



# WHITE LAKE SPRING SPRINT & INT'L TRIS

MAY 3, 2026



## RACE DATE & START TIME

 INTERNATIONAL START  
7:30 AM on May 3, 2026

 SPRINT START  
8:30 AM on May 3, 2026

## IMPORTANT NOTE:

**Due to the International race starting at 7:30AM, ALL participants in the Sprint distance race must arrive at the race site no later than 7:30AM.**



**NORTH CAROLINA**  
TRIATHLON SERIES

## RACE INFORMATION



### EVENT SITE:

The Grand Regal at Goldston's Beach  
1608 White Lake Drive :: White Lake, NC :: 28337

### SPRINT TRIATHLON

Swim: 750 meters

Bike: 18.5 miles

Run: 5K

### INTERNATIONAL TRIATHLON

Swim: 1500 meters

Bike: 28 miles

Run: 10K

## PACKET PICK-UP INFORMATION



Saturday (May 2) at RACE SITE  
5:00 PM - 7:00PM for International + Sprint



Sunday (May 3) at RACE SITE  
6:00 AM - 7:00 AM for International ONLY  
6:30 AM - 7:30 AM for Sprint ONLY

## PRE-RACE MEETING

A pre-race video briefing will be posted on the website by Thursday, April 30. There will be no pre-race meeting at the race site. We encourage all participants to watch this short video to become familiar with some of the nuances associated with this race.

# WHITE LAKE SPRING SPRINT & INT'L TRIS

## PACKET PICK-UP

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Packet Pick-up will be held on Saturday, May 2 from 5:00PM—7:00PM and on Sunday, May 3 from 6:00 AM—7:00AM for International athletes and 6:30AM - 7:30AM for Sprint athletes at the race site. Sprint athletes must pick-up their chip and packet by 7:30AM.

Packet Pick-Up and Registration is available on race day at Goldston's Beach. Walk-Up Registrations will be accepted until 6:30 am for the International and 7:30 am for the Sprint.

**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.

**Race Packet:** Your race packet will contain, two race numbers, a swim cap and your race swag.

You will be issued two numbers at packet pick-up:

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) is used during the bike segment of the race. Place this number over the top tube of your bike – toward the front if possible.

Race Day Registration: Walk-Up Registrations will be accepted until 7:30am on race morning.

**NOTE: Due to the International race starting at 7:30AM, ALL participants in the Sprint distance race must arrive at the race site no later than 7:30AM.**



## PACKET PICK-UP LOCATION + TIME

-  Saturday (May 2) at RACE SITE  
5:00 PM - 7:00PM for International + Sprint
-  Sunday (May 3) at RACE SITE  
6:00 AM - 7:00 AM for International  
6:30 AM - 7:30 AM for Sprint



# WHITE LAKE SPRING SPRINT & INT'L TRIS

## TIMING INFORMATION

### MYLAPS TIMING SYSTEM

Participants will receive an ankle strap that is about 14-15" long and about 2" high containing a velcro strap. These new foam material straps are very comfortable and will be collected at the finish line.

In 2026, all timing straps will be handed out on race morning at the timing chip tent which will be set up adjacent to the transition area. As in the past, participants will be required to show their race number (either run bib or bike number) in order to receive their timing strap. We require this, because we don't want people picking up the wrong timing strap.

Unreturned chips result in a \$30 replacement fee.



### HOW TO WEAR THE MYLAPS MULTISPORT TAG

**The MULTISPORTS tag must be worn on your LEFT ankle.**

**Wrap the tag around your ankle using the velcro strap.**

**Press & rub the velcro hook firmly to ensure it is attached.**

**Make sure the number is visible on the outside of your leg.**

**Carefully pull Velcro when removing the tag.**

**Timing straps will be removed by volunteers at the finish line.**

**Aquabike Athletes: Please return your timing strap to the finish line.**

# WHITE LAKE SPRING SPRINT & INT'L TRIS

RACE DAY INFO

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**Parking:** Parking attendants will be on site to assist with parking on race morning. There are parking lots immediately adjacent to the finish line and transition area that will be filled first. Additionally, there are parking areas across the street from Goldston's Beach that will also be used.

Your bib number can be found on the event website on Thursday night. Athletes may use this number to rack bikes in transition before getting in line to pick up race packets and pick up timing straps.

**NOTE:** It is a USAT rule that if you ride your bike to the transition area prior to the race you must be wearing your bike helmet.

# WHITE LAKE SPRING SPRINT & INT'L TRIS

## TRANSITION AREA INFO

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

The transition area will have four entrances/exits: **Transition Area Entrance/Exit, Swim Finish, Bike Start/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. If you're finishing the swim and heading into the transition area to start the bike, make sure you run through the inflatable archway that reads **SWIM FINISH.** The inflatable archway next to that one will be for **RUN START**, so you don't want to run through that one. At the other end of the transition area will be the **BIKE START** and **BIKE FINISH** archways. 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).

All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. Wheel is down on the same side as your number. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side.

Do not make a complete change of clothing in the Transition Area or other event areas. 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.

After the race, you will be required to show your race number to check your bike out of transition.

# EVENT INFO

## SWIM DETAILS

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The Sprint & International courses will feature a wave start from the beach. The course will be a 750-meter triangular shaped course. Sprint athletes will do ONE lap. International athletes will do TWO laps. International participants will exit the first lap about 20 yards from the swim start location. They will exit the lake and be directed back to the swim start for their second lap. Swim course diagrams are available on the event website.

**WATER TEMPS:** An updated water temperature will be posted on the website and NCTS Facebook page by 9:00PM on Thursday (April 30). Water temp is expected to be in the low-to-mid 70s.

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 NCTS points or USAT ranking points and will show up in the results as DQ'd.

**SWIM START:** This will be a wave start with athletes starting on the beach - check the wave start chart for starting times and swim cap color.

**SWIM CAPS:** Swim caps are provided at packet pick-up.

**OPEN WATER SWIM TIPS:** Orange buoys will be placed along the triangular course to lead you to the swim finish location. You may swim on either side of the round siting buoys. Triangular buoys mark the turns. **You must keep them on your RIGHT.** There will be a variety of watercraft on the swim course during the race. 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.

**Practice Swim:** Participants will be allowed to warm-up from 5pm to 7pm on Saturday, with lifeguard support.

# EVENT INFO

SWIM INFORMATION

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## INTERNATIONAL SWIM START TIMES

**7:30 AM - WAVE 1 - BLACK**  
Advanced Males & Females  
Males 49 & Under  
Aquabike Males

**7:34 AM - WAVE 2 - ROYAL BLUE**  
Females 44 & Under  
Males 50 & Over  
Aquabike Females  
Clydesdales

**7:38 AM - WAVE 3 - NEON GREEN**  
Females 45 & Over  
Athenas  
Novice Males & Females  
Relay Teams  
Physically Challenged (M&F)

## SPRINT SWIM START TIMES

**8:30AM - WAVE 1 - BLACK**  
Advanced Males & Females  
Males 64 & Under  
Aquabike Males

**8:33AM - WAVE 2 - ROYAL BLUE**  
Females 59 & Under  
Males 65 & Over  
Aquabike Females  
Clydesdales

**8:36AM - WAVE 3 - NEON GREEN**  
Females 60 & Over  
Athenas  
Novice Men & Women  
Relay Teams

# EVENT INFO

## BIKE DETAILS

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**The 18.5-mile sprint bike course takes athletes clockwise around the lake to Highway 701 out to Bladen Lakes State Park and back to White Lake for the finish. [Reminder: The Sprint bike is no longer two laps around the lake.] Here are the turn-by-turn directions for the Sprint:**

Take a Right out of Transition onto White Lake Drive  
Take White Lake Drive for 1 mile  
Turn Right onto Hwy 53 for 2.6 miles  
Turn right onto Hwy 701 for 7 miles  
Turn right onto Mote Road for 4.3 miles  
Turn right onto Hwy 41 for 2 miles  
Turn left onto Intersection Rd for 200 yards  
Turn left onto White Lake Drive for 1.5 miles to finish

**The 28-mile International course is a single loop of the Pro/Am Half loop held on Saturday. The course takes athletes clockwise around the lake to Highway 701 past Bladen Lakes State Park to Highway 210 and Highway 41 and back to White Lake for the finish. Here are the turn-by-turn directions for the International:**

Take a Right out of Transition onto White Lake Drive  
Take White Lake Drive for 1 mile  
Turn Right onto Hwy 53 for 2.6 miles  
Turn right onto Hwy 701 for 10 miles  
Turn right onto Hwy 210 for 4.8 miles  
Turn right onto Hwy 41 for 8 miles  
Turn left onto Intersection Rd for 200 yards  
Turn left onto White Lake Drive for 1.5 miles to finish

**Both courses will be marked with orange spray paint arrows on the pavement and bright yellow directional signs at all the turns. Please visit our event website for printable course maps.**

# EVENT INFO

## BIKE DETAILS

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**PRE-RACE BIKE RACKING:** All bikes must be checked into the transition area on race morning. There will be no overnight security in transition on Saturday night.

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

**DRAFTING:** No drafting! Draft Marshals will be on the course and drafting 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. **This includes pre- and post-race travel to the race site.**

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

**COURSE INFO:** There are plenty of volunteers and police officers 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. Be careful and alert at all times.

**ON-COURSE BOTTLE HAND-OFF LOCATION:** There will be no water bottle hand-off for the sprint race. There will be ONE water bottle hand-off station at mile 18.5 for the International only. This station will hand out 20 oz. Deer Park sport cap bottled water. Please make sure you drop empty water bottles ONLY at the water bottle hand-off location. Also, do not throw any trash on the bike course – this will result in a DQ. Any bottles dropped at the water hand-off location will not be returned to you.

**BIKE SUPPORT:** City Bicycle Company will provide bike tech support and will be set up at the Bike Start/Finish entrance to the transition area.

# EVENT INFO

## RUN DETAILS

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**The 10K run course is a double out & back. The run course will leave Goldston's Beach and travel south on White Lake Dr.**

**The Sprint run course is a one loop, out & back course. The run will head south out of Goldston's Beach onto White Lake Dr. towards Camp Clearwater.**

**IMPORTANT NOTE:** Runners will be on White Lake Dr. until the entrance to Camp Clearwater. Participants **MUST** stay inside the big DOT traffic cones that will be used to separate runners from motor vehicles along White Lake Dr. At Camp Clearwater, runners will transition onto the paved multi-use path until they reach the turnaround.

**Aid Stations:** Aid stations will be located approximately every 3/4 miles on the course. PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. PLUS, if you take a towel and run with it, please deposit it at the next aid station or in buckets labeled for towels only! 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. Shade is limited on this course so take precautions for race-day weather conditions.

**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 approximately 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.

# EVENT INFO

## RELAY TEAM INFO

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Relay team members do not have to come to packet pick-up together. However, each member must pick up their own packet. Please be prepared to show a valid photo I.D.

The swimmer will get an index card containing their team's race number.

The biker will get a bike frame number – used to attach to the top tube of the bike.

The runner will receive the running bib.

On race morning, your designated relay team leader may pick up the official timing strap at the timing strap pick-up tent as long as they show either the index card, bike number, or run bib. The timing strap volunteers will not hand out the timing chip without seeing one of those three things.

This neoprene strap will become the "baton" that the swimmer gives to the biker and then the biker gives to the runner.

Relay teams will make their exchanges at their assigned bike rack location in the transition area.

Please be courteous of other competitors as you wait for your team members.

# EVENT INFO

## AWARDS & POST-RACE ACTIVITIES

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**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-Race Food & Drinks:** Post-Race refreshments will be available after the race under the refreshment tent right near the finish line. We'll provide self-serve bottles of water, cans of drink, pre-packaged snacks and pizza. We ask that only athletes access these snacks and drinks.

**Spectator Food & Drinks:** The Grand Regal at Goldston's Beach offers spectators a variety of places to purchase water, soft drinks and food.

**Results:** Results will be posted continuously during the day on the website. Complete results including splits will be posted on the event website later in the day.

**Awards:** We anticipate awards ceremonies as follow:

**Sprint: 11:00 AM**  
**International: 11:45 AM**

If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

**Thank you for choosing SET UP EVENTS! We appreciate your participation in our North Carolina series. Please visit us at [www.setupevents.com](http://www.setupevents.com) to find more races and learn more about our series awards for 2026.**



**SETUP**