

WHITE LAKE FALL DOUBLE SPRINT TRIATHLON

SEPTEMBER 13, 2026



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 13, 2026

PACKET PICK-UP INFORMATION



Saturday (September 12) at RACE SITE

5:00 PM - 7:00PM for Sprint



Sunday (September 13) 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. 10th. 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.



NORTH CAROLINA
TRIATHLON SERIES

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 12 from 5:00PM–7:00PM and on Sunday, September 13 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 12) 5:00 PM - 7:00PM at RACE SITE
- 🕒 Sunday (September 13) 6:00 AM - 7:30AM at RACE SITE



WHITE LAKE FALL DOUBLE SPRINT TRIATHLON

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 strap 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 straps 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 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 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 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 STRAP PICK-UP: Timing straps will be picked up at the orange tent located immediately adjacent to the transition area main entrance.

Once the race starts and you're racing, make sure you come in and out of the transition area through the appropriate inflatable archway.

After SWIM No. 1, athletes will enter TA under the SWIM FINISH inflatable.

For the start of RUN No. 1: athletes will exit TA under the RUN START inflatable.

For the finish of RUN No. 1: athletes will enter TA next to the TA inflatable. (It will be marked as RUN FINISH).

For the BIKE, athletes will exit and enter TA through the BIKE START/BIKE FINISH inflatable.

For the start of RUN No. 2: athletes will exit TA under the RUN START inflatable.

For the finish of RUN No. 2: athletes will enter TA next to the TA inflatable. (It will be marked as RUN FINISH).

For the start of SWIM No. 2: athletes will exit TA under the SWIM FINISH inflatable and head to the beach.

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 10). 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 - WHITE
Advanced Males & Females
Males 69 & Under
Females 49 & Under
Clydesdales

8:03 AM - WAVE 2 - BLUE+PINK+SILVER
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: Bike tech support and will be set up at the Bike Start/Finish entrance to the transition area.

EVENT INFO

RELAY TEAM INFO



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 strap without seeing one of those three things.

This neoprene strap will become the “baton” that the swimmer hands to the runner, the runner to the biker, the biker to runner and the runner to swimmer.

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

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 card board. 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.

