



BAY ST. LOUIS TRIATHLON ATHLETE'S GUIDE

Saturday, July 17, 2021





IT'S RACE WEEK! Thank you for registering for the Bay Saint Louis Triathlon! We look forward to seeing you this weekend! Below are updates and reminders for the race. NOTE: There are some important changes from previous races!

SCHEDULE

Friday, July 16, 2021

11AM – 6:30 PM

We will do Friday PACKET PICKUP from 11 am – 6:30 pm at Dan B. Murphy's Restaurant at 109 South Beach Blvd, Bay St. Louis, MS 39520 (google maps link: <https://goo.gl/maps/8KJZJiMZyj82>). This location is also the site of the after party and is a short walk from the transition/start/finish area.

The TRANSITION AREA is on the sea wall grass just south of the CSX railroad in in Bay Saint Louis. Google maps link: <https://bit.ly/3xFG7mF>

Saturday, July 17, 2021

5:00 AM – 6:00 AM

- Race Morning Check-In and Packet Pickup at Dan B. Murphy's Restaurant.
- Body marking begins

5:30 AM

- Transition area opens for bike placement.

Check in with transition race staff to ensure your bike has bar end caps and that your body marking numbers are correct, and that you have a helmet.

The transition will be fenced in to control race traffic and protect your bike. *AFTER the race, please exit the west side of the transition area, closest to the road, so race staff can verify your race number against the bike number.*

6:20 AM

- Swim area open for warm ups

6:45 AM

- Transition closes

6:50 AM

- Athletes line up by race number at the starting line on the beach near the train bridge



7:00 AM

- RACE START on the beach!

8:00 AM

- Race after party begins

10:00 AM

- Race Awards
- Transition area open for bike checkout

PACKET PICK-UP

At packet pick-up on Friday and Saturday at Dan B. Murphy's Restaurant, as per USAT rules, you MUST show a picture ID and your USAT ID card (or the USAT phone app) as an annual member. If you don't have a USAT member card or did not purchase one during online registration, you will be required to buy a one-day license for \$15.

YOU MAY NOT PICK UP SOMEONE ELSE'S PACKET. If you are a RELAY TEAM, each individual member of your team MUST be present to pick up your packet! USA Triathlon is very strict about that rule for sanctioned races which provide national ranking points.

RULES AND SAFETY

This is a USAT Sanctioned Event. All USAT rules will be in effect during the event. For further review of the rules, please visit www.usatriathlon.org. You must be a current USAT member to participate or you will be required to purchase a one-day license during online registration for \$15. Protests of penalties assessed for rules infractions must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes the race. There will be race officials on bikes and in some cases in vehicles along the course to enforce the rules and help ensure a safe race. The Bay Rollers bike club will provide bike officials along the course.

You will have an adhesive bicycle frame number that must be attached to your bike with the race number clearly visible from both sides of the bike. Lost bike numbers cannot be replaced!

You will have a race bib for the run. You MUST ALSO be body marked by a race official!

TRANSITION AREA ACCESS

The transition area will be open on race day from 5:30-6:45 am only. Any athlete, including relay team members, who arrive after 6:45 am, will not have access to the transition area. Please be considerate to other racers when accessing the transition area after the race to reclaim your bicycle and gear. When reclaiming your bike exit the north end for a bike check.



The transition area has two entries and exits on opposite ends. You run in from the swim and run out for the run on the south end and bike in and out on the north end. This setup neutralizes the advantage of any particular transition spot so all athletes must cover the same distance ultimately.

BIKE RACKS

Individual athletes will place their bike on a first-come-first-served basis. Please be courteous to your fellow triathletes. The transition area is designed so there is no strategic placement within transition. Everyone will ultimately move the same distance through transition before the end of the race.

When you rack your bike, roll the bike backwards under the rack, lift the seat, and hook it on the rack. Alternate the direction of each bike to fit the bikes comfortably on the rack and make them as easy as possible to remove quickly during the race. If you put your gear under the raised back wheel, you'll also keep the aisles clear for everyone:





SWIM CAP

The swim cap placed in your race packet **MUST** be worn during the swim.



SWIM START

The swim starts on the beach, directly below the Transition Area. Participants should proceed to the swim no later than 6:45 AM. Be sure you line up by race number. The timing team will start a swimmer every 3 seconds. It is a shallow water swim. You will be instructed at a certain point to stop wading out and to start swimming.

SWIM COURSE

The course will be a clockwise triangle configuration.

The water will be too warm for wetsuits so they will not be allowed for this race. You may wear aqua socks, snorkels, goggles, and USAT-approved personal flotation devices.

As per USAT regulations, the swim area is tested regularly. We work with the Mississippi Beach Monitoring program which has test stations checked daily on either side of the swim area. This information and the readings for the last 16 years are available here:

<http://opcgis.deq.state.ms.us/beaches>

We also work with the Hancock County Emergency Management Agency for both water quality and weather.

If weather or wildlife conditions force us to cancel the swim, we are sanctioned to fall back to a Duathlon with a 1-mile run instead of the swim. We are determined to make this a great day for you!

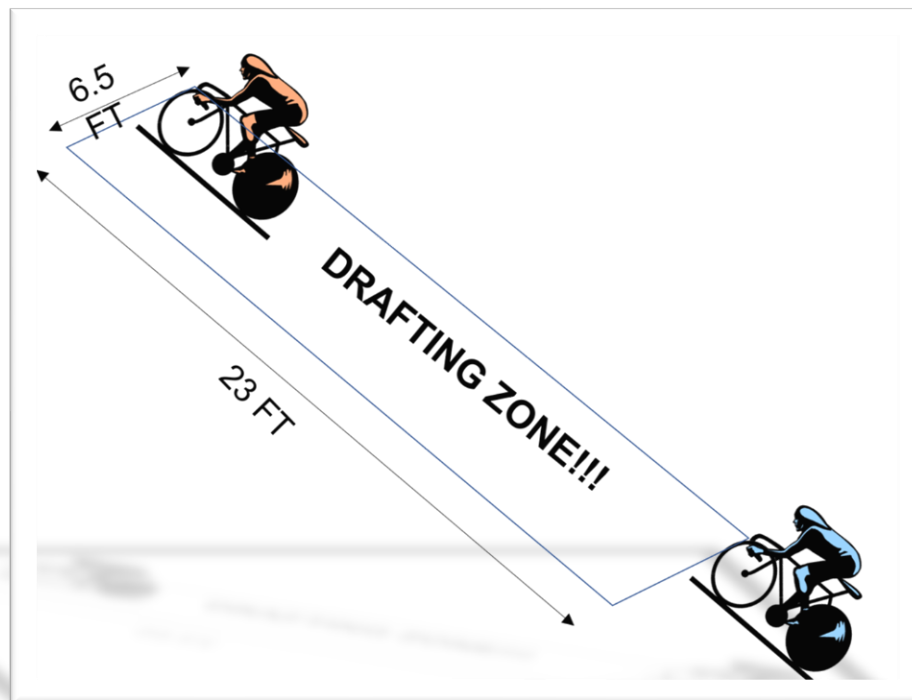


TRANSITION AREA CONDUCT

For safety reasons, you will not be permitted to ride your bike in or out of the transition area. You must walk or run while in the transition area. Please watch out for other athletes as you move through transition and follow the instructions of race officials and volunteers. You must walk or run your bike to the mount/dismount line which will be marked with brightly-colored paint on the street.

BIKE COURSE

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before you mount and dismount your bike. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. Race officials will monitor the bike course and strictly enforce these rules. Cyclists must avoid the draft zone of the bike immediately in front of them which is a 23 feet by 6.5 feet imaginary box around the front biker as show below. As soon as your front wheel enters the drafting zone you are drafting. If you wish to pass a cyclist, you have 15 seconds to enter the draft zone and pass. As soon as you pass the cyclist, they must drop back out of your drafting zone.





RUN COURSE

Water stations are located in the transition area and near the entrance to the beach sidewalk at Washington St. of the run course and also at the run turn around. Each station will be stocked with water. The transition station and finish line will have Powerade.



You must complete the entire course. You will run up the sea wall. At Washington street you'll turn LEFT and head down into the beach parking lot then right to enter the beach sidewalk. You will run out 1.55 miles to the turnaround cone just past Bay Oaks Dr. and retrace your route back to the finish line.



DROPPING OUT

Please notify a race official if you drop out of the race! It's critical for safety reasons that we know the status of everyone on the course.

TIMING & RESULTS

Athletes who do not wear the timing chip during the entire event will not be scored. Please note that the clock at the finish line reflects the start time of the first swimmer. If you have an issue with your timing chip, notify a race official immediately. Results will be available on Cajun Timing's website shortly after the race at <https://www.cajuntiming.com>. StreetSafari Sports Photography (www.streetsafariphoto.com) will photograph athletes during the race. A link to the photos will be posted on the GCRC website as well as the GCRC Facebook page as soon as they are available.

FINISH

The run course officially closes at 11:00 AM. All participants still on the course at this time must be on the sidewalk. Participants who continue on their own will assume all risks and must adhere to local traffic laws. We will do our best to ensure everyone finishes.



AWARDS PARTY

The Awards Ceremony will follow the race at the covered outdoor portion of Dan B. Murphy's Restaurant near the Transition Area offering beer, soft drinks, pizza, and jambalaya. This is the same location as Packet Pickup. The 1st, 2nd, 3rd place overall male and female, masters, and grandmasters, and seniors all receive the special pottery awards. Then 1st-3rd places for divisions in 1st-Time Beginner, Athena, Clydesdale, Relay, and Age Groups (0-19, and then groups every 5 years after that up to 70 and over) will be awarded.

