

THE DAM TRI 2023

EVENT DETAILS



RACE LOCATION:

Lake Murray Public Park 1821 North Lake Drive: Lexington, SC 29072

RACE START TIME:

Saturday, October 7, 2023 at 8:00AM

PACKET PICK-UP:

- Friday, October 6 (3:30 – 5:30PM)
Outspokin' Bicycles – 7601 St. Andrews Road, Irmo, SC 29063
- Saturday, October 7 (6:15 – 7:30AM) – Event Site Transition Area
Lake Murray Public Park – 1821 North Lake Drive, Lexington, SC 29072

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 requires that all USAT annual members must show their USAT membership card at packet pick-up. For those who registered on-line (this should include all athletes) your membership was validated during registration and thus you will not be required to present your card at packet pick up. We suggest always having it with you in case there are any issues.

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.

PACKET CHECK LIST:

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

RACE DAY INFO:

Race Day Arrival:

Please plan to arrive at the race start no later than 7:00am.

Parking:

Ample parking is available in surrounding lots within the park. Please note – no one will be able to exit the park until the last cyclist is off the course (expected to be around 9:45 AM). Also note, we will be leaving the facility around noon. You must be out of the facility no later than noon as the gates will be locked after we leave. Do not plan to leave your car at the race site any later than noon on Saturday.

Chip Pick-Up will be held from 6:30AM—7:30AM on race morning at the event site near transition. This race will be timed using the MyLaps Timing method. 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.

PLEASE NOTE: You must show your run/bib number to pick up your timing chip.

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 / 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 2022, 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 be held near the transition area. All participants must be marked at the body marking area at the race site. Body marking is available from 6:30 – 7:30am on race day. If you are racing in a special division (Open, Clydesdale, Athena, Relay, etc), please let our body-marking volunteers know so that they may mark you accordingly. Remember, your racing age is the age you will be on December 31, 2023.

***** A MANDATORY** pre-race meeting will be held at 7:50AM at the swim start on race morning. This is the last opportunity we have to communicate important information and any last-minute changes that may be necessary***



TRANSITION AREA:

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

The transition area is located near the finish line in a parking lot all within the Lake Murray Public Park. Entrances and exits in the transition area will be clearly identified through the use of large inflatable archways. This transition area includes:

- Swim Finish
- Bike Start / Bike Finish (This will be one entrance used for both Start and Finish)
- Run Start (This arch will read Transition Area Entrance / Exit and NOT Run Start)

You may use these entrances to enter transition and set up your bike and run transitions until 7:45am.

DO NOT CROSS ANY TIMING MATS AFTER 8:00AM UNLESS YOU HAVE STARTED YOUR EVENT.

Participants will receive a bike rack assignment. Please look for your numbered rack. A 2-minute penalty will be assessed for improperly racked bikes. There will be no bike storage the night before the event.

BIKE TECH SUPPORT:

Bike Tech support will be provided by Outspokin' Bicycle 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:

This swim is a 1000-meter counter-clockwise course with a wave start. A swim course diagram is available on the event website.

Water Temps: Preliminary water temps will be posted on the website by Friday before the event. 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. We do expect this race to be wetsuit legal. Water temperatures are generally around 72 degrees. A water temperature reading will be taken by the USAT official and announced on race morning.

SWIM CAPS are provided and must be worn.

PLEASE ARRIVE at the swim start no later than 7:45am.

OPEN WATER SWIM TIPS: If you need assistance during the swim, roll over on your back and put your hand in the air and RELAX – don't panic. A swim course safety monitor will assist you.

If you need to hang on to a watercraft during the swim, please be sure that you are not hanging on to one of the motorized safety boats. You may hang on to a non-motorized vessel (kayak, canoe, surfboard) 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.

SWIM WAVES:

WAVE #	GROUP	START TIME	CAP COLOR
1	Collegiate Men & Women Open Male & Female Masters Open Male & Female ParaTriathletes	8:00am	Silver
2	Age Group Men Clydesdales / Master Clydesdales Aquathlon / Aquabike	8:03am	Navy
3	Age Group Women Athenas Relay Teams	8:06am	Pink
4	Novice Male & Female	8:09am	White

BIKE INFORMATION:

The bike is a TWO loop, 21-mile mostly flat to rolling course. A bike course map is available on the event web page. Failure to complete both loops on the bike course will result in disqualification. You do NOT return into the facility to start your second lap. You begin your 2nd lap at the entrance to the race site.

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 run is an out-and-back 7K course. Run number verification will take place at the turn around point which is near the end of the dam on the Irmo side. Please visit our event web page for run course maps.

AID STATIONS: Aid/Water stations will be located along the course near mile 1, mile 2 and mile 3. These stations will provide water only.

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 wear your run number (with the pull tag) on your front for the run. It must be clearly visible as you cross the finish line. Failure to do so will result in a four-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.

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. All relay members MUST get body marked before the race.

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.

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 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.southcarolinatriathlonseries.com) by 2:00PM on Saturday.

The awards ceremony will be held when the last athlete crosses the finish (approximately 11:00AM). If you cannot attend the awards ceremony, please have someone pick up your award. Awards WILL NOT be mailed out.

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.