

# TRI THE MIDLANDS SPRINT 2019 EVENT DETAILS



**Race Location:** Lake Carolina Town Center (near the intersection of Lake Carolina Blvd and Eascott Place)

**Race Start Time:** 8:00 AM on Saturday, April 13, 2019

**Packet Pick-Up:**

**Friday (April 12) – 4:00 PM – 6:00 PM**

Lake Carolina Development – on the green near the finish line (near the intersection of Lake Carolina Blvd and Eascott Place)

**Saturday (April 13) – 6:30 AM – 7:30 AM**

Lake Carolina Development – near the Transition Area (Long Pointe & Harborside Circle)

**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.

**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 [usatriathlon.org/member](http://usatriathlon.org/member) to join, renew or print your temporary card.

**Race Packet:**

**Your race packet will contain three race numbers and a swim cap:**

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.

A swim cap will be provided and must be worn. The color of your swim cap indicates your swim start wave.

#### **Packet Check List:**

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

#### **Race Day Information:**

A **pre-race meeting** will be held at 7:50 AM near the swim start. 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.

**Race Day Arrival:** Please plan to arrive at the event site no later than 6:45am. Packet pick up will close at 7:30am. If you are not in line by this time, you will not be able to get your packet and therefore, not able to race. The event starts at 8:00am.

**Event Parking:** There will be ample parking in the Town Square lot or the lot adjacent to Town Center Apartments near the traffic circle as you enter the Lake Carolina development from Hardscrabble Road. These lots are located approximately a half-mile from the Transition Area. No cars will be allowed past the traffic circle on event morning. Please follow the directional parking signs on event morning.

**Body Marking:** All participants must be marked at the body marking area at the race site. Body marking starts at 6:30AM 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 7:45AM.

**Champion Chip (MyLaps) Timing:** Chip Pick-Up starts at 6:30AM and is located near the transition area. You will be required to show your run number to the folks handing out timing chips in order to pick yours up. 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 7:30AM. 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 2018, 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 at Long Pointe Road and Harbor Circle. **Only participants are allowed in the transition area at any time.** The transition area will have four entrances/exits:

Swim Finish  
Bike Start  
Bike Finish  
Run Start

These entrances and exits will be clearly identified through the use of large inflatable archways. You may use these entrances to enter transition and set up your bike and run transitions until 8:00 am.

**Do not cross any timing mats after 8am 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 near the transition area as well as the finish/start area. Please use these units if you plan to change clothing.

Please be aware that you will be required to show your race number to remove your bike from the transition area after the race. Athletes will be able to remove their bikes from the TA when the last finisher is on the run course.

### **Swim Information:**

The lake swim is a beginner-friendly, 500-meter triangular course that enters the water from the beach a short walk from the Transition Area. Athletes will begin with a deep water start. The 300-yard run from the swim exit on the beach to TA will be carpeted. A swim course diagram is available on the event website.



### Swim Waves:

<u>Wave Number</u>	<u>Group</u>	<u>Start Time</u>	<u>Cap Color</u>
1	OPEN MALE & FEMALE MASTER OPEN MALE & FEMALE PARATRIATHLETE	8:00 AM	WHITE
2	ALL MALE AGE GROUPS CLYDESDALES MASTER CLYDESDALES	8:03 AM	PINK
3	ALL FEMALE AGE GROUPS ATHENAS	8:06 AM	LIGHT BLUE
4	NOVICE MALE & FEMALE AQUABIKE MALE & FEMALE AQUATHLON ALL RELAYS	8:09 AM	YELLOW

**Swim caps** are provided and must be worn. Cap color indicates your swim start wave.

**Open water swim tips:** If you need assistance during the swim, roll over on your back and put your hand in the air. If you need to hang on to a watercraft during the swim, be sure you are not hanging on to a motorized safety boat. You may hang on to a non-motorized vessel (kayaks, canoes, or surfboards) without penalty. However, if you hang on to the side of one of the motorized watercraft, you will be taken out of the water and disqualified.

### BIKE INFORMATION:

The 14-mile bike course leaves Lake Carolina from the front entrance and moves through the rural roads over rolling hills before finally re-entering lake Carolina near the YMCA and ending back in Harborside. Turns are marked with pavement arrows and directional signs. Police and volunteers man the proper intersections. A bike course map is available on the Tri the Midlands 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. Please be careful and alert at all times.

#### **Run Information:**

The 5K run features an out-and-back course along scenic trails and over the bridge in the Carolina Lake development. The challenge in the run is heading up the hill after crossing the lake bridge. This hill features a steep grade for a few hundred yards. The reward is a finish at the Village Green in Harborside. Please visit the Tri the Midlands web event page for a run course map.

**Course Note:** From the traffic circle, athletes will run on the road (Lake Carolina Drive) on the way out to the turn-around and run on the path on the return to the finish. Athletes must keep to the left at all times while on the course.

**Aid Stations:** Aid/Water stations are located at the .75 mile mark, the turn-around and the 2.25 mile mark. You will never be more than  $\frac{3}{4}$  mile from the next aid station. Water only will be served. 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.

**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.

**New this year:** 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 10:45 AM). 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, Lake Carolina 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 2019.

**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.