

LAKE MURRAY SPRINT 2026 EVENT DETAILS



SOUTH CAROLINA
TRIATHLON SERIES

RACE LOCATION:

Dreher Island State Park
3677 State Park Road :: Prosperity, SC 29127

RACE START TIME:

8:00AM on Sunday, April 19, 2026

PACKET PICK-UP:

Saturday April 18, 2026: (2:00—4:00PM)
Outspokin' Bicycles—Irmo
7601 St. Andrews Road : Irmo, SC

Sunday April 19, 2026: (6:00 - 7:15 AM)
Dreher Island State Park (Event Site)
3677 State Park Road : Prosperity, SC 29127

PRE-RACE PARTICIPANT MEETING ▶▶▶

A pre-race meeting will be held at 7:50AM on race morning at the swim start location adjacent to the boat ramp/dock. This is the last opportunity we have to communicate important information and any last minute changes that may be necessary. Please plan to attend.



PACKET PICK-UP INFO:

Packet Pick-Up will be held at Outspokin' Bicycles on Saturday, April 18, 2026 from 2:00—4:00PM and on race morning at the event site from 6:00—7:15AM.

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 Membership: Your USAT membership was verified during registration. You will NOT need to show your USAT membership card. If you have any questions about USA Triathlon please visit them at www.USATriathlon.org.

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 PICKUP CHECKLIST ▶▶▶

- PHOTO ID
- BIKE NUMBER
- HELMET NUMBER
- RUN NUMBER
- SWIM CAP

**RACE DAY INFO:**

Race Day Arrival: Please plan to arrive at the event site no later than 7:00AM. Packet Pick-Up will close at 7:15. If you are not in line by this time, you will not be allowed to get your packet.

Event Parking: There will be ample parking immediately adjacent to the transition area. Please follow the directions of the State Park Rangers. **YOU MUST PARK TWO TO A SPOT IN THE MAIN PARKING LOT. THESE SPACES ARE FOR BOATS WITH TRAILERS SO TWO CARS WILL EASILY FIT.**

NOTE: Athletes will NOT have to pay the \$3 per person entrance fee. However, all spectators and family members not racing will have to pay the \$3 entry fee at the gate. Please make sure to have cash for payment of all spectators.

This race will be timed using the Race Result Timing method. Chip Pick-Up starts at 6:15AM and is located near the finish line in the covered pavilion. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip.

NOTE: All timing chips must be picked up by 7:15AM. If you lose your timing chip, you will be charged a \$50 replacement fee.

Chip Pick-Up will be held from 6:15AM—7:30AM on race morning. 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 strap to your left ankle.

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. **WEAR YOUR TIMING CHIP UNDERNEATH YOUR WETSUIT, NOT ON TOP OF IT.**

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

What happens if I lose the timing chip?

If this happens you will be charged a \$50 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 2025, we had less than five lost chips for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip.

BODY MARKING: Body Marking will take place near the covered pavilion. Remember, your age on race day is how old you will be on December 31st of this year. If you are racing in a category please let the body markers know.

**SWIM INFORMATION:**

The swim is one clockwise 750 meter loop. Wetsuits will be legal with temps expected to be near 70 degrees. Depending on the wind swimmers may encounter light to moderate chop with a light current. A swim course diagram is available on the Lake Murray Sprint event website.

Water Temps: USAT wetsuit rules will apply. If the water temperature is 79 – 83 degrees, participants may choose to wear a wetsuit, however, they will not be eligible for awards and they will not receive any SCTS points or USAT ranking points and will show up in the results as DQ'd.

WAVE NUMBER	GROUP	START TIME	CAP COLOR
1	OPEN MALE & FEMALE MASTER OPEN MALE & FEMALE PARATRIATHLETE	8:00 AM	SILVER
2	ALL MALE AGE GROUPS	8:03 AM	WHITE
3	ALL FEMALE AGE GROUPS / ATHENAS / AQUABIKE / AQUATHLON / RELAY TEAMS / CLYDESDALES / MASTER CLYDESDALES	8:06 AM	PURPLE
4	NOVICE MALE & FEMALE	8:09 AM	NEON PINK

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, please make sure you are not hanging on to one of the motorized safety boats. 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 bike course is one 16 mile loop. Road surfaces are good with a few rough areas scattered through the course. This is to be expected as the course winds along completely rural roads. There are only five turns on this course and they are marked with pavement arrows and directional signs. Police and volunteers man the proper intersections. A bike course map is available on the Lake Murray 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.

POSITION VIOLATIONS No drafting! No blocking! USAT Officials 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 INFO: 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 course features a one loop course with several out and back spurs. It is relatively flat, shaded and fast. Please visit our event web site for run course maps.

AID STATIONS: 1 Aid/Water stations is located along the course.

Volunteers will hand you cups at your request. You will never be more than 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 you 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: Please wear your run number (with the pull tag) on your front for the run. Race number verification will take place at the turn-around.

PLEASE NOTE: YOUR RUN NUMBER MUST be clearly visible as you cross the finish line. Failure to do so will result in a two minute penalty.

NOTE: Athletes must keep to the right at all times while on the course.

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.



RELAY TEAMS

All members must be present at packet pickup. Each member needs to show a photo i.d. Relay packets include a neoprene ankle strap, a timing chip pass and the same bike and run numbers as an individual athlete. On race day, the swimmer or the runner will pick up the team timing chip. The swimmer can show the timing chip pass or the runner may show the square run number to pick up the chip.

The neoprene ankle strap allows for easy transfer from swimmer to biker and biker to runner. This strap is worn on the left ankle of each team member. Please remember to pass off the timing chip to your team member for accurate results!

Swimmers will tag bikers at their assigned bike rack location in transition. Bikers must tag runners at their assigned bike rack location in transition. Relay members do not have to remain in the transition area the entire race, but you do need to make sure you are at the bike rack in enough time to get yourself ready and for your team member to tag you. Please be courteous of other competitors as you wait for your team members!

ALL Relay members MUST get body marked before the race.

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 Event Food & Drinks:

Post-event refreshments will be 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.

Results & Awards

Preliminary 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 website (www.setupevents.com) by 12:00PM on Sunday.

The awards ceremony will be held when the last athlete crosses the finish (approximately 10:30AM). If you cannot attend the awards ceremony, please have someone pick up your award.

THANK YOU & HAVE A GREAT RACE ▶▶▶

Thank you for choosing SETUP EVENTS! We appreciate your participation in the South Carolina Triathlon series.

Please visit www.setupevents.com to find your next race and learn more about our series awards for 2026.



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. 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 Unsportsman like 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.