

MIDDLE TYGER YMCA TRIATHLON 2023



RACE LOCATION:

Middle Tyger YMCA – 720 Shoals Road – Duncan, SC 29334

RACE START TIME:

Saturday, September 2 at 7:00AM

PACKET PICK-UP:

Friday, September 1 (3:30—6:00PM) – Middle Tyger YMCA – 720 Shoals Road, Duncan, SC 29334

Saturday, September 2 (5:15-6:30AM) - Middle Tyger YMCA – 720 Shoals Road, Duncan, SC 29334

PACKET PICK-UP INFO:

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 now validates annual membership during the registration process. Thus, we will NOT be requiring proof of USA Triathlon annual membership during packet pick up. You will only need to present your photo id.

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.



PARTICIPANT GIVE-AWAY: All athletes registered prior to the t-shirt order deadline will receive a race t-shirt. Anyone registering after the deadline will receive a t-shirt while they last.

PACKET CHECK LIST:

- PHOTO ID
- USAT CARD
- BIKE, HELMET AND RUN NUMBER
- DRAW-STRING BAG

RACE DAY INFO:

Race Day Arrival: Please plan to arrive at the event site no later than 6:00AM. Packet Pick-Up will close at 6:30AM. If you are not in line by this time, you will not be allowed to get your packet.

Event Parking: Parking is available on the YMCA campus adjacent to the transition area.

Chip Pick-Up will take place near the front door of the YMCA. You **MUST** bring your run number with you to collect your timing chip. 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. Be sure to read the MyLaps Timing Instructions included in this document.

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.

You will remove your timing chip after the finish line and place the chip and strap in the buckets there.

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 2022, 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.

Body Marking: Body Marking will take place adjacent to Timing Chip Pick Up near the front door of the YMCA. Please let Body Markers know if you are in a special category like Clydesdale, Novice, Open etc so they may mark you accordingly.

*****A MANDATORY** pre-race meeting will be held at 6:50AM on race morning at the swim start on the pool deck. This is the last opportunity we have to communicate important information and any last-minute changes that may be necessary*******



RACE DAY INFO [CONTINUED]:

TRANSITION AREA:

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

The transition area will have three 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 6:50AM.

DO NOT CROSS ANY TIMING MATS AFTER 7:00AM UNLESS YOU HAVE STARTED YOUR EVENT.

Participants will rack on specific racks based on your number. Six bikes per rack and first come first serve per rack. There will be no bike storage the night before the event.

BIKE TECH SUPPORT:

Bike Tech support will be provided on race morning near Transition.

BIKE CHECK-OUT:

Athletes will be able to remove their bikes from TA when the last finisher is on the run course. 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 400-meter swim is held in the indoor pool at the Middle Tyger YMCA. This is an eight lane, 50-meter pool. Participants start at one side of the pool and snake their way down each lane as they work towards the other side of the pool. Athletes will swim in one direction in each lane, crossing lane lines at the end of each lane. There is a swim diagram on our event web page.

[Swim Start Times](#) have been posted to the event page. Race weekend registrants will be seeded accordingly based on their estimated swim time. This event features a timed start on the pool deck. Participants will cross a timing mat on the pool deck before entering the pool. Jumping, FEET FIRST ONLY, is allowed. NO DIVING ALLOWED.

[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.

NOTE: If you miss your swim start, please notify a race official/swim start volunteer during a break and we will get you started as quickly as possible. Failure to start in the correct order will result in a two-minute time penalty.



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. 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.

If you have a problem in the water, grab a lane rope until you can continue. Lifeguards will be on hand.

Swimmers will begin one at a time every five seconds.

BIKE INFORMATION:

The 14-mile bike is a lollipop style course on local rural roads south of Duncan. The first four and the last four miles of the course are shared by outgoing and incoming bike traffic on the same road. This road is also open to vehicle traffic. It is **IMPERATIVE** that you ride to the right at all times and only move to the left to pass. Course maps are available on the event website.

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.

DUATHLON: The Duathlon will begin at 7:05AM at the **RUN START** entrance to transition area. Duathletes will do a short run followed by the entire bike course and finish with the full 5k run. The first run will be the wooded section of the course only (approximately 1/2 mile). We will go over all details at the start line and make sure everyone is clear on the course.

RUN INFORMATION:



The 5K course features the shaded trail and neighborhood streets near the Middle Tyger YMCA. Please visit our event web page for run course maps.

AID STATIONS: There are two aid stations on the run course. Water only will be served.

PLEASE be sure that you deposit ALL trash in the trash containers that will be located at the 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: 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.

COURSE INFO: There will be directional arrows marking the course and volunteers to direct runners along the way. However, it is the runner's responsibility to know 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 ID and USAT membership. 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 T1. Bikers must tag runners at their assigned bike rack location in T2. 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 AND 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 AND AWARDS:

Preliminary results will be posted to the event website 30 minutes after the first athlete finishes and will be updated every 30-45 minutes. Complete results (with splits) will be posted on our website by 12:00PM on Saturday. Scan your QR code on your race bib to be taken directly to the results page.

The awards ceremony will be held when the last athlete crosses the finish (approximately 9:15AM). If you cannot attend the awards ceremony, please have someone pick up your award. Awards WILL NOT be mailed out.

THANK YOU FOR CHOOSING SET UP EVENTS! WE APPRECIATE YOUR PARTICIPATION IN THE SOUTH CAROLINA TRIATHLON SERIES. PLEASE VISIT www.southcarolinatriathlonseries.com TO FIND YOUR NEXT RACE AND LEARN MORE ABOUT OUR SERIES AWARDS FOR 2023.

HAVE A GREAT RACE!

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.

How to wear the MultiSports Tag

The MultiSports Tag must be worn around the ankle. If you wear a long wetsuit, make sure you wear the tag underneath your suit!

- Wrap the MultiSports Tag around your ankle by using the Velcro strap
- Press and rub the Velcro hook firmly onto the tag to ensure
- Make sure the number is visible on the outside of your leg
- Return the MultiSports Tag to the race organization after the event



NOTE: The MultiSports Tag is new for the South Carolina Triathlon Series in 2023. While it works the same as our chips and Velcro straps used in the past, this will be different than those straps and chips.