

TRIANGLE SPRINT TRIATHLONS

MAY 30, 2026



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



SUPER MINI-SPRINT DISTANCES

Swim: 100 yards :: Bike: 2.5 miles :: Run: 1K



START TIMES & DATE

Super Mini-Sprint: 7:00AM on May 30, 2026

Sprint: 7:30AM on May 30, 2026

Mini-Sprint: 7:45AM on May 30, 2026

**IMPORTANT NOTE FOR
ATHLETES & SPECTATORS:
NO RACE DAY ENTRY INTO
THE PARK AFTER 6:50AM.**

PACKET PICK-UP INFORMATION



Friday (May 29) 3:00 PM - 6:00PM at INSIDE-OUT Sports
Preston Walk :: 2002 Gridale Lane :: Cary, NC
[Intersection of Cary Parkway & James Jackson]



Saturday (May 30) 5:45AM - 7:00AM at EVENT SITE

PRE-RACE MEETING

A pre-race video briefing will be posted on the website by Thursday, May 28th. 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.

Round 6 of the



NORTH CAROLINA
TRIATHLON SERIES

TRIANGLE SPRINT TRIATHLONS

PACKET PICK-UP

Packet pick-up will take place (only) at INSIDE-OUT SPORTS on Friday [May 29] from 3:00PM - 6:00PM and (only) at the event site on Saturday [May 30] from 5:45AM - 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. Any minors without a photo ID must have a parent/guardian with them with photo ID.

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: Online registrations will be accepted until 6:00am on race morning.



PACKET PICK-UP LOCATION + TIME

- 🕒 Friday (May 29) 3:00 PM - 6:00PM
at INSIDE-OUT Sports Preston Walk
:: 202 Grisdale Lane :: Cary, NC
- 🕒 Saturday (May 30) 5:45AM -
7:00AM at EVENT SITE



TRIANGLE 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 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.

EVENT INFO

RACE DAY INFO



RACE DAY ARRIVAL: IMPORTANT NOTE: NO RACE DAY ENTRY INTO THE PARK AFTER 6:50AM.

IMPORTANT: All participants & spectators need to arrive at the race site no later than 6:50AM.

The park road will close at 6:50AM. Anyone arriving after 6:50AM 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 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.

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.

There will be a separate area inside the Transition Area for kids in the Super Mini-Sprint race.

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. The MINI-SPRINT swim is a 400m point-to-point swim. The SUPER MINI-SPRINT is a 100-yard point-to-point swim. Swim course diagrams are available on the Triangle Sprint event website.

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.

Sprint: Sprint participants will turn at the two pyramid shaped buoys. There will be two smaller round buoys between the shore and the pyramid buoys – one going out and one coming back to shore. These buoys are sighting buoys only for Sprint participants. They will simply help you navigate your way out to the first pyramid buoy and then help you navigate back to shore after going around the second pyramid buoy. Participants must keep the pyramid buoys on their left as they turn.

Mini-Sprint: Mini-Sprint participants will turn at the smaller round buoy after the start and then swim to the second smaller round buoy before heading back to shore. Participants must keep the smaller round buoys on their left as they turn.

Super Mini-Sprint: Super Mini-Sprint participants will turn at the smaller round buoy after the start and then swim to the second smaller round buoy before heading back to shore. Participants must keep the smaller round buoys on their left as they turn.

SWIM CAPS: Swim caps are provided at packet pick-up.

OPEN WATER SWIM TIPS: 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



**7:00AM - SUPER MINI-SPRINT - WHITE CAPS
ALL SUPER MINI-SPRINT PARTICIPANTS**

**7:30 AM - WAVE 1 - BLACK
Advanced Males & Females
Males 39 & Under**

**7:33 AM - WAVE 2 - SKY BLUE
Males 40-64
Clydesdales
Aquabike Males**

**7:36 AM - WAVE 3 - PURPLE
Females 59 & Under
Males 65-69
Aquabike Females**

**7:39 - WAVE 4 - PINK
Males 70 & Over
Females 60 & Over
Novice Males & Females
Relay Teams
Athenas
Physically Challenged**

**7:45 - WAVE 5 - 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 are two (2) U-Turn/Turnaround locations for the mini-sprint. The **SUPER MINI-SPRINT BIKE** takes participants out to the park entrance and back to the transition area. Please visit the event web site for bike course maps.

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



With the exception of very beginning and end of the all run courses (Sprint, Mini-Sprint and Super Mini-Sprint), which are on pavement, the run courses are on hard-packed dirt road or trail surfaces. Please refer to the course map on the race website.

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. 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.

This neoprene strap 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, pre-packaged snacks and pizza.

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 10:00AM. 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.



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