

Hello TRIATHLETES !!



It's RACE WEEK

We are so excited you have decided to



race Cultivation Nation Triathlon this year.

Before you jump in the water on Saturday there are a few important race details we need to let you know about... Please take the time to read through the following information

****Packet pick up is on FRIDAY from 3pm-7pm at Flint Creek Reservoir (RACE SITE)** located at [1216 Parkway Dr. Wiggins, MS. 39577](https://www.google.com/maps/place/1216+Parkway+Dr.+Wiggins,+MS+39577/@33.458333,-89.358333,15z). If you are local, PLEASEEEEE come pick up your packet on Friday. You must have a copy of your ID and USAT (if you purchased a one day USAT license, you will not need to show anything, we have record of that purchase and you don't have anything to show!).

****We will have an optional SAFETY MEETING during packet pickup at 5pm on FRIDAY ...** If you are a beginner or have any questions please come to this meeting. We will be going over all the RULES of the USAT and I will be giving out tips



for Cultivation Nation specifically

#safetyfirst

****Same day packet pick up will be onsite from 5:30-6:45am.** Have your ID and USAT ready. We will have a bicycle rack at packet pick up for your convenience. It may get crowded and



crazy at the check in tables... Please be patient as we serve our racers.

****Parking will be onsite at Flint Creek Water Park, 1216 Parkway, Wiggins, MS 39577** (turn into the park, bypass the gate check in, keep **right** and follow this road around and up to the

Day Use Area ~ you'll see us up there!!), we will guide you to the grassy area to park race morning, please follow the guidance of our volunteers to make the process smooth and efficient. The park is open to guest so be aware of traffic and pedestrians.

****Race numbers: wear your race # on the run and bike.**

****Check your bike!! Make sure your bar ends are plugged and you have a helmet; you will not be authorized to race without a helmet.**

****Tri Hard Sports (one of our awesome sponsors) will be on site for last minute bicycle**



maintenance.

****No music, headphones, cell phones, or cameras on the course; we are a USAT sanctioned**



race, all rules, regulations, and policies will be strictly followed.

**** You must be body marked and have bike numbers on before entering transition area ...** we will have volunteers to help but if you want to pre-mark yourself, your race number goes on your left arm and your age goes on your left calf (or an R for relay teams). Your timing chip goes on your **left** ankle.

****Transition opens at 5:30am and will close promptly at 7:00 for a 7:30 start time.** Please plan accordingly! Bicycle racks are first come first serve. Please hang your bike by the seat or we will



re-rack it. There will be 8-10 bikes per rack, be courteous with space.

****We will have a mandatory athlete briefing at 7:15 at the swim start** (jet ski launch area, walking distance from the transition ~ we will lead the way!!).

****The swim start will continue at 7:35 with a SELF SEED order. Please be honest with your Open Water Swim time and line up accordingly ... YOU MUST KEEP ALL BUOYS TO YOUR RIGHT.** You will swim apx 500 yards to a big buoy, turn right, and swim another 100 to shore.

It's a flat swim. No boat traffic. And we will have a support crew out there for your safety. No



worries; big deep breath and just keep swimming.

****Our bike course is an open course. That means it's open to the public ~ cars trucks dogs**



deer and tractors.

We will have support on Hwy 29 but please look out for yourself too!! Go enjoy the beautiful Stone County countryside! Follow the white arrows and signs. When you get back, you'll **run** 3.1 miles on mostly hard packed trail. If it rains, expect some mud. It's a challenging but mostly



shaded fun out and back. You're gonna love it!



****Food and awards to follow!**

We have a family friendly race venue so bring the family and some chairs and plan to hang out in the "beach"



area



Awards: Will be given out at the conclusion of the race

Awards: Will be given out at the conclusion of the race

Overall Male & Female

Overall Master's Female & Master's Male

Overall Grandmaster's Female & Grandmaster's Male

Top 3 in Age Groups (19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and Relay) Athena, Clydesdale,

According to USA Triathlon rules, your age group is determined by your age AS OF December 31, 2025. You are required to report accurately.

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 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.

Finally, again, Cultivation Nation Triathlon is a USA Triathlon sanctioned event and all USAT rules will be followed and strictly enforced. It is the responsibility of the athlete to be familiar with those rules, which can be found at www.usatriathlon.org. Please also note we have a no refund policy. We may allow you to transfer your packet if you are unable to race, but no refunds will be issued for any reason.

If you have any other questions, feel free to message me by replying to this email!

Thank you to our hosts and sponsors.. We couldn't do this without them !! Stone County EDP, Flint Creek Water Park, GCRC, Tri Hard Sports, Stone County Fire Department, Stone County Ambulance Service, *and many more !!*



We hope you have a great race and we will SEE YOU SATURDAY!!