

# LAKE NORMAN STATE PARK SPRINT 2019

**Race Location:**

Lake Norman State Park :: 759 State Park Road :: Troutman, NC

**Race Start Time:**

8:00 AM on Saturday, May 4, 2019

**Packet Pick-Up:**

Friday (May 3) – 4:00—7:00PM at Race Site

Lake Norman State Park :: 759 State Park Road :: Troutman, NC

Saturday (May 4) – 6:00—7:30AM at Race Site

Lake Norman State Park :: 759 State Park Road :: Troutman, NC

**Pre-Race Info Meeting**

Friday (May 3) - 6:00PM

This participant orientation meeting will be held at 6:00 PM on Friday, May 4th at the race site. We will cover as many details as possible about the race and questions will be encouraged. A representative from USA Triathlon will also be on hand to discuss USAT issues and concerns relative to rules and safety. This meeting should last about 30 minutes - we encourage everyone to attend.

## RACE DAY INFO

**Race Day Arrival:** There is ample parking at the race site. Please follow parking signs and directions of the volunteers. 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.

**Packet Pick-Up and Registration** will be held on Friday (May 4) from 4:00PM—7:00PM and on Saturday (May 5) from 6:00AM—7:30AM at 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.

**USAT Members:** USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up. Any USAT annual member who does not present his/her valid membership card at packet pick-up will be required to pay the USAT one-day fee of \$15. If you have not yet received your current USAT membership card, be sure to print out a temporary card to show at packet pick-up. We must see a current expiration date or you will have to pay the one-day fee. Please visit [www.usatriathlon.org/membership](http://www.usatriathlon.org/membership) to join, renew or print your temporary card.

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

As part of SetUp's **GO GREEN** initiative, we've reduced the amount of printed materials in your packet. Course maps, swim wave times and categories and event details will be posted at packet pickup. If you wish to have this info with you, please print it out before the race.

### 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 using the adhesive backing.

**Body Marking:** All participants must be marked at the body marking area at the race site. Body marking is 6:00AM—7:30AM on race day. **You MUST show your race run bib to the volunteer responsible for marking you.** If you do not have your bib, you will not be marked.

**Bike Support:** Bike Tech support is provided and will be set up at the Bike Start/Finish entrance to the transition area.

## TIMING INFO

**Champion Chip Timing:** This race will be timed using the Champion Chip Timing method. Chip Pick-Up is 6:00—7:30A under the pavilion on the lakefront. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip.

Please make sure you read the Champion Chip Timing instruction sheet displayed at packet pick-up.

**NOTE: All timing chips must be picked up by 7:30 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.**

Chip pick-up will begin at 6:00 AM on race morning. Make sure you receive the correct timing chip. Your chip number will match run number. You will wear this chip on your left ankle. Attach the chip to the disposable medical ankle strap given to you at chip pick up and attach the strap to your left ankle.

**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. When you get it adjusted just right, make sure that the band snaps shut. You will hear the band snap into its closed position when it is secured properly.

Volunteers will remove your strap and collect your 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 2018, 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.

## RACE DAY INFO [Cont'd]

### Transition Area:

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

The transition area will have five entrances/exits:

#### **Transition Area Entrance/Exit**

**Swim Finish**

**Bike Start**

**Bike 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 area. 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 (body marking or run number) to check your bike out of transition.

## SWIM INFO

This swim is a 1000-meter triangular shaped course. The start of the swim will be an individual start. Athletes will line up at the swim start location prior to the race. When the race begins, Set Up staffers will have participants cross over timing mats at the edge of the lake to begin the swim. These mats will record each athlete's start time. This individual swim start procedure allows participants to start the race with friends, family members, teammates, etc. Participants will begin the swim every 2-3 seconds.

There is no official procedure for lining up at the swim start prior to the race to determine who goes first. It's first come, first start. Prior to the race, you will see the swim start flag, pennant line and timing mats. You can monitor this area and decide when you want to line up for the swim start.

**Water Temps:** Water temps will be posted on the website by 9:00p on Thursday 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 AAA NCTS points or USAT ranking points and will show up in the results as DQ'd.

**SWIM CAPS** are provided and must be worn.

**OPEN WATER SWIM TIPS:** 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.

## BIKE INFO

The 18-mile bike course is a lollipop shaped course: two miles out of the park to a 14-mile loop and then two miles back to the transition area. Please visit our event website for course diagrams.

**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.

## RUN INFO

The four-mile run course stays entirely within the park—meaning no traffic and lots of shade! Please visit our event website for course diagrams.

**Aid Stations:** Aid stations will be located approximately every mile on the course. These aid stations will offer 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 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 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.

Do not cross the finish line more than once. If you finish the race and then decide to run across the finish line with a friend/family member/race buddy/etc., you will be issued a five (5)-minute penalty.

## RELAY TEAMS

All members must be present at packet pick-up. Each member needs to show a photo i.d. 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. 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!

**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.

## 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 (big black tent). Please help us out! Separate your cans, bottles and trash in the appropriate bins.

## Post-Race Food & Drinks:

Post-Race refreshments will be located under the lakefront pavilion. We'll provide, hot pizza, soft drinks, Gatorade, sweet and salty snacks, water, bananas & oranges. Food and drinks are free to all athletes and volunteers.

**Results:** Results will be posted continuously during the day at the Results Tent on a large screen TV. Complete results including splits will be posted on the event website later in the day.

**Awards:** The awards ceremony for individual athletes is scheduled for 11:00AM. If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

# 2019 NC TRI EVENTS

## **RACE**

**Azalea Sprint**

**Lake James International**

**Time Trial @ RiverLights**

**White Lake Spring Half**

**White Lake Spring International**

**White Lake Spring Sprint**

**Lake Norman State Park Sprint**

**Pinehurst International**

**Triangle Sprint**

**Latta Enduro Sprint**

**Carolina Beach Double Sprint**

**Buckner Mission Man Sprint**

**Lake Logan Half**

**Lake Logan International**

**Lake Logan Sprint**

**Lake Lure Sprint**

**White Lake Fall Half**

**White Lake Fall International**

**White Lake Fall Super Sprint**

**YMCA Wrightsville Beach Sprint**

**Sandling Beach International**

## **DATE**

**March 24**

**April 6**

**April 14**

**April 27**

**April 27**

**April 28**

**May 4**

**May 18**

**June 1**

**June 22**

**July 13**

**July 27**

**August 3**

**August 4**

**August 4**

**August 10**

**September 7**

**September 7**

**September 8**

**September 21**

**October 6**

## **SERIES AWARD INFORMATION**

Compete in five or more NC Tri series races and you'll automatically receive our NCTS Elite Team member swag (stay tuned for details) as well as qualify for our series awards.

**Thank you for choosing SETUP 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 2019.**