

AZALEA SPRINT

MARCH 8, 2026

RACE DATE & START TIME



8:00 AM on March 8, 2026

This race features a time-trial start in the main pool at UNCW's natatorium. Athletes will be grouped according to age group and projected swim speed times.

PLEASE NOTE:

Daylight Savings Time starts March 8, so we'll spring forward one hour.



RACE INFORMATION

SWIM: 300-yard pool swim featuring time trial start.

BIKE: 12Miles- Featuring a two-loop design.

RUN: 5K - on the UNCW campus.

PACKET PICK-UP LOCATIONS



Saturday (March 7)

4:30 PM – 6:30 PM

UNCW Campus :: 680 Hamilton Drive

Wilmington, NC 28403

[Finish Line Area in the Blue Trailer]



Sunday (March 8)

6:00 AM - 9:00AM

UNCW Campus :: 680 Hamilton Drive

Wilmington, NC 28403

[Finish Line Area in the Blue Trailer]

PRE-RACE MEETING

A pre-race video briefing will be posted on the website by Thursday, March 6. There will be no pre-race meeting at the race site. We encourage all participants to watch this short video to become familiar with some of the nuances associated with this race.

EVENT INFO

PACKET PICK-UP

Mandatory Photo ID: All participants will be required to show photo ID at packet pick-up (including relay team members). You will not be given your race packet without photo ID! All participants must pick up their own race packet – individuals and relays.

Race Packet: Your race packet will contain, two race numbers and your race swag. You will not receive a swim cap for this race.

You will be issued two numbers at packet pick-up:

The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.

The medium-sized number (actually containing your number twice) is used during the bike segment of the race. Place this number over the top tube of your bike – toward the front if possible.

Because this is a pool swim, no swim caps will be given out. If you would like to wear a swim cap, be sure to bring your own.

Race Day Registration: Walk-Up Registrations will be accepted until 7:00am on race morning. Athletes registering on race day will be assigned a start time with their race category but placed at the end of that specific group.

Parking: All participants will park in the huge parking lot immediately adjacent to the race site - on the south side of Trask Coliseum. Address: 670 Wagoner Dr. - Wilmington.



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EVENT INFO

TIMING INFORMATION

MYLAPS TIMING SYSTEM

Participants will receive an ankle strap that is about 14-15" long and about 2" high containing a velcro strap. These new foam material straps are very comfortable and will be collected at the finish line.

In 2026, all timing straps will be handed out on race morning at the timing chip tent which will be set up adjacent to the transition area. As in the past, participants will be required to show their race number (either run bib or bike number) in order to receive their timing strap. We require this, because we don't want people picking up the wrong timing strap.

Unreturned chips result in a \$30 replacement fee.



HOW TO WEAR THE MYLAPS MULTISPORT TAG

The MULTISPORTS tag must be worn on your LEFT ankle.

Wrap the tag around your ankle using the velcro strap.

Press & rub the velcro hook firmly to ensure it is attached.

Make sure the number is visible on the outside of your leg.

Carefully pull Velcro when removing the tag.

Timing straps will be removed by volunteers at the finish line.

Aquabike Athletes: Please return your timing strap to the finish line.

EVENT INFO

TRANSITION AREA

ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.

The transition area will have four entrances/exits: **Transition Area Entrance/Exit, Swim Finish, Bike Start/Finish, Run Start.** These entrances and exits will be clearly identified through the use of large inflatable archways.

Once the race starts and you're racing, make sure you come in and out of the transition area through the appropriate inflatable archway. If you're finishing the swim and heading into the transition area to start the bike, make sure you run through the inflatable archway that reads **SWIM FINISH.** The inflatable archway next to that one will be for **RUN START**, so you don't want to run through that one. At the other end of the transition area will be the **BIKE START** and **BIKE FINISH** archways. Please use the designated **TRANSITION AREA ENTRANCE/EXIT** before the race (to rack your bike and set up your transition) and after you've finished racing (to remove your bike and gear).

All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. Wheel is down on the same side as your number. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side.

Do not make a complete change of clothing in the transition area or other event area.

After the race, you will be required to show your race number (run bib) to check your bike out of transition.

SWIM FACILITIES INFORMATION

The pool will open at 7:00am on race morning and lifeguards will be on duty. Participants may warm up in the main pool or in the diving well. Please note that the diving well will remain open throughout the race for warm-up swims.

The only entrance to the pool will be through the main doors on the side of the natatorium facing the parking lot, finish line area, and transition area.

The back stairwell that participants will use when exiting the pool is not accessible at any time – before or during the race. The only people using this stairwell will be participants exiting the pool and running to the transition area.

Participants wishing to leave any personal belongings (towel, shoes, etc.) outside the natatorium for when they finish the swim, may do so along the pennant line chute and outside the coned areas. Please make sure the items are outside the running lane. This needs to be done before you head up to the pool.

The pool will close after the last participant finishes the swim (about 10:30am). Do not leave any items in the pool area or have someone get them out before 10:30am.

EVENT INFO

SWIM INFORMATION



The swim is a 300 yard pool swim in the UNCW natatorium. Participants start at one side of the pool and snake their way up and down each lane as they work towards the other side of the pool. There is a swim diagram on our Azalea event web page.

This year, we will once again be using a chip timed swim start. Seeding of athletes will be done in small groups. Each group will consist of several race or age categories and all athletes within each of those groups (not single race categories, but within the entire group) will be seeded by time (fastest to slowest).

Once all athletes from each group have begun their swim, a break will be taken as needed to clear the pool before starting the next group. Because swimmers are being chip timed, we can space out starts so that there is less congestion in the pool. So, even within groups, there should be much less passing and/or crowded swim lanes. And by starting all athletes from a particular age group at a similar time, athletes will be on the course at the same time as their competitors, making for a much more exciting event for all participants.

Walk-Up registrants will be assigned a start time with their race category, but will be placed at the end of that specific group.

Further, by starting all athletes from each race category in the same time frame, we can hold award ceremonies throughout the day that will include all athletes, but not require our earliest starters to wait around until all athletes complete the event.

We will schedule four awards ceremonies. Each will be approximately 1.5 – 2 hours after the last swimmer from their group begins the race.

Swim seeding times for each group are listed on the next page and on our event website.

There will be no on-site changes to swim start times.

PLEASE NOTE: The pool will close approximately 30 minutes after the last group finishes the swim. **All personal items must be removed from the pool by 10:30AM.**

Pool will open at 7:00AM. The diving well will be open throughout the morning for race warm-up.

SWIM START TIMES

Within each race group, swimmers will be seeded by their submitted 100-yard swim time estimates.

GROUP 1

Advanced Males & Females
Males 49 & Under

This group will begin their swim between 8:00am – 8:30am (approx). Awards for these race categories will be presented at approximately 10:15am.

GROUP 2

Males 50-59
Females 49 & Under

This group will begin their swim between 8:35am – 9:00am (approx). Awards for these race categories will be presented at approximately 10:45am.

GROUP 3

Males 60 & Over
Females 50 & Over
Clydesdales
Athenas
Aquabike Males & Females
Relay Teams

This group will begin their swim between 9:05am – 9:40am (approx). Awards for these race categories will be presented at approximately 11:30am.

GROUP 4

Novice Males & Females

This group will begin their swim between 9:45am – 10:00am Awards for these race categories be presented at approximately 12:00pm.

THERE WILL BE NO ON-SITE CHANGES TO SWIM START TIMES.

PLEASE NOTE: The pool will open at 7:00AM for warm-up. The diving well will be open throughout the morning for race warm-up. The pool will close at 10:30AM. All personal items must be removed by this time.

EVENT INFO

BIKE DETAILS



The 20K bike course features a two-loop course at UNCW and surrounding neighborhoods. The roads are open to traffic - but traffic is usually fairly light. This is a fast bike course. Please visit our Azalea event web page for the bike course map.

DRAFTING: No drafting! Draft Marshals will be on the course and drafting rules will be enforced! Stay to the right to allow faster cyclists to pass on the left.

HELMETS REQUIRED: Hard shell helmets must be worn and fastened before leaving the transition area.

EQUIPMENT: No headphones, earphones or any radio-type devices will be allowed.

COURSE INFO: There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course. Corners and turns will be marked with bright yellow Set Up directional signs.

Please be aware of speed bumps along the course. Four of the speed bumps on the UNCW campus allow cyclists to actually miss the speed bump itself. Be prepared to look for these "alleys" on the right side of the speed bumps. There are also speed bumps on McMillan Avenue as you head back into campus from Wrightsville Avenue. None of the speed bumps are severe – just be alert that they're on the course.

BIKE SUPPORT: City Bicycles will provide pre-race bike tech support.

EVENT INFO

RUN DETAILS



The 5K run course tours UNCW campus sidewalk system taking in the sights such as the clock tower and Chancellor's Walk. The turn-around point is very close to the UNCW water tower and is marked with a cone. The course is flat and moderately shaded. Please visit the [Azalea event web page](#) to view the run course map.

COURSE INFO: The 5K course will be an out & back course - with the entire run taking place on the UNCW sidewalk system. The course will be well marked. There will be directional signs at every turn on the run course. Simple rule of thumb: If you don't see one of these directional signs - keep going straight.

The run course incorporates some 90 degree turns along the UNCW sidewalk route. **DO NOT CUT CORNERS.** USA Triathlon officials will be positioned at the key corners and will be writing down the numbers of anyone who cuts a corner. This will result in immediate disqualification. All participants are to remain on the sidewalk.

AID STATIONS: Aid stations will be located at the 1 mile and 2 mile marks.

HEADPHONES: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

RACE NUMBERS: You must have your run number visible on the front of your body as you cross the finish line. Failure to do so will result in a two minute penalty.

EVENT INFO

RELAY TEAM INFO



Relay team members do not have to come to packet pick-up together. However, each member must pick up their own packet. Please be prepared to show a valid photo I.D.

- The swimmer will get an index card containing their team's race number.
- The biker will get a bike frame number – used to attach to the top tube of the bike.
- The runner will receive the running bib.

On race morning, any relay team member can pick up the official timing chip at the timing chip pick-up tent as long as they show either the index card, bike number, or run bib. The timing chip volunteers will not hand out the timing chip without seeing one of those three things.

On race morning, your team will receive the new MYLAPS multisport tag to be worn on your ankle. This band will become the “baton” that the swimmer gives to the biker and then the biker gives to the runner.

Relay teams will make their exchanges at their assigned bike rack location in the transition area.

Please be courteous of other competitors as you wait for your team members.

Post-Race Info:

Please Don't Litter: Be good citizens and give our volunteers a break – don't litter on the bike or run courses. Littering will result in an automatic DQ.

Post-Race Food & Drinks: Post-Race refreshments will be available after the race under the refreshment tent near the finish line. We'll provide self-serve bottles of water, cans of drink and pre-packaged snacks. We ask that only athletes access these snacks and drinks.

EVENT INFO

AWARDS & RESULTS



Awards will be presented throughout the morning – coordinated with the various swim start groupings.

This allows athletes who might begin the race at 8:00AM the opportunity to receive their award at about 10:15am, rather than having to wait until the last person finishes the race, which could be 12:45pm.

- Awards Presentations -

10:15AM

Advanced Males & Females
Males 49 & Under

10:45AM

Males 50-59
Females 49 & Under

11:30AM

Males 60 & Over
Females 50 & Over
Clydesdales
Athenas
Aquabike Males & Females
Relay Teams

12:00PM

Novice Males & Females

Results: Results will be posted continuously during the day on the website. Complete results including splits will be posted on the event website later in the day.

Awards: If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

**THANK YOU FOR CHOOSING SET UP EVENTS!
WE APPRECIATE YOUR PARTICIPATION IN OUR
NORTH CAROLINA TRIATHLON SERIES.**