



**BAY ST. LOUIS
TRIATHLON**

JULY 16, 2022

**ATHLETE'S
GUIDE**

The Bay Saint Louis Triathlon will be July 16, 2022! We look forward to seeing you this year! Below are updates and reminders for the race.

Friday, July 16, 2021

11 AM – 6:30 PM

- We will do Friday Packet Pickup from 11am-6:30pm at Dan B Restaurant in Old Town Bay Saint Louis: (109 S Beach Blvd.)

Saturday, July 17, 2021

5:00 AM-6:30

- Race Morning Packet Pickup at Dan B Restaurant. (109 S. Beach Blvd.)

5:30 AM

- Transition Area opens for bike placement on the seawall grass just west of Dan B's and the train tracks. This is a short walk over towards Our Lady of the Gulf Church. (228 S. Beach).

Check in with transition race staff to ensure your bike has bar end caps, bike is numbered, and you have your helmet.

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

- Time trial start! Athletes enter the water every 5 seconds at the direction of race staff.

9:00 AM

- Race after-party begins

10:00 AM (Approximately)

- Race Awards at Dan B's Restaurant stage.
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VOLUNTEERS

If you have a friend or family member coming, who'd like to participate by volunteering, we will provide them with instructions.

PACKET PICK-UP

At packet pick-up on Friday and Saturday at Dan B Restaurant. Per USAT rules, you MUST show a picture ID and your USAT ID card 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 membership 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 membership 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.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event weekend will result in your immediate disqualification.

MEDICAL CARE

American Medical Response will provide comprehensive medical care for all participants during the event. The biggest risk to athletes during the race is the potential of heat-related injuries associated with inadequate hydration prior to and during the event. Be sure to drink plenty of fluids throughout race weekend! We will have water stations at Transition, one along the run/bike route, and at the finish line. You are encouraged to have a water bottle or hydration system on your bike and carry a bottle or hydration device during your run.

COURSE SAFETY

Because the Bring It to the Bay is conducted on public roads, it is virtually impossible to keep the entire course closed to vehicular traffic. We do restrict traffic as much as possible. Be

aware of your surroundings, obey the instructions of the traffic control officers and volunteers and be considerate of others during the competition.

PARKING

Parking near the Transition Area is plentiful. Be aware there are several paid lots near the transition area that will charge. However, there is a free public parking garage at 124 Court Street, Bay St. Louis, MS 39520. There is also parking in the Train Depot area on Blaize Ave which connects to Bookter St. where the transition area is. There are designated parking spots along the beach in the Old Town area that are not on the race course that are usually available early Saturday morning. There are also parking lots at the Washington Street pier and the nearby pavilion parking lot. All of these areas are near transition. Athlete drop off should be possible by coming down Bookter Street heading east which is not closed until you reach the transition area. From there you must turn around and find parking. **DO NOT PARK ALONG BOOKTER STREET.**

RACE NUMBERS

You will have a disposable timing chip band with your race number printed on the inside issued in your race packet that will attach around your LEFT ankle. Each relay team member will receive an individual chip too.



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!



TRANSITION AREA ACCESS

The transition area will be open on race day from 5:30-6:45 am only. 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. Have your run race number.

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 rack their bike on a first come – first get basis. No assigned placements.

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:



BIKE SUPPORT

We have limited bike support (Tri Hard Sports). Please be sure you have extra tire tubes for your bike and the equipment you need to change and inflate a flat tire. Also verify that your bike handlebars have end caps or are sealed by the gear levers or brakes. Open bike handlebar ends are not permitted for safety per USAT rules. We'll do our best to support bike issues but be prepared!

TIMING CHIPS

We are using DISPOSABLE TIMING CHIPS this year. These chips are very lightweight and we don't have to recover them after the race. We will be able to hand these chips to you at packet pickup in your race bag. The chip will be in a sealed white envelope with instructions for putting it on. You can put this chip on the night before so you have one less thing to worry about race morning. The chips are waterproof.

Each member of a relay team will receive their own chip. In the past, relay teams had to hand off the chip so these disposable chips will be much easier.

If you lose your chip, additional chips will be available on Saturday morning at transition for a charge of \$35. **DON'T LOSE YOUR CHIP.** Each chip is encoded with your specific registration data so do not trade your chip with another athlete! The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the timing mats at the end of each segment (e.g., swim finish).



SWIM CAP

The swim cap placed in your race packet **MUST** be worn during the swim. This year white for men and pink for ladies.



SWIM START

The swim starts on the beach, directly south of the Transition Area between the train bridge and the St. Stanislaus Campus Pier. Participants should proceed to the swim no later than 6:45 AM. Swim is self-seeding, by your estimated swim time. The timing team will start a swimmers every 5 seconds.



SWIM COURSE

Please note, the swim takes place in open water. Follow the buoys during the entire swim course. Keep all buoys on your right by swimming to the left of each buoy. Athletes who cut any portion of the swim course will be disqualified. For your safety, water safety personnel will be monitoring the swim course with kayaks and stand-up paddle boards.

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 swim skins.

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! NOTE: This race has NEVER had any issues with jellyfish or other wildlife.

The swim course is an inverted triangle configuration. Maximum depth is about 4 to 5 feet. You will run out 100 yards to the first yellow buoy where you will be instructed to start swimming in deep enough water. Keep the 3 orange buoys on your right as you swim clockwise and parallel to the beach for 600 yards. At the second (final) yellow buoy you will be allowed to run back to shore the last 100 yards. You'll then run up the seawall to the fence opening to bike transition. This swallow water swim is safe and an excellent event for first time triathletes.



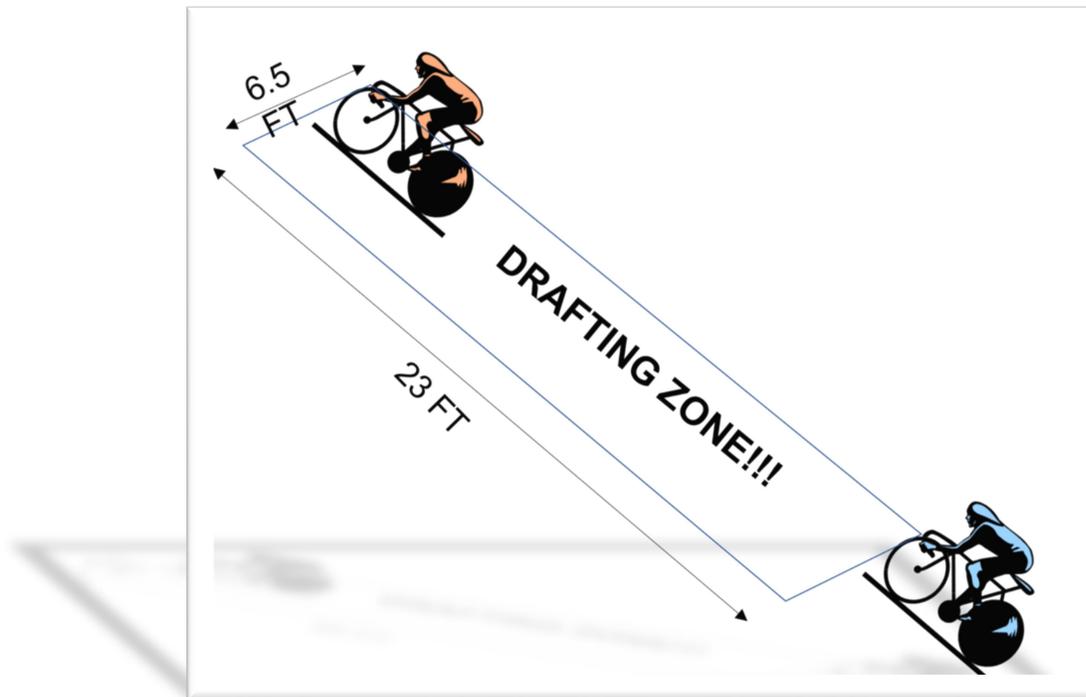
TRANSITION AREA CONDUCT

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 on Beach Blvd.

BIKE COURSE

The bike course is a simple 15 mile out and back from the transition area down Beach Blvd. turning around at Lakeshore Rd. which will be marked.

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 mile 1 of the run course which is also accessible on the return at mile 2. Run station will be stocked with water. The transition station and finish line will have water and Gatorade.



You must complete the entire course. You will run along the seawall. At Washington street you'll be directed LEFT and head down into the beach parking lot to enter the beach sidewalk. Once you enter the beach sidewalk you will run to the turnaround cone (1.55 miles) and retrace your route back to the finish line (3.1 miles).

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. Same day results can be found at: www.cajuntiming.com/results

FINISH

The race course closes at 10:00 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 Party begins as soon as you cross the finish line! Be sure to stick around for jambalaya, pizza, soda, and beer. The Awards Ceremony will follow the race at Dan B Restaurant beginning 10am. Custom made pottery fish are given to the Top 3 Overall, Masters, Grandmasters, Seniors, male and female. Custom printed travel tumblers for top 3 in the Age Divisions, Athena, Clydesdale, Relay, and First Timers / Male and Female.



