

LAKE NORMAN STATE PARK TRIATHLON

APRIL 25, 2026

IMPORTANT PARK ACCESS INFO:

The park will not open until 6:00AM on race day. Participants, spectators and volunteers must be at the race site no later than 7:45AM. We will close the road leading into the park at 7:45AM. NO exit until 10:15am



Round 3 of the



NORTH CAROLINA
TRIATHLON SERIES



RACE INFORMATION



EVENT SITE:

LAKE NORMAN STATE PARK :: 759 STATE PARK ROAD ::
TROUTMAN, NC 28166



SPRINT TRIATHLON DISTANCES

Swim: 750 meters :: Bike: 18 miles :: Run: 5K



START TIME & DATE

8:00 AM on April 25, 2026

PACKET PICK-UP INFORMATION



Friday (April 24)

4:00 PM - 6:00PM at RACE SITE



Saturday (April 25)

6:00 AM - 7:30 AM at RACE SITE

PRE-RACE MEETING

A pre-race video briefing will be posted on the website by Thursday, April 23th. 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.

LAKE NORMAN STATE PARK TRIATHLON

PACKET PICK-UP



Packet pick-up will take at the event site on Friday [April 24] from 5:00PM - 7:00PM and on Saturday [April 25] from 6:00AM - 7:30AM.

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.

PACKET PICK-UP LOCATION + TIME

- 🕒 Friday (April 24) at RACE SITE
4:00 PM - 6:00PM
- 🕒 Saturday (April 25) at RACE SITE
6:00 AM - 7:30 AM

LAKE NORMAN STATE PARK 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 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.

LAKE NORMAN STATE PARK TRIATHLON

RACE DAY INFO



Race Day Arrival: Parking is available at the RACE SITE starting at 6:00AM. This large parking lot will accommodate the majority of our participants. Please carpool!
Participants, spectators and volunteers must be at the race site no later than 7:45AM. We will close the entrance to the road leading into the park at 7:45AM. Once the large lot is full, overflow parking is available in two smaller lots at the end of Shortleaf Drive.

PLEASE NOTE: Shortleaf Drive is part of the 5K RUN COURSE. Vehicles will not be allowed to exit the race site area until the last participant has completed the bike portion of the race (approximately 10:15AM).

Your bib number can be found on the event website by Thursday evening. 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.

LAKE NORMAN STATE PARK 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.

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 bib to check your bike out of transition.

EVENT INFO

SWIM INFORMATION



The triangular shaped swim course starts and finishes on the beautiful sandy beach at Lake Norman State Park. Conditions are usually perfect; the air temperature at start time is normally in the 60s and the water temperature is expected to be in the upper 60s/low 70s—making wetsuits legal. Swim course diagrams are available on the event website.

WATER TEMPS: Current water temperature is in the upper 60s/low 70s. This will be a wetsuit legal race.

SWIM START: This will be a wave start - 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.

TIMING STRAP TIP: Wear your timing strap under your wetsuit

EVENT INFO

SWIM INFORMATION



8:00 AM - WAVE 1 - BLACK
Advanced Males & Females
Males 16-39

8:03 AM - WAVE 2 - SILVER
Males 40-59
Clydesdales

8:06 AM - WAVE 3 - FOREST GREEN
Females 59 & Under
Males 60-69

8:09 AM - WAVE 4 - WHITE
Females 60 & Over
Males 70 & Over
Males 15 & Under
Athenas

AquaBike Males & Females
Novice Males & Females
Physically Challenged
Relay Teams

EVENT INFO

BIKE DETAILS



The two-loop bike course offers a nice mixture of flat sections and hills. The biggest climb on the course comes at the 5 mile point and again at about the 12.5 mile point (Hicks Creek).

CAUTION! We ask all participants to be extra cautious at the intersection of State Park Rd. and St. Johns. This is the spot where participants finishing their 1st lap of the bike will be starting Lap 2. Some participants starting in later swim waves will be reaching this point and beginning lap 1 when others are starting lap 2.

WATCH FOR MERGING BIKE TRAFFIC HERE!!

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 will be clearly marked. Look for painted orange arrows on the pavement and bright yellow directional signs at each turn. Police will be located at all the intersections where traffic control is needed.

Remember, it is ultimately the athlete's responsibility to know the course. Roads will be open to vehicular traffic. Athletes must be careful and alert at all times.

BIKE SUPPORT: Pre-race bike tech support is provided by TREK of Charlotte and will be set up near TA on race morning.

EVENT INFO

RUN DETAILS



NEW 2026 RUN COURSE! This true out-and-back course takes you up State Park Road past the family campground and the boat ramp road and back for a downhill finish. The run course is on asphalt roads entirely within the park. There are a couple of pretty challenging short hills, but, there is plenty of shade and no traffic. Water stations will be located at MILE 1 and MILE 2 marks. Turns will be marked with bright yellow signs. The new run course map is available on the event website.

Here are the turn-by-turn directions:

- Exit TA – up hill on State Park Rd.
- Right on Shortleaf Dr. – run to turnaround at end and return to State Park Rd.
- Right on State Park Rd.
- Right on Family Campground Rd.
- Left on Boat Launch Dr. – run to turnaround and return to Family Campground Rd.
- Right on Family Campground Rd.
- Left on State Park Rd.
- Left on Shortleaf Dr. - run to turnaround at end and return to State Park Rd.
- Left on State Park Rd. – down the hill to the finish

HEADPHONES: Headphones, headsets, 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.

Please cross the finish line only once. Finishing your race and then repeating the finish with a family member or friend is prohibited and will result in a five (5) minute time penalty.

All athletes must complete their race in 3 (three) hours or less from their assigned swim time. We reserve the right to pull you out of the race at any point if it becomes apparent that you won't be able to make the three-hour cut-off time.

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 chip without seeing one of those three things.

The timing straps are the “baton” that is passed from swimmer to biker and then biker to runner. Please remember to return your strap at the end of your race.

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 & RESULTS +
MISC. INFO



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 Set Up'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. We'll provide self-serve bottles of water, cans of drink and pre-packaged snacks.

Results: Results will be posted if possible during the day on the website. Complete results including splits will be posted on the event website later in the day. **[PLEASE NOTE: We will attempt to post finish times as often as possible. This venue has been a historically bad spot for us from an internet access standpoint. So please bear with us on getting results pushed up to the website.]**

Awards: We anticipate awards ceremony to start at 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 more races and learn more about our series awards for 2026.



SETUP