

WHITE LAKE FALL DOUBLE SPRINT TRIATHLON

SEPTEMBER 7, 2025



RACE INFORMATION



EVENT SITE:

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



DOUBLE SPRINT TRIATHLON

Swim: 375 meters

Run: 1.5 miles

Bike: 18.5 miles

Run: 1.5 miles

Swim: 375 meters



SPRINT START

8:00 AM on September 7, 2025

PACKET PICK-UP INFORMATION



Saturday (September 6) at RACE SITE
5:00 PM - 7:00PM for Sprint



Sunday (September 7) at RACE SITE
6:00 AM - 7:30 AM for Sprint

PRE-RACE VIDEO BRIEFING

A pre-race video briefing will be posted on the website by Thursday, Sept. 4th. 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 FALL DOUBLE SPRINT TRIATHLON

PACKET PICK-UP



Packet Pick-Up and Registration is available on race day at Goldston's Beach. Packet Pick-up will be held on Saturday, September 6 from 5:00PM—7:00PM and on Sunday, September 7 from 6:00AM—7:30AM the race site.

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.

PACKET PICK-UP LOCATION + TIME

- 🕒 Saturday (September 6) 5:00 PM - 7:00PM at RACE SITE
- 🕒 Sunday (September 7) 6:00 AM - 7:30AM at RACE SITE

WHITE LAKE FALL DOUBLE SPRINT TRIATHLON

TIMING INFORMATION

NEW TIMING SYSTEM IN 2025 After 20 years, Set Up Events is moving to a newer timing system. Gone will be the little black timing chips that were handed out in small envelopes that participants threaded onto a Velcro band to wear around the ankle.

We are moving to the MyLaps Bib Tag timing system that we have used for the past couple of years for running races and open water swim races. In 2025, we will use this system for all our triathlons.

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 2025, 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.

NOTE: If you lose your timing chip, you will be charged a \$30 replacement fee.

For any participant that does not finish the race – you must return your timing strap to the finish line or be subject to a charge of \$30. These are straps that we use for all of our races. These are not disposable straps. Aquabike participants also must return their timing strap to the finish line.



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.

Return the ankle tag to the race organizers after the event. [Failure to return your strap will result in a \$30 fee.]

WHITE LAKE FALL DOUBLE SPRINT TRIATHLON

RACE DAY INFO



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. Athletes may use this number to rack bikes in transition before getting in line to pick up race packets and pick up timing chips.

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 FALL DOUBLE SPRINT TRIATHLON

TRANSITION AREA INFO



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.

TIMING CHIPS: The timing chip table will be located near the main entrance to the transition area.

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 area.

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

EVENT INFO

SWIM DETAILS



The Double Sprint swim will feature a wave start from the beach. The swim course is a 375 meter triangular-shaped course. Double Sprint participants will do one lap on the first swim and one lap on the second swim. The first and second swims are identical (same direction and same distance). 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 (September 4). Water temp is expected to be in the high-to-mid 70s. This is expected to be a wetsuit legal race.

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 left. 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 6PM TO 7PM ON SATURDAY, WITH LIFEGUARD SUPPORT.

EVENT INFO

SWIM INFORMATION



SPRINT - SWIM START TIMES

8:00 AM - WAVE 1 - NEON GREEN

Advanced Males & Females

Males 69 & Under

Females 49 & Under

Clydesdales

|

8:03 AM - WAVE 2 - PINK

Males 70 & Over

Females 50 & Over

Athenas

Novice Males & Females

Relay Teams

EVENT INFO

RUN DETAILS



The Double Sprint run course is a one-loop, out & back course. Participants will head south out of Goldston's Beach onto White Lake Dr. towards Camp Clearwater. Participants will complete the run course after the first swim segment and again following the bike segment. Run course diagrams are available on the event website.

Important Note: Participants must stay inside the large DOT traffic cones that will be used to separate runners from bikers. These cones will be along White Lake Dr. from Goldston's Beach to the entrance to Camp Clearwater. At Camp Clearwater, participants will transition on to the multi-use paved trail. This coned section will be the first half mile of the run and consequently, the last half mile.

Aid Stations: A water station will be located at the beginning of the run and at the run turnaround (approx 3/4 mile mark). PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. 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.

EVENT INFO

BIKE DETAILS



The bike is one 18.5-mile loop that circles the lake and then heads out onto flat, fast country roads. Please visit our event website for printable course maps.

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: The bike course is completely flat with very few turns. The turns will be marked with orange spray chalk arrows on the pavement as well as large yellow directional signs. Police officers will be located at all the turns. Remember: it is ultimately your responsibility to know the course. Roads will be open to vehicular traffic. Be careful and alert at all times.

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

EVENT INFO

RELAY TEAM INFO



Relay teams will need to show a valid photo i.d. and a current USAT membership at packet pick-up. Relay packets include 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 at the timing tent. The swimmer can show the timing chip pass or the runner may show the square run number to pick up the chip.

The timing chip 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. Bikers must tag runners at the same location. 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!

EVENT INFO

A W A R D S + R E S U L T S + M I S C



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.

Recycling: As part of SetUp's **GO GREEN** initiative, we're providing recycling bins for all aluminum cans, plastic bottles, and cardboard. These recycling bins will be located immediately adjacent to the post event refreshment area. Please help us out! Separate your cans, bottles and trash in the appropriate bins.

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 bottles of water, canned drinks and pre-packaged snacks. 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 to begin approximately 10:30AM. 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 to find your next race.