulled from the swim will not be allowed to continue the race.
- Inflatable buoy belt packs are allowed, but if deployed will result in a DNF.

**FOR COMPLETE INFORMATION REGARDING WETSUIT AND BUOYANCY SHORT RULES & USAGE PLEASE SEE PAGE 12 OF THIS GUIDE.**

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## OILMAN TRIATHLON

**Bike Course**: 56 Miles

CLICK HERE for the online course map. A course map with turn-by-turn directions is also available in this guide.

- You must walk your bike in and out of transition to/from the Mount/Dismount line (You may not **ride** your bike in transition)
- Securely fasten chinstrap before leaving your spot in transition - failure to do so will result in a penalty.
- Ride on the right side of your lane and stay inside the cones.
- ABSOLUTELY NO DRAFTING. Pass on the left - never on the right.
- The bicycle draft zone is 12m long extending backwards from the leading edge of the front wheel (6 bike lengths of clear space between bikes).
- Athletes have 25 seconds to pass through this zone. You must complete your pass within 25 seconds.
- Due to heavy traffic, there is a no-pass zone on FM 149 between the Lone Star bypass and FM 1097 (both ways).
- All intersections will be monitored by law enforcement. Follow all traffic laws.
- Take water bottles with you. There are 3 water/Gatorade Endurance hand up stops on the bike course at approximately Mile 16, Mile 31 & Mile 45. DO NOT discard trash except at the aid stations and only within the designated TRASH ZONE.
- Upon return from the bike course, DO NOT UNCLIP OR REMOVE YOUR HELMET on your way to your bike rack. Failure to adhere to this policy will result in a penalty.
- Rack your bike properly before exiting on the run. Failure to do so will result in a penalty.
- USAT Officials will be on the course and in transition - there are no warnings - only appropriate penalties.
- Bike cut-off time is 5h30 after last swimmer in the water (approx 12:50). Law enforcement officials have dictated this as our cut-off time for road safety. Athletes still on the bike course will be picked up & asked to turn in their timing chip. These athletes may not continue to the run portion of the race.
- Bikes may not be retrieved from transition until the last cyclist has returned and exited transition for the run (approx 12:50). Please see the Transition rules in this guide for further information on this subject.

**Run Course:** 13.1 Miles (2 LOOP COURSE)

CLICK HERE for the online course map. A course map is also available in this guide.

- Your race bib (number) must be worn on the run; either pinned to your race kit or on a race number belt.
- Follow signs & cones- stay to your right.
- BE ALERT! Traffic always has the right of way.
- Water stations are approximately every mile - total of 6.
- There are Porta Potties/Bathrooms at the Water Stations.

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## OILMAN TRIATHLON

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- Gatorade, water & Coke, in cups, will be placed on tables for you to pick up.
- No pacing by anyone outside of the race per USAT rules.
- Any course cutting is grounds for a disqualification.
- Trash Zones are adjacent to Aid Stations.
- Littering outside of the marked Trash Zones will result in a penalty.
- Make certain your race number (bib) is in front BEFORE you cross the finish line.
- Run cut-off time is 8.5 hours from the start of the last swimmer. (approx 3:45pm)
- Absolutely NO headphones, in ear/over ear/bone conduction devices allowed. Failure to adhere will result in disqualification.

## POST RACE – SPECTATOR INFORMATION

**Finish Line Festival & Recovery Zone**:
Post-race pizza and barbecue will be available just past the finish line for all finishers. Sam's Club will be bringing out their famous hot dog cart as well. For those finishers who have completed two events over the weekend and earned the Roughneck Medal, the Roughneck table will be set up adjacent to the Finish Line. There will be a Roughneck flag and table with the Roughneck logo. Athletes will need to provide information regarding the events they have completed; it may be necessary for event staff to confirm this before awarding medals. Please be patient!

**Awards Ceremony**:
Awards Ceremonies will be held on the podium east of the finish line in the grass. There will be a backdrop set up that should easily be identifiable as the awards backdrop.

**Spectator Guide**:
The nature of the resort offers plenty of opportunities to see your athletes while they are competing. The best opportunities typically are close to Swim Exit and adjacent to transition, as well as anywhere on the streets lining the initial departure points of the bike course as well as the returns. The run course offers plenty of opportunities in that the bulk of it is on golf cart paths.

We ask that you maintain awareness at all times - this is an active race course, and athletes are focused on one thing - forward progress. They are not looking out for you; you need to be looking out for them. DO NOT impede the progress of an athlete at any time, and when you are crossing a point on the course, be certain that you have adequate time to do so without impeding the progress of an athlete.

Please follow the instructions of race management when it comes to crossing points and pedestrian access - this is for your safety as well as the safety of our athletes.

# OILMAN ATHLETE GUIDE

## RULES

### TRANSITION AREA RULES

- **ARRIVE EARLY! If you arrive after transition has closed, you will not be racing.**
- Athletes ONLY in transition.
- Body marking is not required, and temporary tattoos will not be issued for this event. If you wish to body mark yourself to improve your visibility for photographers, you are free to do so.
- Bikes should be racked according to assigned number.
- Do NOT rack by the handlebars unless given permission by a member of race staff (You may rack by the handlebars in T2 when returning from the bike segment).
- The majority of the bike should be on the same side of the rack as the numbered sticker. Meaning, your front wheel should be on the ground facing the same direction as the sticker on the rack.
- Bikes should be alternating directions - if yours is facing the same direction as your neighbor's, one of you is facing the wrong way. Be a good neighbor and politely point this out to them, or let a member of race management know. Do NOT take it upon yourself to change anything.
- Absolutely NO BALLOONS. No exceptions.
- No flags, or anything else can be affixed to the rack which might interfere with another athletes ability to manage their bike.
- Limit the amount of space you occupy and keep the aisles clear.
- PLEASE utilize the BAG DROP area near Post-Race. Look for the BAG DROP flag. This area is where you can place a bag containing anything you may want after you have finished the race, but before transition has re-opened. This also helps reduce clutter inside transition.
- NO HEADPHONES OF ANY KIND. No exceptions. This applies to the swim, bike, and run. Use of any in-ear, over-ear, or bone conduction devices are expressly prohibited and will result in immediate disqualification.
- Put your helmet on and securely fasten chinstrap before leaving your spot in transition - failure to do so will result in a penalty. Do not unclip or remove your helmet until you have returned to your transition spot.
- You are required to re-rack your bike in T2 in YOUR assigned spot. Failure to A) rack your bike and/or B) rack your bike in your assigned spot will result in a disqualification.
- Please Remember: **TRANSITION IS CLOSED UNTIL THE LAST CYCLIST GOES OUT ON THE RUN**. This means that you are not allowed to re-enter transition to claim your belongings until this time. This rule exists in order to provide an equal set of conditions for ALL athletes regardless of speed. Exceptions may be made by race management on an individual basis. Any attempts to enter transition before it has reopened will result in immediate disqualification, and can result in a ban from Bayou City Triathlon Series races and other events organized by HTX Events. Again - please utilize the BAG DROP area for any items you may require before transition has reopened.
- When transition reopens (we will make an announcement), staff will visually check bikes against athletes to ensure that numbers match. This ensures that the right person is departing with the right bike. Please have your run bib or something else with a race number available to match to your bike. If someone else is retrieving your bike for you, please send that matching item with them.
- **PLEASE NOTE: There is a zero tolerance policy for abuse of race staff and officials. Failure to adhere to this policy will result in an immediate disqualification and a potential ban from future events.**
- CLICK HERE to access our FAQ list.



# OILMAN ATHLETE GUIDE

## RULES

### WETSUIT AND BUOYANCY SHORT RULES

| Water Temperature | Wetsuit Status | Rules & Eligibility Implications |
|---|---|---|
| Below 58.0°F (14.4°C) | Mandatory | A wetsuit must be worn. Athletes who do not wear a wetsuit will not be allowed to compete. |
| 58.0°F – 60.5°F (14.4°C – 15.8°C) | Mandatory / Recommended | USAT strictly requires them below 60.6°F. They are highly recommended for safety in this zone. |
| 60.6°F – 78.0°F (15.9°C – 25.5°C) | Optional | Wetsuits are completely legal. Full eligibility for age-group awards, USAT ranking points, and podiums is maintained. |
| 78.1°F – 83.9°F (25.6°C – 28.8°C) | Optional (With Penalty) | You may wear a wetsuit, but you voluntarily forfeit your eligibility for awards, prizes, or USAT ranking points. |
| 84.0°F and Above (28.9°C+) | Prohibited | Wetsuits are strictly forbidden due to severe risks of overheating and heat illness. |

**Where Buoyancy Shorts Are Allowed**
- *USAT Sanctioned Local Races and Waves: Permitted.
- USAT Sanctioned Adaptive Triathlon (AT) Races and Waves: Permitted.

**Where Buoyancy Shorts Are Prohibited**
- Elite / U23 / Development Races: Not allowed.
- USA Triathlon National Championship Age Group Races: Not allowed.
- World Triathlon Qualifiers: Not allowed.
- USAT Sanctioned Events That Prohibit Them by Amendment: Not allowed if explicitly banned by race directors.

**Equipment & Fit Restrictions**
- Thickness: Must not exceed 5mm.
- Coverage: Must not extend below the top of the knees.
- Waistline: The topline of the shorts must no higher than the top of the hips.

***FOR CLARITY - BOUYANCY SHORTS ARE PERMITTED FOR BOTH THE SPRINT AND THE HALF.**

***The current water temperature will be displayed each morning on the whiteboard outside of transition beginning Friday morning.**



# OILMAN ATHLETE GUIDE

## RULES

### USAT NON DRAFT-LEGAL CYCLING RULES

**The Draft Zone**
The standard bicycle draft zone is a rectangle measuring 12 meters (approx. 6 bike lengths) long by 2 meters wide. The zone extends backward from the leading edge of the front wheel.

**Keep Right (Position Rule)**
Athletes must ride as close to the right-hand side of the lane as safely possible. Riding down the middle or left side without actively passing is a position violation.

**Passing from the Left**
All overtaking must happen on the left. Passing a cyclist on the right is an illegal pass.

**The Pass Window**
Once your front wheel crosses into another athlete's 12-meter draft zone, you have 25 seconds to completely clear the zone out the front. For specific shorter sprint/standard events with a compacted 10-meter zone, this window drops to 20 seconds.

**Being Overtaken**
A pass is officially established when the passing rider's front wheel pulls ahead of the passed rider's front wheel. Once passed, you must immediately make rearward progress to drop entirely out of the new draft zone before attempting a re-pass.

**Blocking**
Cyclists must not ride side-by-side or occupy the left side of the travel lane if it interferes with or impedes the forward progress of a faster athlete attempting a legal pass.

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**Penalties and Enforcement Process**

USA Triathlon uses a card system issued by technical officials monitoring the course on motorcycles:

**Blue Card (Drafting Violations)**: Issued specifically for drafting infractions.
Sprint Distance: 1 minute.
Olympic / Standard Distance: 2 minutes.
Long Distance (Half / Full): 5 minutes.

**Yellow Card (Position, Blocking, Illegal Pass)**: Issued for secondary position violations.
Sprint Distance: 10 seconds.
Olympic / Standard Distance: 15 seconds.
Long Distance (Half / Full): 30 to 60 seconds.

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# OILMAN ATHLETE GUIDE

## RULES

### USAT NON DRAFT-LEGAL CYCLING RULES

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**Red Card (Disqualification):**
Three accumulated time penalties of any color across the race results in automatic disqualification. Failing to serve a penalty on the course or showing severe unsportsmanlike behavior also triggers a red card.

**How Penalties are Served**

Official Notification:
The referee will pull alongside the athlete, call out their race number, flash the colored card (Blue or Yellow), and instruct them to stop at the next penalty box.

The Penalty Box:
Penalties are served in a designated tent or box, usually located near the entrance of the bike-to-run transition area (T2).

Athlete Tracking:
It is the athlete's sole responsibility to pull over into the box. The official on the road does not escort you; failing to self-report to the tent results in disqualification.

Box Conduct:
While the volunteer or official tracks your time penalty, you are permitted to stand, stretch, consume personal food, or drink water. You are strictly prohibited from adjusting or repairing your bike, using the restroom, or receiving outside assistance from spectators.




*The Oilman Penalty Tent will be set up near transition. This is an actual photo of it; it should be clearly visible if you are unfortunate enough to need it.*

# OILMAN ATHLETE GUIDE

## CATEGORY-SPECIFIC INFORMATION

### RELAY ATHLETES

- All members of Relay teams - please body mark yourselves on either calf with a capital 'R'. See a member of the transition staff if you need a marker. This makes it easier for us to identify you if you need to exit or enter transition during the race (no one else is allowed to do so).
- The cyclist will wait at the bike in transition until the swimmer comes into transition.
- Swimmer should place the chip on the cyclist's ankle.
- When the cyclist returns, he/she must rack the bike before the runner may leave transition. The runner should remove the chip from the cyclist and place it on their ankle.
- The team cyclist may  then leave the transition area.
- Bikes must stay racked in the transition area until it is opened by race management. See Transition Rules section for more information.
- You will be using a non-disposable neoprene ankle band with the chip enclosed.
- You are passing the chip from swimmer to cyclist to runner similar to a baton.
- If the chip is not removed from your ankle at the finish line, please return it to a member of race management as it is not disposable.

### DUATHLON – SATURDAY ONLY

- All Sprint Duathlon athletes - Transition closes at 6:40 AM. Please be in transition at this time.
- A member of the Transition staff will direct you to the DUATHLON START flag before race start.
- Duathlon start time is fluid - it takes place just after the official Swim Start, and is communicated to the person starting the Duathlon by the Race Director. This is why it is critical that you are in transition when it closes.
- Duathletes will finish their first run by crossing the timing mat at SWIM IN.
- PLEASE do not forget to turn in your timing chip after crossing the Finish line, as these are NOT disposable

### AQUABIKE – SUNDAY ONLY

- All Aquabike athletes - please body mark yourself on one calf with a capital 'A'. This makes it easier for us to identify you as an Aquabike athlete after you have completed your race.
- When Aquabike athletes have completed the cycling portion of their race, they should rack their bike. Please find a transition staff member and identify yourself as an Aquabike athlete. You will need your race bib and your timing chip. You will then be directed to exit transition via an exit indicated by staff - please proceed to the finish line to A) collect your medal, and B) turn in your timing chip. PLEASE do not forget to turn in your timing chip, as these are NOT disposable.
- As an Aquabike athlete, you may then return to transition, alert a member of the transition staff, get permission to enter, collect your belongings, and leave if you desire to do so.



# OILMAN ATHLETE GUIDE

## CATEGORY-SPECIFIC INFORMATION

### SWIM-ONLY - SUNDAY ONLY

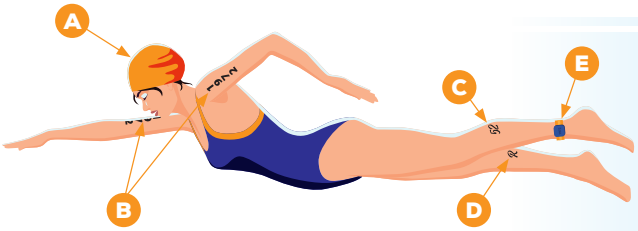
- All Swim-Only athletes: please body mark yourself with a capital 'S' on one or both upper arms. This makes it easier for us to identify you as a Swim-Only athlete both before and after the race.
- Swim-Only athletes may enter transition, but there are no numbered spots assigned to Swim-Only athletes.
- Swim-Only athletes should place their belongings in the Swim-Only Bag Drop area in the Southwest corner of transition before heading to Swim Start.
- It is advisable for Swim-Only athletes to head to Swim Start at the same time as Half-Distance athletes.
- Swim-Only athletes will begin their race after the last swimmer has entered the water. Current scheduled start time is 7:25AM, but the precise time will be up to the coordinator at Swim Start.
- After exiting the water, Swim-Only athletes must proceed into transition in order to have their time recorded. There is no need to strip off your wetsuit before entering transition, as that will only add to your overall time.
- At that time you may collect your bag from the Bag Drop area. Please find a transition staff member and identify yourself as a Swim-Only athlete. You will then be directed to exit transition via an exit indicated by staff - please proceed to the finish line to A) collect your medal, and B) turn in your timing chip. PLEASE do not forget to turn in your timing chip, as these are NOT disposable.
- Please be sure you have all of your belongings with you, as you will not be allowed to re-enter transition.

# OILMAN ATHLETE GUIDE

BAYOU CITY TRI SERIES · HTX EVENTS · BAYOU CITY LADIES

## PACKET ITEMS PLACEMENT GUIDE

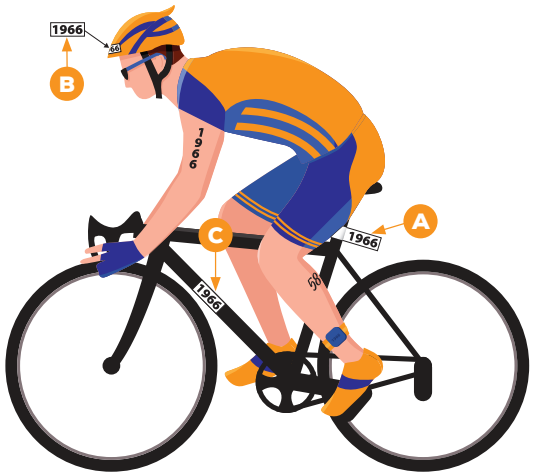
Your packet should contain several items. Typically this includes a latex swim cap, a set of temporary tattoos, a decal sheet with adhesive numbers, and a timing chip with strap. Your chip/strap may not be included; if not, you will pick it up on race day. If there are no temporary tattoos included, you will be body marked on race morning. So - where exactly does all this stuff go?




### SWIM

**A Latex Swim Cap** If the swim is a wave start the color will indicate which wave you are in.
**B Temporary Tattoos** Apply to LEFT & RIGHT ARMS ONLY. Read ALL instructions and if possible apply the night before.
**C Your Age at the End of the Year** Typically this will be written on you with a Sharpie on race morning by volunteers as you enter transition.
**D R is for Relay** If you are part of a relay, this will be written on you with a Sharpie on race morning by a volunteer as you enter transition.
**E Timing Chip** Please attach to LEFT ankle via Velcro strap. Disposable chips attach via an adhesive strip. Consider securing either type with a safety pin to ensure it does not detach.

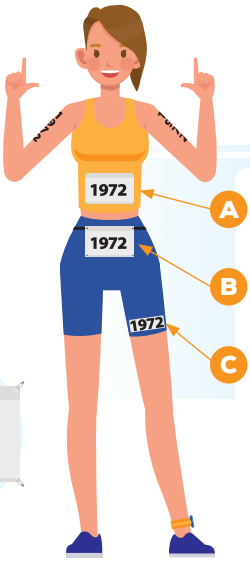
**PLEASE NOTE**
- Temporary Tattoos are easily removed post-race by applying a strip of packing tape over the number and quickly removing.
- If you wish to write your age (be sure it is your age on the LAST day of the current year) and/or 'R' for Relay on yourself prior to entering transition, please do so.
- Your timing chip is how your results are recorded. No chip = no results. Be certain the number imprinted on your chip matches all of the other numbers you have been issued.




### BIKE

**A Seatpost Sticker** On your sticker sheet there is a long decal with your number at both ends. This decal wraps around your bike's seatpost and attaches to itself so that your number is visible from both sides.
**B Helmet Decal** On your sticker sheet there are a series of smaller decals. Apply one of these to the FRONT of your helmet so that it is clearly visible.
**C Additional Decals** If your seatpost will not accommodate the long decal, apply these to either side of your bike's frame in an area where they are visible from either side.

**PLEASE NOTE**
Your race numbers serve multiple purposes:
- You are identifiable to race officials in the event of an infraction or emergency.
- You are identifiable to race photographers.
- You are identifiable to race timing staff.
- The race numbers on your body MUST match up with the numbers on your bike in order for you to remove your bike from transition after the race. This security measure greatly reduces the possibility of theft.




Safety pins will be provided in your packet. Use one in each hole to secure the number to THE FRONT your garment. If there are no safety pins in your packet, please ask a volunteer to provide some for you.




### RUN

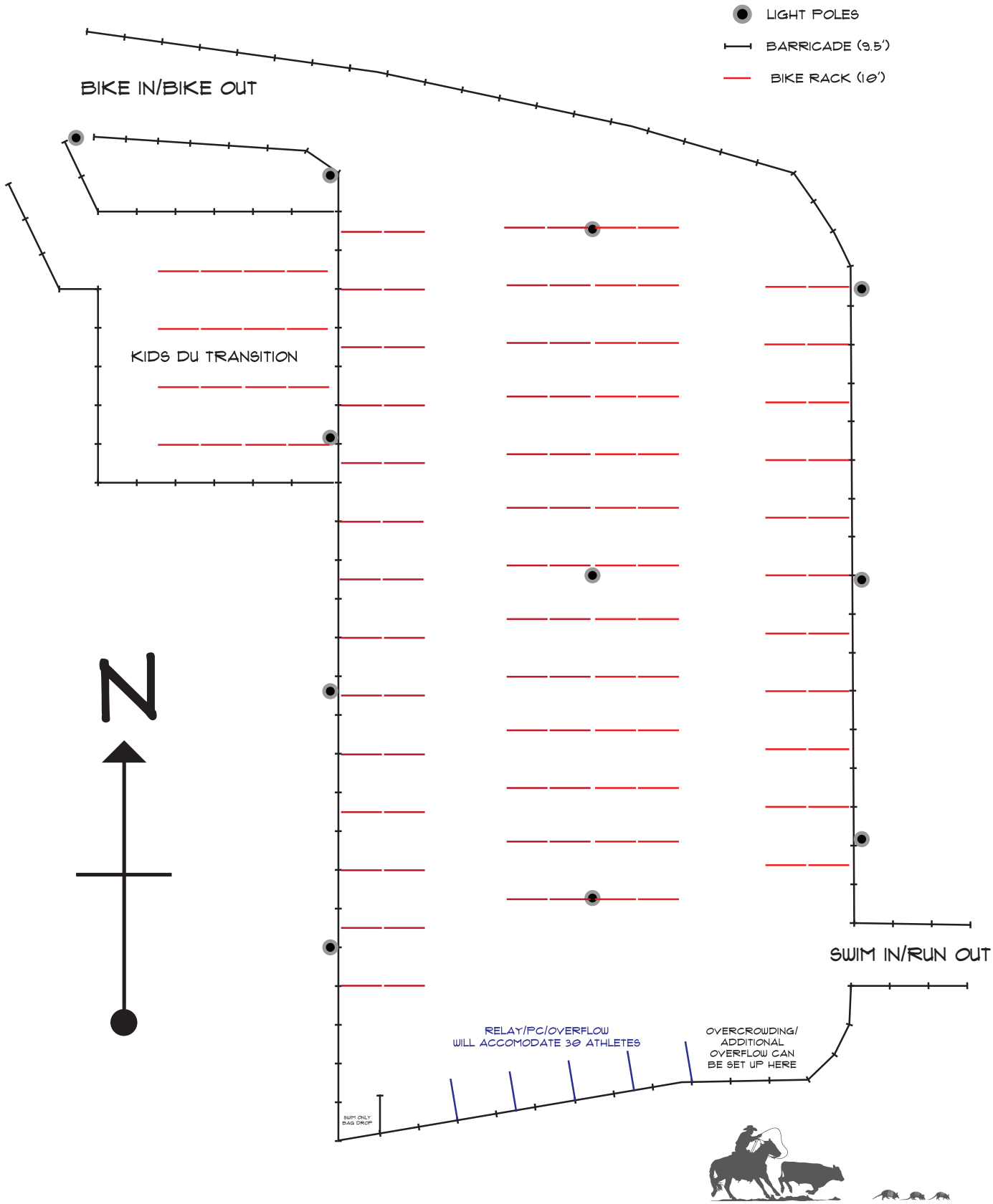
**Your packet will include a larger number. This is your Run number or 'bib'. This MUST be worn ON THE FRONT during the RUN portion of the event. It is NOT required for the Swim or the Bike, but it MAY be worn for those events if you desire. Water will not harm the number. Attachment options:**

**A Pin to Top** Your packet will include four safety pins. You may use these to pin your number to the FRONT of whatever you will be wearing for the Run portion of the event.
**B Race Number Belt** If you use one, it is only necessary to use it for the Run. If you wish to wear it for the bike, you may.
**C Pin to Shorts** You may fold the number so that only the numerals are visible and pin to your shorts. This allows you to keep the number on for the entire event without a belt.

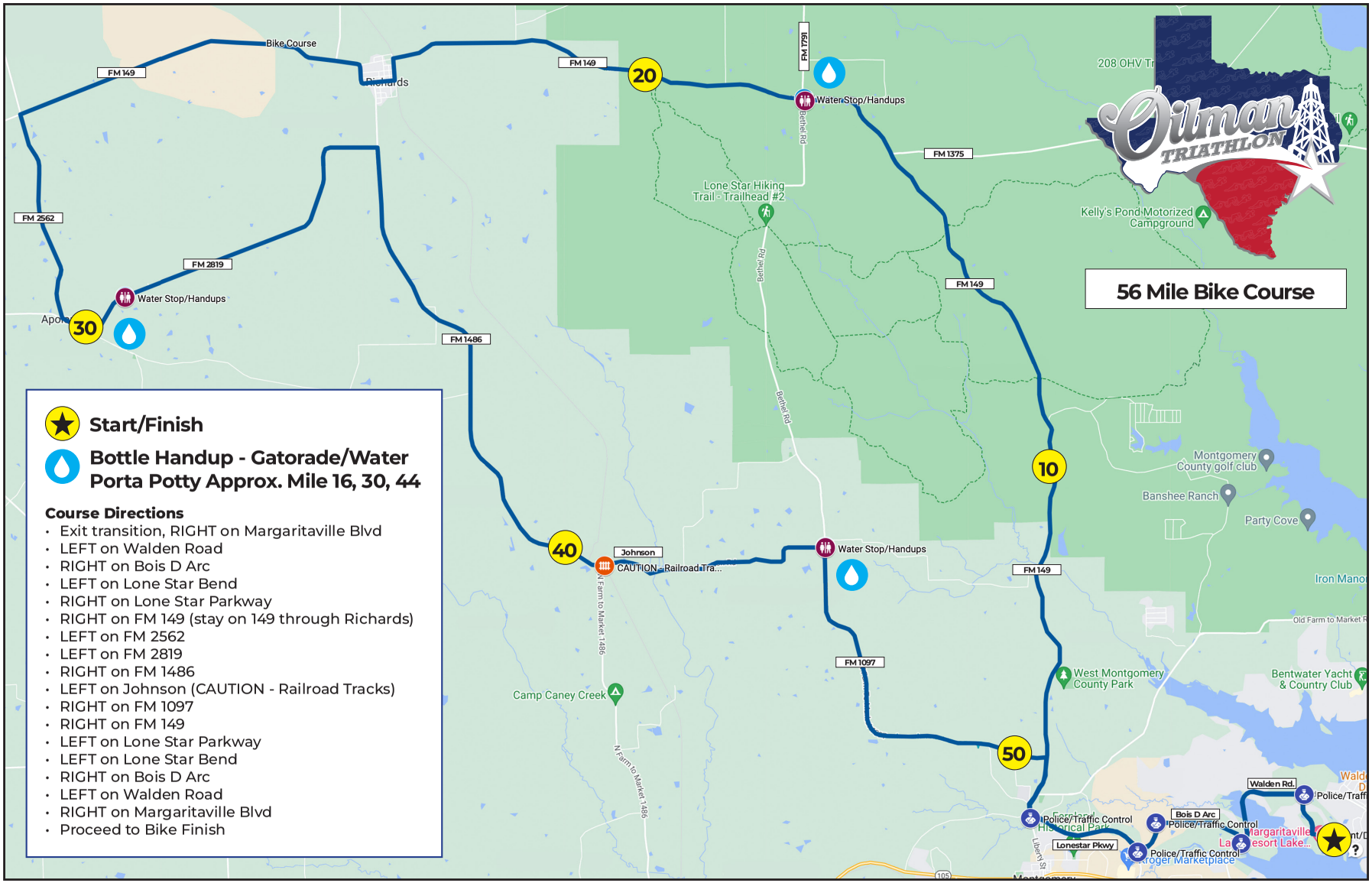
**PLEASE NOTE**: We will not be issuing temporary tattoos or body marking for this event; please disregard that section.

# OILMAN ATHLETE GUIDE

## 2026 OILMAN TRIATHLON TRANSITION PLAN




The Golf Club at Margaritaville Lake...
La Costa Dr
Balboa Cir
Margaritaville Pkwy
St. Somewhere Spa
Bike Out
Transition Area
Swim In
Buoy
Turn Buoy
Boathouse Bar & Lounge
Margaritaville Lake Resort Lake...
Einstein's Ship Store
Boat rental service
LandShark Bar & Grill
Grill • $$
Swim Start
Pebble Beach Blvd
Country Club Blvd
Desert Inn Dr
Torrey Pines Dr
Masters Dr
Wood Harbour Dr
Shady Grove Ln
Golfcrest Dr
Unforgettable Lake Conroe
Tempered Rods and Restorations
Hot Schott Lake
Oilman TRIATHLON
1.2 Mile Open Water Swim Course
Swim Course
Swim Course Sponsored by
SWIM EASY SPEED
Start/Finish
Directional/Sighting Buoys
Turn Buoys
• Time-Trial start from the beach; 3 - 5 athletes will enter the water in approx. 5 second intervals
• RIGHT turn at bay inlet
• LEFT turn at far end of course
• LEFT turn to head back to bay
• Slight LEFT turn between bay inlet and swim exit
• Swim Exit


Bike Course
FM 149
Richards
FM 149
20
FM 1791
Water Stop/Handups
Bethel Rd
FM 1375
Lone Star Hiking Trail - Trailhead #2
Kelly's Pond Motorized Campground
208 OHV Tr
Oilman TRIATHLON
56 Mile Bike Course
FM 2562
FM 2819
Water Stop/Handups
30
FM 1486
FM 149
10
Start/Finish
Bottle Handup - Gatorade/Water
Porta Potty Approx. Mile 16, 30, 44
Course Directions
• Exit transition, RIGHT on Margaritaville Blvd
• LEFT on Walden Road
• RIGHT on Bois D Arc
• LEFT on Lone Star Bend
• RIGHT on Lone Star Parkway
• RIGHT on FM 149 (stay on 149 through Richards)
• LEFT on FM 2562
• LEFT on FM 2819
• RIGHT on FM 1486
• LEFT on Johnson (CAUTION - Railroad Tracks)
• RIGHT on FM 1097
• RIGHT on FM 149
• LEFT on Lone Star Parkway
• LEFT on Lone Star Bend
• RIGHT on Bois D Arc
• LEFT on Walden Road
• RIGHT on Margaritaville Blvd
• Proceed to Bike Finish
40
Johnson
CAUTION - Railroad Tra...
Water Stop/Handups
FM 149
Montgomery County golf club
Banshee Ranch
Party Cove
Iron Manor
Old Farm to Market R
FM 1097
West Montgomery County Park
Bentwater Yacht & Country Club
Camp Caney Creek
N Farm to Market 1486
50
Walden Rd.
Police/Traff
Police/Traffic Control
Bois D Arc
Police/Traffic Control
Lonestar Pkwy
Police/Traffic Control
Kroger Marketplace
Margaritaville
Resort Lake...
Liberty St
105

# OILMAN ATHLETE GUIDE




2026
OILMAN
MEDAL ROUNDUP
2026 PARROT HEAD 5K FINISHER MARGARITAVILLE Lake Conroe
2026 OILKIDS DUATHLON Finisher
OILMAN TEXAS SPRINT TRIATHLON 2026
OILMAN TEXAS HALF IRON TRIATHLON 2026
PARROT HEAD 5K
KIDS DUATHLON
SPRINT TRIATHLON
HALF IRON TRIATHLON
ROUGHNECK DOUBLE SHIFT 2 RACES • 1 WEEKEND OILMAN TRIATHLON
ROUGHNECK DOUBLE SHIFT
2 RACES • 1 WEEKEND
COMPLETE ANY TWO RACES EARN THIS SPECIAL AWARD

# OILMAN ATHLETE GUIDE







For those of you who have taken on the Roughneck Challenge, after you have crossed the finish line of your second race look for the Roughneck Challenge flag like the one shown here. The staff member there will be able to confirm your elegibility to receive your medal. Please be patient!

For any of you who still haven't taken on the challenge; complete any two races over the course of the weekend to earn this 6" Roughneck "Double Shift" medal. There is a strict limit of 200 participants; once it's gone, it's gone.

# OILMAN ATHLETE GUIDE

## COMPLETE EVENT SCHEDULE

**Thursday, November 12, 2026**
Packet Pickup - 1pm to 6pm
Fleet Feet Vintage Park, 122 Vintage Park Blvd, Houston, TX 77070

**Friday, November 13, 2026** - Margaritaville Resort - Nautical Wheeler Conference Room
1:00pm - Expo Opens
5:00pm - Swim Practice/Clinic (at swim start)
6:00pm - Expo Closes

**Saturday, November 14, 2026**
5:00am - Parking Opens
5:15am - Race Morning Packet Pickup begins (must purchase this option for Saturday races) near transition
5:30am - Sprint Transition Opens
6:40am - Sprint Transition Closes
6:55am - National Anthem at Swim Start
6:55am - 5K Start
7:00am - Sprint Triathlon Starts
8:30am - Youth Transition Opens
9:30am - Youth Transition Closes
~9:30am - Youth Triathlon Long Course (pending last bike off Sprint)
9:40am - Sprint & 5K Awards Ceremony
~10:05am - Youth Duathlon Short Course (pending last long course finisher)
11:00am - Practice Swim (at Swim Start)
10:45am - Youth Duathlon Awards Ceremony
12:00am - Expo Opens - Nautical Wheeler Conference Room
12:15am - Bike Check in Begins
1:00pm - Transition Clinic 1
3:30pm - Transition Clinic 2
4:45pm - Bike Check in Closes
5:00pm - Expo Closes
5:05pm - 5 O'Clock Somewhere Tri begins (at the 50S pool adjacent to Landshark)

**Sunday, November 15, 2026**
5:00am - Parking Opens
5:15am - Race Morning Packet Pickup begins (must purchase this option for Sunday races) near Transition
5:15am - Transition Opens
6:30am - Transition Closes
6:45am - National Anthem
6:50am - Elite/Pro Wave (Male/Female)
6:53am - PC Wave
7:00am - Oilman Triathlon Age Group Start
7:25am - Oilman 1.2 Mile Swim Begins
8:35am - Swim Course Cutoff (approx - 1:15 after last Full race athlete enters water)
12:50pm - Bike Course Cutoff (approx - 5:30 after last Full race athlete enters water)
2:45pm - Overall Awards Ceremony
3:00pm - Age Group Awards
3:50pm - Race Cutoff (approx - 8:30 after last athlete enters water)

