

# PARRIS ISLAND SPRINT 2020 EVENT DETAILS



**Race Location:** Parris Island Combat Training Pool - Parris Island, SC (near the intersection of Shanghai St. and Alaska St.)

**Race Start Time:** 9:00 AM on Saturday, March 14, 2020

**Packet Pick-Up:**

**Friday (March 13) – 4:00 PM – 7:00 PM**

Covered Pavilion Drive-Through (On Right just before Traffic Circle after front gate of Parris Island Marine Base)

**Saturday (March 14) – 7:00 AM – 8:15 AM**

Combat Training Pool (Event Site)

**Special Note:** Please arrive at Parris Island no later than 7:30 a.m. This will give you time to pass the security check point.

**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.

You may be asked for the following items to be granted access onto the base:

- State or Federal issue photo ID
- Vehicle Registration
- Proof of vehicle insurance

**Attention:** There will be no on-site registration for this event. Because this event takes place on base and because the base requires that names of all participants be turned in to them prior to race day, there will be NO ONSITE REGISTRATION for this event. All athletes must register on line prior to the cutoff date of Monday, February 24 at midnight. No exceptions.

### USAT Members:

**USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up.** Any USAT annual member who does not present his/her valid membership card at packet pick-up will be required to pay the USAT one-day fee of \$15. If you have not yet received your current USAT membership card, be sure to print out a temporary card to show at packet pick-up. We must see a current expiration date or you will have to pay the one-day fee. Please visit [usatrithlon.org/member](http://usatrithlon.org/member) to join, renew or print your temporary card.

### Race Packet:

**Your race packet will contain three race numbers:**

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) has a peel-off backing and is used during the bike segment of the race. Place this number over the top tube of your bike toward the front if possible. It must be seen from both sides of your bike.

The **little number** also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

### Packet Check List:

- Photo ID
- USAT Card
- Bike, Helmet and Run numbers

### Race Day Information:

**A pre-race meeting** will be held at the pool at 8:45 am on race morning. Regardless of race start time, it is recommended that all athletes attend this meeting. This is the last opportunity we have to communicate important information and any last-minute changes that may be necessary.

**Note:** The back door to the pool (door where you exit after the swim) will be closed to all spectators and athletes who are not finishing the swim. **You must enter the pool from the front door of the building.**

**Body Marking:** All participants must be marked at the body marking area at the race site. Body marking starts at 7:30AM on race morning. You **MUST** show your race bib to the volunteer responsible for marking you. If you do not have your bib, you will not be marked. Body marking ends at 8:45AM.

**Champion Chip (MyLaps) Timing:** Chip Pick-Up starts at 7:30AM and is located adjacent to the transition area in the grass field next to the pool. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip. Please make sure you read the Champion Chip Timing instruction sheet displayed at packet pickup.



Make sure you receive the correct timing chip. Your chip number will match your run number. You will wear this chip on your left ankle. Attach the chip to the Velcro strap given to you at chip pick up and attach the strap to your left ankle.

**Note:** All timing chips must be picked up by 8:45AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

**Chip Fit Tips:** We usually recommend 1-2 fingers width between the band and your ankle. Too Loose: It could fall off and you'll be charged a replacement fee for the lost chip. Too Tight: It will become uncomfortable as your ankle will swell a little during the race.

Volunteers will remove your strap and collect your timing chip as soon as you cross the finish line.

**What happens if I lose the timing chip?** If this happens you will be charged a \$30 replacement fee. We will send you an invoice within a week of the race. You will be required to pay that invoice before you race in any other Set Up Events races. Lost chips are a rarity. In 2019, we had less than ten lost chips for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip.

#### **Transition Area:**

The transition area is located in the parking lot adjacent to the swim center. **Only participants are allowed in the transition area at any time.** The transition area will have five entrances/exits:

Entrance/Exit

Swim Finish

Bike Start

Bike 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. 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). This entrance/exit is adjacent to the large bleachers located inside the TA.

Please be courteous to athletes who start later in the day. If you finish the event early in the day, be aware that participants are still competing. Please do not block aisles.

**Do not cross any timing mats after 9am unless you have started your event.**

Participants will receive a bike rack assignment. Please look for your numbered rack. You may rack your bike anywhere on your assigned rack. There will be no bike storage the night before the event.

Do not make a complete change of clothing in the transition area or other event area. There will be port-a-johns located in the transition area as well as the finish/start area. Please use these units if you plan to change clothing.

**NOTE:** Regardless of when you start the event, you must have your bike and equipment in the transition area before 9:00 AM. The transition area will close for check-in at 9:00 AM. If you arrive after that time, you will not be allowed to place your equipment in the transition area.

Please be aware that you will be required to show your race number to remove your bike from the transition area after the race.

#### **Swim Information:**

The 500-meter swim is held in the Parris Island Military Combat Training pool. 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 Parris Island Sprint event web page.

**Swim Start Times:** Open athletes will start first. After a short break all other athletes will follow and will enter the water in numerical order by race number. Participants will start individually in 10 second increments.

**Note:** Failure to start in the correct order will result in a 2-minute time penalty.

**Warm Up:** The shallow section of the pool will be available for warm-up at 8:00AM and will remain open until the swim portion of the event is complete.

**Line Up:** Be prepared to line up for the swim start a minimum of 10 minutes before your expected start time. Athletes must line up and start in numerical order. Each participant will enter the staging lane two minutes prior to their start.

**Water Temps:** In order to keep the marines warm during long hours of water training the water temperature is in the mid 80's.

**Swim Etiquette:** Passing is sometimes necessary in a pool swim. There may be enough room in the lane for an athlete to comfortably go around another athlete, just watch for those coming back down the lane. Otherwise, a foot tap allows the swimmer in front of you to know that you would like to pass. If you feel that a swimmer is on your feet or is "tickling your toes", it is appropriate to yield at the wall and wait to be passed.

#### **Bike Information:**

The bike course is a flat and fast one-lap loop on base. Depending on the weather you may find a few sections of headwind and a few sections of tail wind. The course is on open roads, but traffic is expected to be light. A bike course map is available on the Parris Island Sprint event web page.

**Bike Transition:** Mount your bike at the designated mount/dismount line just outside transition area. You will also have to dismount at this location.

**Drafting:** No drafting. Draft Marshals will be on the course and drafting and blocking 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. Helmet numbers must be affixed to the front of your cycling helmet.

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



**Course Information:** There are plenty of volunteers and safety personnel for the race, turns will be clearly marked and mile markers are indicated on the course. Remember: it is ultimately your responsibility to know the course. Roads will be open to vehicular traffic—but traffic is usually light. Please be careful and alert at all times.

**ATTENTION: IF YOU ENCOUNTER ANY MILITARY BATTALIONS IN THE PATH OF THE BIKE YOU WILL BE REQUIRED TO STOP. DO NOT BREAK ANY FORMATION. IF YOU DO YOU WILL IMMEDIATELY BE REMOVED FROM THE BASE.**

#### **Run Information:**

The run course is also a flat and fast out and back course. All turns are marked on the pavement. The course is mostly closed to traffic. The course will be well marked. There will be directional arrows on the sidewalk and road and volunteers to direct runners on the course. However, it is the runner's responsibility to know the course. Please visit our event web page for run course maps.

**Aid Stations:** Two Aid/Water stations will be located along the course at approximately each mile. PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. We ask for your cooperation with this. Any and all trash must be picked up after the race by our volunteers. Help these folks out – they will have been out there longer than you.

**ATTENTION: IF YOU ENCOUNTER ANY MILITARY BATTALIONS ON THE RUN COURSE, YOU WILL BE REQUIRED TO STOP. DO NOT BREAK ANY FORMATION. IF YOU DO YOU WILL IMMEDIATELY BE REMOVED FROM THE BASE.**

**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.

**Finish Line:** When you approach the finish line you will cross over several timing mats – located approx. 50 yards before the finish line. These mats are used to pick up your race number so that the race announcer will be able to announce your name. Don't stop at this point – keep running to the finish line – the finish line will be obvious.

**Results and Awards:** Results will be posted 30 minutes after the first athlete finishes and will be updated every 30-45 minutes. Complete results (with splits) will be posted on the event website ([www.southcarolinatriathlonseries.com](http://www.southcarolinatriathlonseries.com)) by 9:00 PM on Sunday evening.

Your race bib will include a QR code that can be scanned on race day, upon completion of your event, that will allow you to view your results. This can be done at the results tent in the finish area.

The awards ceremony will be held when the last athlete crosses the finish (approximately 12:30PM). If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

**Post Event Food & Drinks:** Post-race soft drinks, sweet and salty snacks and an assortment of fruits are provided for athletes and volunteers ONLY. We ask for your cooperation with this. We want to ensure that all participants and our hard-working volunteers are provided for after the race.

**Please Don't Litter:** Be respectful to our host, MCRD Parris Island, and to our hard-working volunteers. Littering on the bike and/or run course will result in an automatic DQ.



THANK YOU FOR CHOOSING SET UP EVENTS. WE APPRECIATE YOUR PARTICIPATION IN THE SOUTH CAROLINA TRIATHLON SERIES. PLEASE VISIT OUR WEBSITE ([www.southcarolinatriathlonseries.com](http://www.southcarolinatriathlonseries.com)) TO FIND YOUR NEXT RACE AND LEARN MORE ABOUT OUR SERIES AWARDS FOR 2020.

**HAVE A GREAT RACE!**



# ChampionChip Sports Timing System

## PLEASE READ CAREFULLY!!!!

This event will be timed using the CHAMPIONCHIP Electronic Timing system. Please be advised of the following procedures. You will receive your ChampionChip on Event Morning at the Chip Pick-Up Tent

You will receive the ChampionChip along with a neoprene Velcro ankle strap

**\*You must be wearing the ChampionChip strapped to your ankle or YOU WILL NOT BE TIMED.**



Attach the chip to the neoprene ankle strap and attach the strap to your ankle as shown in the picture above. Please put the strap on your LEFT ankle. A volunteer will remove your ChampionChip and ankle strap at the finish line. MAKE CERTAIN YOU SECURE THE STRAP WELL TO AVOID CHIP LOSS!!!!

REMEMBER, YOU MUST RETURN YOUR CHIP AND TIMING STRAP TO THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES AND YOU COULD BE PREVENTED FROM REGISTERING FOR CHAMPIONCHIP EVENTS RUN IN FUTURE YEARS plus a \$30 CHARGE FOR YOUR CHIP, IF NOT RETURNED WILL BE ASSESSED TO YOU.

You will be assessed a \$30 charge for your chip if not returned regardless of the reason  
**YOU ARE RESPONSIBLE FOR THE \*\*\*RETURN OF YOUR CHIP\*\*\***

# A MESSAGE FROM THE HEAD REFEREE



Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the USA Triathlon Competitive Rules in entirety. For reference, these may be found at [www.usatriathlon.org](http://www.usatriathlon.org). To minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations (known as the drafting rules). I have reduced the Position Rules to the following concepts: a. Ride on the right side of your lane unless attempting to pass another cyclist. b. Keep three bike lengths (about 23 feet) between you and the cyclist in front of you. c. Pass on the left of the cyclist in front, never on the right. d. If passing another cyclist you must complete your pass within 15 seconds. e. If passed, you must drop completely out of the draft zone (23 feet), to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of position penalties. Marshals commonly cite the following violations:

Illegal Position or Blocking - riding on the left side of the lane without passing. Illegal Pass - passing on the right. Overtaken - failing to drop back three bike lengths after being passed and before re-passing. Drafting - following a leading cyclist closer than three bike lengths (23 feet) and failing to pass or exit the draft zone within 15 seconds.

Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified.

Always have your chinstrap securely fastened when on your bike! The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ! Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.