TRIANGLE SPRINT TRIATHLON

JUNE 3, 2023

RACE INFORMATION

EVENT SITE:
HARRIS COUNTY PARK :: 2112 COUNTY PARK DR.
NEW HILL, NC :: 27562

SPRINT TRIATHLON DISTANCES
Swim: 750 meters :: Bike: 15 miles :: Run: 5K

MINI-SPRINT DISTANCES
Swim: 400 meters :: Bike: 8 miles :: Run: 1.5 miles

START TIME & DATE
Sprint: 7:30AM on June 3, 2023
Mini-Sprint: 8:15AM on June 3, 2023

PACKET PICK-UP INFORMATION

Friday (June 2) 3:00 PM - 6:00PM at INSIDE-OUT Sports Preston Walk :: 2002 Grisdale Lane :: Cary, NC [Intersection of Cary Parkway & James Jackson]

Saturday (June 3) 5:30AM - 7:00AM at EVENT SITE

IMPORTANT NOTE: NO RACE DAY ENTRY INTO THE PARK AFTER 7:00AM.

PRE-RACE MEETING

A pre-race meeting will be held at the race site at 6:00PM on Friday (6/2). It is highly recommended that you attend this race orientation meeting. This race-eve meeting will allow us to be more comprehensive with race instructions and answer questions. There will be no race instructions given at the swim start location on race morning.

TRIANGLE SPRINT TRIATHLON

PACKET PICK-UP

PACKET PICK-UP LOCATION + TIME

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Packet pick-up will take at the event site on Friday [June 2] from 3:00PM - 6:00PM and on Saturday [June 3] from 5:30AM - 7:00AM.

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 7:00am on race morning.

TRIANGLE SPRINT TRIATHLON

TIMING INFORMATION

Champion Chip Timing: This race will be timed using the Champion Chip Timing method. Chip Pick-Up is 5:30AM-7:30AM at the race site on race morning. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip. You may pick up your chip on race morning at the Timing Chip tent located adjacent to the transition area.

Chip pick-up will begin at 5:30 AM for SPRINT PARTICIPANTS and at 6:30AM for MINI-SPRINT PARTICIPANTS on race morning. Make sure you receive the correct timing chip. Your chip number will match your run number. You will wear this chip on your left ankle. Attach the chip to the neoprene strap that you will also be given.

NOTE: SPRINT ATHLETES must pick up timing chips by 7:00AM. Athletes in the MINI-SPRINT may pick up timing chips between 6:30AM - 7:30AM. If you lose your timing chip, you will be charged a $30 replacement fee.

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.

EVENT INFO

RACE DAY INFO

RACE DAY ARRIVAL: IMPORTANT NOTE: NO RACE DAY ENTRY INTO THE PARK AFTER 7:00AM.

IMPORTANT: All participants & spectators need to arrive at the race site no later than 7:00am. The park road will close at 7am. Anyone arriving after 7am will have to find some place to park outside the park entrance and then walk over a mile to get to the actual race site. There are also no designated parking areas near the park entrance, which means that people would have to parallel park along New Hill Holleman Rd. (not recommended).

Please be aware that space is limited at the park! Here are some things to help:

Carpool: Please plan to travel with other racers. Vehicles with multiple racers will receive first priority inside Harris Lake County Park. Bring spectators with you!! There are no areas for spectators to park and we have no way to transport spectators to the transition.

Plan to Stay: Plan on remaining in the park until we open the park roads. Remember, you may race in an earlier wave, but there are other triathletes still racing and they expect the race course to be safe until they finish.

Arrive Early: The park will open at 5:30AM. Please plan to arrive early and follow directions. Respect Volunteers: We have created a parking plan and will do our best to get you into the parking lots as fast as possible.

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.

Departure Time: People may exit the park after the race as soon as the last participant finishes the bike portion of the race. We expect this to be about 9:30/9:45am.

EVENT INFO

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.

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 SPRINT SWIM IS a 750M a point-to-point swim in Harris Lake. The start and finish of the swim are about 400 yards apart. Please keep the swim buoys to your left on the course. A swim course diagram is available on the Triangle Sprint event website. The MINI-SPRINT swim is a 400m point-to-point swim.

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

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 rectangular course to lead you to the swim finish location. You may swim on either side of the round siting buoys. Pyramid 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.

EVENT INFO

SWIM INFORMATION

7:30 AM - WAVE 1 - YELLOW
Advanced Male & Female
Males 44 & Under

7:33 AM - WAVE 2 - BLUE
Males 45 - 64
Clydesdales

7:36 AM - WAVE 3 - WHITE
Females 54 & Under

7:39 AM - WAVE 4 - PURPLE
Females 55 & Over
Males 65 & Over
Aquabike Males & Females
Athenas

7:42 - WAVE 5 - SILVER
Novice Males & Females
Relay Teams

8:15 - WAVE 6 - NEON GREEN
All Mini Sprint Participants

EVENT INFO

BIKE DETAILS

The SPRINT BIKE is a 15.35-mile course that is closed to traffic. There are two U-Turns/Turnaround locations on this course. The MINI-SPRINT BIKE is a 8.4-mile course—also on closed roads. There is one U-Turn/Turnaround location for the mini-sprint. Please visit the event web site for bike course maps.

IMPORTANT COURSE NOTES: For the first half mile of the ride inside the park, cyclists will ride in the right lane of cones. Runners will be in the left lane and returning cyclists will be in the middle lane. Cyclists returning to the park for the finish of the bike ride will be directed into the right lane and will stay in that lane until the last half mile, where bikes will be directed to the center lane returning to the transition area.

SPEED BUMPS: There are four sets of speed bumps that athletes will encounter both leaving the park and returning. There is a bike access on the far right side of each speed bump. Be careful negotiating this cut-thru as there are large rocks on the side of the road to prevent cars from trying to avoid these speed bumps. The narrow bike lane (that avoids the speed bumps) is just to the left of these large rocks.

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.

BIKE SUPPORT: Pre-race bike tech support is provided by INSIDE-OUT SPORTS and will be set up near the transition on race morning.

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.

EVENT INFO

RUN DETAILS

The 5K SPRINT RUN features a loop and an out-and-back spur. The 1.5-Mile MINI-SPRINT run course is one loop. Both stay entirely within the park on asphalt roads and hard-packed dirt or grass trails and feature moderate shade. Please visit our event website for course diagrams.

AID STATIONS: Water stations will be located at every mile and will offer water. PLEASE drop your empty cups in the trash cans provided and not on the ground.

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.

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.

EVENT INFO

RELAY TEAM INFO

Relay team members do not have to come to packet pick-up together. Each team member will have to show a valid photo I.D. when they arrive.

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, any relay team member can pick up the official timing chip at the timing chip pick-up tent as long as they show either the index card, bike number, or run bib. The timing chip volunteers will not hand out the timing chip without seeing one of those three things.

Timing chips will be handed out along with a neoprene band that will hold the chip. This neoprene band 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 & 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.

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. Buoy Bowls food truck will be at the event serving Acai bowls and smoothies for purchase by spectators and participants.

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 ceremony to start at 10:45AM. 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 2023.