

Race Location:

Wrightsville Beach Town Hall
321 Causeway Dr. Wrightsville Beach, NC 28480

Race Start Time:

7:00 AM (plan to arrive no later than 6:00 AM)

Packet Pick-Up:

Friday (9/20) – 12:00 Noon – 6:00 PM

Two Wheeler Dealer

4408 Wrightsville Ave Wilmington, NC

Saturday (9/21) – 5:00 AM – 6:00 AM

Race Site Wrightsville Beach Town Hall

321 Causeway Dr. Wrightsville Beach, NC 28480

PRE-RACE MEETING and Q&A

A pre-race meeting will be held at the race site (transition area location) at 6PM on Friday (9/20). 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.

PACKET PICK-UP INFO

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:

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 recently renewed a membership, then you must print out a temporary card or receipt of payment to show your membership is current. We cannot take your word for it, you must have proof of a current membership.

Race Packet:

Your race packet will contain two race numbers, race swag and a swim cap. As part of Set Up'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 pick-up. 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 may 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 (with an adhesive backing and 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 INFO

Parking:

Follow the directions of the parking crew when you arrive at the beach on race morning.

Packet Pick-Up and Registration is available on race day. Both are located at Wrightsville Beach Park.

Chip Pick-Up:

All participants will be issued a chip on race morning. The chips will be distributed in the finish area adjacent to the transition area. You will be required to show your run number in order to pick up your timing chip.

Body Marking:

All participants must be marked at the body marking area adjacent to the transition area. You **must bring your run number to body marking**. Each relay member must also be body-marked. **Body marking ends at 7AM.**

Please remember 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.

Transition Area:

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. This will allow for more space between bikes for placing your gear.

Participants only are allowed in the transition area. Only the race participant will be allowed to remove his/her bike from the transition area by showing a race number. There is no bike storage the night before the race.

Shuttle to Swim Start:

Busses & trollies will take participants from the transition area at the Wrightsville Beach Town Hall to the swim start location at the Blockade Runner Hotel. Remember that this is a point-to-point swim. The swim start location is approximately one mile from the transition area. Busses will begin shuttling participants at 5:45AM. We encourage all participants to begin taking the shuttle busses over to swim start as early as possible.

DO NOT WAIT UNTIL 6:30 AM TO BOARD THE BUS!! It is ultimately your responsibility to be at the swim start on time to start with your assigned swim wave. If you miss your swim start time, we cannot make a timing adjustment. Don't take any chances; start heading to the swim start as soon as you are ready.

THE LAST BUS LEAVES AT 6:45AM! DON'T MISS IT!

Gear Bags for Swim Start: Participants will be given the option of taking a bag out to swim start with them for their personal belongings (shirts, shoes, etc.). White plastic bags (w/drawstrings) will be available on race morning at a table in the finish area. Participants are asked to write their race numbers on the bags (markers will also be provided). Take this bag with you to swim start and before you begin the swim, place all your belongings in the bag, and drop it off at the designated drop location at swim start. When the final swim wave begins, volunteers will transport these bags back to the main race site and will lay out the bags in numerical order. The bags will be in the soccer field near the TA.

TIMING INFORMATION

ChampionChip Timing: This race will be timed using the ChampionChip timing system. All participants will be issued a chip on race morning. The chips will be distributed in the finish area adjacent to the transition area. You will be required to show your run number in order to pick up your timing chip.

NOTE: All timing chips must be picked up by 6:30 AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Chip pick-up will begin at 5:00 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. If you do not finish the race please return your chip to the finish line volunteers or a Set Up Events staff member. Do not hand your chip to any volunteer other than those at finish line. If the chip does not get returned to the finish line, it will be considered lost and we will have to charge you the \$30 chip replacement fee.

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.

SWIM INFORMATION

Updated water temperature can be found on the [YMCA Wrightsville Beach Triathlon race page](#).

A swim diagram is available on the [YMCA Wrightsville Beach Triathlon race page](#). This point-to-point swim with the current starts at the Blockade Runner Resort on Wrightsville Beach and ends at Seapath Marina.

Orange buoys will be placed along this point-to-point course to help lead you to the swim finish location. You may swim on either side of these buoys.

When approaching the finish, sight on the large building (Sea Path Towers) that will be the swim finish location.

When exiting the swim, you will be directed to a series of ladders. Please be careful and patient when exiting the water on these ladders. In other words, if you have to wait a few seconds to climb up one of the ladders because there is a person or two in front of you, please be courteous.

USAT rules will apply for wetsuits. If the water temperature is 78 degrees or lower, wetsuits may be worn. If the water temperature is 79 – 83 degrees, wetsuits may be worn, HOWEVER, the participant will not be eligible for any awards, will not receive any points for the NCTS and will not receive any USAT national ranking points. USAT race officials will take the official reading on race morning. (Bring your wetsuit in case they are legal and you would like to wear it). USAT officials will take the official water temperature reading on race morning and announcements will be made.

Wave	Category	Time	Cap Color
1	Open M&F Men 16-39	7:00 AM	White
2	Men 40-49	7:03 AM	Black & Neon Green
3	Men 50-59 Clydesdale Aquabike Men	7:06 AM	Sky Blue
4	Women 16-39	7:06 AM	Yellow
5	Men 60+ Relay Teams	7:12 AM	Royal Blue & Silver
6	Women 40-54	7:15 AM	Forest Green
7	Women 55+ Males 15 & Under Females 15 & Under Aquabike Women Athenas	7:18 AM	Pink & Red
8	Novice Men & Women	7:21	Orange

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 INFORMATION

A bike course map is available on the [YMCA Wrightsville Beach Triathlon race page](#). This 12-mile bike is on fairly flat roads that lead off the beach, up scenic Airlie Road to Greenville Loop road and back to the beach via Oleander Drive.

SPECIAL NOTE: THERE IS ONE CRITICAL AREA OF THE COURSE at the drawbridge to Wrightsville Beach. NO PASSING ON THIS BRIDGE.

All athletes will cross the drawbridge twice. The grading on the drawbridge can be slippery even on dry days. When crossing the bridge, BE VERY CAUTIOUS. Take your time. It's a very short segment and you won't win the race here, but you could easily lose the race here. If we

happen to encounter rain on race day, race organizers may elect to require participants to dismount and run across the bridge.

BIKE INFORMATION (continued)

We are only being allowed to use one lane of this four-lane bridge. Two lanes will be used for vehicular traffic leaving the beach, and one lane will be used for vehicular traffic coming to the beach. The remaining lane will be used for bikes starting the race and bikes finishing the race. Traffic cones will be used to separate bikes from cars, and another row of traffic cones will be used to keep the bikes separated. However, this will make it very narrow. Consequently, the rule will be: **NO PASSING ON THE BRIDGE**. Officials will be present on the bridge and can disqualify athletes for passing. The course is well-marked and each intersection is protected by volunteers or police presence.

RULES & GUIDELINES:

Hard shell helmets must be worn, and must be fastened before leaving the transition area. You will have to walk/run your bike to the Bike Out sign at the Transition Area entrance before mounting. You will have to dismount at the entrance to the Transition Area upon completing the bike leg. Stay to the right to allow faster cyclists to pass on the left. No headphones, earphones or any radio-type devices will be allowed.

Two Wheeler Dealer will provide bike tech support prior to the race at the entrance to transition.

RUN INFORMATION

This 5K run course features the famous Wrightsville Beach Loop with an out-and-back spur on one of the most iconic streets on Harbor Island. This flat fast run finishes at the park. A course map is available on the [race website](#).

Aid stations will be located at the beginning of the run: at the one mile location, and at the two mile location.

RULES & GUIDELINES:

You must wear the race number that is provided, and it must be on the front of your body as you cross the finish line. Failure to do so will result in a 2-minute penalty. No headphones, earphones or any radio-type devices will be allowed. The use of these items will result in a four-minute penalty.

The run course will be well-marked. Volunteers will be present at all turns. We will do our best to make this run course is as clear as possible but it is ultimately your responsibility to know the course.

POST RACE INFO

PLEASE JOIN US for a post-race party at the finish line! Post-Race refreshments will be located under the big tent in the race lawn. An assortment of treats that may include sodas, sweet and salty snacks, water and fruit are available for athletes and volunteers.

Results: Results will be posted 30 minutes following the first finisher and will be updated continuously during the day at the RESULTS TENT on the large-screen monitor. Complete results, including splits, will be posted on the event website later in the day.

Awards: The award ceremony is planned for approximately 10:30 AM. If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

Please Don't Litter: Be good citizens and give our volunteers a break – don't litter on the bike or run courses. If caught littering by USAT officials it will result in an automatic DQ.

SPECTATOR INFO

No Spectator Bus Transportation to Swim Start: Spectators will not be allowed on the shuttle buses going to swim start. There is also no parking near swim start, so we recommend that spectators do not go to swim start. You'll get a great view of the transitions on Causeway Drive and the finish in front of the WB Police station

No Spectators on Sea Path Property or Streets: Spectators will not be allowed on Sea Path Marina Property or streets. Spectators must stay on the Wrightsville Beach Park Property. This is for the safety of both the athletes and spectators. Spectators will be required to stay behind all fencing and pennant line.

RELAY TEAM INFO

All members must be present at packet pickup. Each member needs to show a photo i.d. and USAT membership. The swimmer will be given a card at packet pick-up that they will be able to show to get their timing chip OR the runner can show the run number to get the timing chip.

Relays will be given a Velcro strap when they pick up their timing chip. This strap will be passed from member to member during the race. This strap with the timing chip on it will be worn on your left ankle.

The swimmer will tag the biker at the designated bike rack, and the biker will tag the runner at the same location. You will turn this strap in at the finish line once the runner completes his/her portion of the race. All relay members must get body-marked before the race.