

Oconee Man Half & Sprint Triathlon – Sunday April 28, 2019 – 8am



RACE LOCATION:

South Cove County Park in Lake Keowee - Seneca, SC -1099 S Cove Road, Seneca, SC 29672

RACE START TIME:

8:00AM on Sunday, April 28, 2019

PACKET PICK-UP:

Friday (April 26) – 4:00PM—6:00PM – Norton Thompson Park – 300 Main Street, Seneca, SC

Saturday (April 27) – 3:00PM—6:00PM – Norton Thompson Park – 300 Main Street, Seneca, SC

Sunday (April 28) – 6:00AM – 7:00AM - race site (South Cove Park) 1099 S. Cove Road, Seneca, SC

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 usatriathlon.org/member to join, renew or print your temporary card.

MEDICAL FORM: All participants are required to fill out and submit the attached medical form. Quick Tip: You can save time in line by filling this out prior to your arrival at packet pick up.

RACE PACKET: Your race packet will contain three race numbers, a participant t-shirt and a swim cap:



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 (containing your number twice) has a peel-off backing and is used during the bike segment of the race. Place this number over the top tube of your bike toward the front if possible. It must be seen from both sides of your bike.

The little number also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

A swim cap will be provided and must be worn. The color of your swim cap indicates your swim start wave.

BIKE CHECK IN at South Cove Park in Seneca, SC will take place on Saturday (April 27) from 12:00—6:00PM and on Sunday (race day) from 6:00— 7:00AM.

Participants will receive a bike rack assignment. Please look for your numbered rack. You may rack your bike anywhere on your assigned rack.

The expert bike mechanics of THE SPEEDSHOP of Anderson, will be on hand in the Transition Area on race morning to assist you with any last-minute bike adjustments.

NOTE: We HIGHLY suggest you check in all gear on Saturday. Security will be on hand Saturday night.

ON-SITE SECURITY: Security guards will be on hand Saturday night so that bikes and gear are kept safe and secure overnight.

RACE DAY INFO:

TRANSITION AREA:

The transition area is located in South Cove Park near Keowee Lake and opens at 6:00AM on race morning. ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.

This transition area will have five entrances/exits:

[Transition 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. You may use these entrances to enter transition and set up your swim-to-bike transition, finish the swim and start the bike.

BODY MARKING is available near the Transition area on race day from 6:00—7:30AM. All participants must be marked at the body marking area at the race site. You will be marked with your race number on both arms and the front of both legs. Your age or category will be marked on your right calf.

TIMING CHIP PICK UP: You will be required to show your run number to the folks handing out timing chips in order to pick yours up. Please make sure you read the Champion Chip Timing instruction sheet displayed at packet pickup.

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 Velcro strap given to you at chip pick up and attach the strap to your left ankle.

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

BIKE CHECK-OUT: Please be aware that you will be required to show your race number to remove your bike from the transition area after the race.

SWIM INFORMATION:

The Swim course begins in South Cove County Park and is a point to point swim in beautiful Lake Keowee in Seneca, South Carolina (Start and Finish are approximately 400 yards apart). Water temperature on race day is expected to be in the low to mid-seventies. Cut off time for the swim is one hour and ten minutes.

SWIM CAPS are provided and must be worn. Cap color indicates your swim start wave.

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 water craft you will be taken out of the water and disqualified.



SWIM WAVES:

THE HALF DISTANCE WAVES WILL BEGIN AT 8AM AS FOLLOWS:

WAVE #	START TIME	GROUP	CAP COLOR
1	8:00AM	Open Male & Female Masters Open Male & Female Physically Challenged Male & Female	Yellow
2	8:05AM	All Age Group Males All Age Group Females Clydesdales & Master Clydesdales Athena	Light Blue
3	8:10AM	Novice Male & Female Aquabike Male & Female Aquathlon Relay Teams	White

THE SPRINT DISTANCE WAVES WILL BEGIN AT 8:15AM AS FOLLOWS:

WAVE #	START TIME	GROUP	CAP COLOR
4	8:15AM	Open Male & Female Masters Open Male & Female Physically Challenged Male & Female	Neon Green
5	8:20AM	All Age Group Males All Age Group Females Clydesdales & Master Clydesdales Athena	Pink
6	8:25AM	Novice Male & Female Aquabike Male & Female Aquathlon Relay Teams	Royal Blue



BIKE INFORMATION:

The bike courses feature a 58-mile (Half) and 12-mile (Sprint) that begins and ends at South Cove Park. A bike course map is available on the event web page.

BIKE TRANSITION: Mount your bike at the designated line just outside of the transition area. You will dismount your bike in the same location.

POSITION VIOLATIONS No drafting! No blocking! USAT Officials will be on the course and drafting and blocking 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. Helmet numbers must be affixed to the front of your cycling helmet.

EQUIPMENT: No headphones, earphones or any radio-type devices will be allowed.

COURSE INFO: There are plenty of volunteers and safety personnel 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. Please be careful and alert at all times.

WATER HAND-OFF STATIONS—There will be two (2) hydration stops on the HALF (ONLY) bike course - at approximately miles 17 and 36. Both stations will provide sports cap water bottles. Please discard waste and empty water bottles at these two stations ONLY. Leaving a water bottle at any other location is a penalty and a safety hazard. There will NOT be water along the sprint bike course.

RUN INFORMATION:

The 13.1-mile HALF run course and 3.1-mile Sprint course will take participants through the neighborhoods surrounding South Cove Park. Please visit our event web page for run course maps.

AID STATIONS: Aid/Water stations will be located along the course at approximately each mile. Aid Stations will provide water, Gatorade, Hammer Gel, defizzed cola and salty snacks. 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 wear your run number (with the pull tag) on your front for the run. It must be clearly visible as you cross the finish line. Failure to do so will result in a four-minute penalty.

NOTE: Athletes must keep to the right at all times while on the course.

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.

RELAY TEAMS:

All members must be present at packet pickup. 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 in the Transition Area. Bikers must also tag runners at their assigned bike rack location in the Transition Area. Relay members do not have to remain in the transition area the entire race, but do need to make sure they are at the bike rack in enough time to receive their teammate who is completing the leg prior to theirs.

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.

Post Event Food & Drinks: Post-event refreshments will be provided for athletes and volunteers ONLY. We ask for your cooperation with this! We want to ensure that all participants and our hard-working volunteers are provided for after the race.



RACE DAY PARKING & SHUTTLE INFORMATION:

Although there is plenty of parking at South Cove Park, access in and out of the park will be very limited once the race begins. We will offer shuttle service to and from South Cove Park from Hamilton Career Center (1.9 miles from the race site). **NO BIKES WILL BE ALLOWED ON THE SHUTTLE - NO EXCEPTIONS.**

We very strongly suggest that all athletes drop off their bikes the day before the race. Security will be on hand, so all will be safe.

Your options are:

1. Park inside the gates at South Cove Park (race site). If you do that you will have two opportunities to exit the park:
 - 0 We will have a short window of time where all Sprint athletes will be off the course and no Half athletes will be at the gates yet. This will take place between **10:30am and 11am**. If you park inside of the park, you will be able to drive out at that time.
 - 0 The front gate will be accessible again when all Half cyclists are back in the park. We estimate that to be around **2pm**. After that, vehicles will be able to exit at their leisure.
2. Park at **Hamilton Career Center – 100 Vocational Drive, Seneca**. If you choose this option, it is best if you drop off your bike on Saturday. This option will allow you to:
 - 0 Take the shuttle from Hamilton Career Center to South Cove Park (without your bike).
 - 0 Or, you can ride your bike from the parking lot to South Cove.

Shuttles between the two locations will run on the following schedule:

6:00am – 8:00am

9:30am – 12:00pm

1:00pm until all post event activities conclude (approximately 4:30pm)

Both race participants and spectators are welcomed to take advantage of this free shuttle service.

Results & Awards: Preliminary results will be posted 30 minutes after the first athlete finishes and will be updated every 30-45 minutes. Complete results (with splits) will be posted on the website by 6:00PM on Sunday.

The awards ceremony will be held when the last athlete crosses the finish (approximately 3:00PM). If you cannot attend the awards ceremony, please have someone pick up your award. We will not mail awards.

A MESSAGE FROM THE HEAD REFEREE



Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the USA Triathlon Competitive Rules in entirety. For reference, these may be found at www.usatriathlon.org. To minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations (known as the drafting rules). I have reduced the Position Rules to the following concepts: a. Ride on the right side of your lane unless attempting to pass another cyclist. b. Keep three bike lengths (about 23 feet) between you and the cyclist in front of you. c. Pass on the left of the cyclist in front, never on the right. d. If passing another cyclist you must complete your pass within 15 seconds. e. If passed, you must drop completely out of the draft zone (23 feet), to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of position penalties. Marshals commonly cite the following violations:

Illegal Position or Blocking - riding on the left side of the lane without passing. Illegal Pass - passing on the right. Overtaken - failing to drop back three bike lengths after being passed and before re-passing. Drafting - following a leading cyclist closer than three bike lengths (23 feet) and failing to pass or exit the draft zone within 15 seconds.

Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified.

Always have your chinstrap securely fastened when on your bike! The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ! Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsman like Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

BIB/EVENT #



SCTS Medical Information Form

Instructions: Please print this form. Fill it out and turn it in at packet pick-up. (You will not receive your event packet until this form is filled out and turned in.) To save yourself time at packet pick-up, it is suggested that you bring the completed form with you.

Participant Name: _____ Age: _____
Event Day Emergency Contact Info: Name: _____ Phone: _____
Recent travel outside of the U.S.: (None) _____

CIRCLE ALL ITEMS THAT APPLY TO YOU

Angina (chest pain) Heart attack Irregular heart rhythm Pacemaker High blood pressure Diabetes
Seizures Bleeding disorder Asthma Anemia Pregnancy Heat exhaustion Dehydration
Hyperventilation Hypoglycemia Recent surgery/hospitalization: _____
Allergies: _____

MEDICATIONS

List any medications (and dosages) you are currently taking:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

ChampionChip Sports Timing System

PLEASE READ CAREFULLY!!!!

This event will be timed using the CHAMPIONCHIP Electronic Timing system. Please be advised of the following procedures. You will receive your ChampionChip on Event Morning at the Chip Pick-Up Tent

You will receive the ChampionChip along with a neoprene Velcro ankle strap

***You must be wearing the ChampionChip strapped to your ankle or YOU WILL NOT BE TIMED.**



Attach the chip to the neoprene ankle strap and attach the strap to your ankle as shown in the picture above. Please put the strap on your LEFT ankle. A volunteer will remove your ChampionChip and ankle strap at the finish line. MAKE CERTAIN YOU SECURE THE STRAP WELL TO AVOID CHIP LOSS!!!!

REMEMBER, YOU MUST RETURN YOUR CHIP AND TIMING STRAP TO THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES AND YOU COULD BE PREVENTED FROM REGISTERING FOR CHAMPIONCHIP EVENTS RUN IN FUTURE YEARS plus a \$30 CHARGE FOR YOUR CHIP, IF NOT RETURNED WILL BE ASSESSED TO YOU.

**You will be assessed a \$30 charge for your chip if not returned regardless of the reason
YOU ARE RESPONSIBLE FOR THE ***RETURN OF YOUR CHIP*****