

TRI THE SWAMP RABBIT 2023 EVENT DETAILS



SOUTH CAROLINA
TRIATHLON SERIES

RACE LOCATION:

Furman University - Lay Physical Activities Center
3300 Poinsett Hwy :: Greenville, SC 29613

RACE START TIME:

7:30AM on Saturday, July 22, 2023

PACKET PICK-UP:

Friday, July 21: (3:00—6:00PM)
Furman University :: Near the Finish Line
Adjacent to Paladin Statue next to the Football Stadium

Saturday July 22: (5:30 - 7:00 AM)
Furman University :: Near the Transition Area
Adjacent to the Lay Physical Activities Center

A pre-race meeting will be held at 7:20AM on race morning at the transition area. This is the last opportunity we have to communicate important information and any last minute changes that may be necessary. Please plan to attend.

PRE-RACE PARTICIPANT MEETING ►►►

**PACKET PICK-UP INFO:**

Packet Pick-Up will be held at Furman University on Friday, July 21 from 3:00—6:00PM and on race morning at the event site from 5:30—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.

USAT Members: Your USA Triathlon Membership was verified during the registration process. You will NOT need to show your USA Triathlon membership card at packet pick up. If you have any questions about USA Triathlon please visit them at www.USATriathlon.org.

Race Packet: Your race packet will contain three race numbers

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) 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.

PACKET PICKUP CHECKLIST ►►►

- PHOTO ID
- BIKE NUMBER
- HELMET NUMBER
- RUN NUMBER

**RACE DAY INFO:**

Race Day Arrival: Please plan to arrive at the event site no later than 6:30AM. Packet Pick-Up will close at 7:00. If you are not in line by this time, you will not be allowed to get your packet.

Event Parking: There will be ample parking near the transition area. Please make sure you park in a parking spot and are aware to not park in any prohibited parking spaces.

This race will be timed using the MyLaps Timing method. Chip Pick-Up starts at 5:30AM and is located near the transition area. You will be required to show your run number to the folks handing out timing chips in order to get your timing chip. Please make sure you read the MyLaps Timing instruction sheet displayed at packet pick-up and at the end of this document.

NOTE: All timing chips must be picked up by 7:00AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Chip Pick-Up will be held from 5:30AM—7:00AM 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.

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.

Volunteers will remove your strap / 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. In 2022, 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.

Body Marking: Body Marking will take place near the transition area. If you choose to body mark yourself please put your event number on both arms and your age as of December 31, 2023 on your right calf.



RACE DAY INFO [CONTINUED]:

Transition Area:

The transition area is located adjacent to the Lay Physical Activities Center. ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.

The transition area will have four entrances/exits:

Swim Finish
Bike Start
Bike Finish
Run Start (Will say Transition Entrance - Transition Exit)

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 bike and run transitions until 8:00AM.

DO NOT CROSS OVER ANY TIMING MATS AFTER 7:30AM OR YOU WILL NOT GET ANY SPLITS

Participants will receive a bike rack assignment. 6 Bikes per Rack. Please rack on alternate sides of the rack to make room for everyone, and their equipment.

BIKE TECH SUPPORT: Bike Tech support will be provided by Benchmark Bicycles on race morning near Transition.

BIKE CHECK-OUT: Athletes will be able to remove their bikes from TA when the last finisher is on the run course. Please be aware that you will be required to show your race number to remove your bike from the transition area after the race.

Timing Chips are issued on race morning.

Chip Pick-Up is available 5:30AM—7:00AM on race morning near Transition.

You MUST show your run number to receive a timing chip.

TIMING INFORMATION ►►►

**SWIM INFORMATION:**

The swim is 250 meters in the Lay Physical Activities Center. You will enter the building through the side door near transition area. DO NOT enter through the back door near the football practice fields. This door is for exiting the swim only. Once you enter the building you will enter the pool through the men's / women's locker rooms where you will line up in numerical order. There are exceptions to the numerical order rule for those registering after the swim order was set.

The Swim Course is a snake like pattern inside the pool with athletes changing lanes every time they hit the wall OPPOSITE of where they began. This will mean the first and last lanes will be one direction only while the middle lanes will be down and back within the lane.

If you need to pass please be aware you will likely have swimmers heading toward you. If you feel someone tap your feet during the swim wait at the next wall and let them pass.



**BIKE INFORMATION:**

The bike course is one 16.5 mile loop. Road surfaces are good with a few rough areas scattered through the course. This is to be expected as the course winds along completely rural roads. There are eleven turns on this course and they are marked with pavement arrows and directional signs. Police and volunteers man the proper intersections. A bike course map is available on the Tri the Swamp Rabbit event web page.

NOTE: At approximately mile 1.9 on the bike you will hit a 6 lane highway. On this section you will be directed into a coned off lane which will be close to the center line. Please stay in this lane until the turn. This spot is at the very first turn once you leave the Furman University campus. You will be in this lane just about 1/2 of a mile.

BIKE TRANSITION: Mount your bike at the designated mount/dismount line just outside transition area. You will also have to dismount at this 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.

**RUN INFORMATION:**

The 5K course is one loop with an out and back segment in the middle. It is relatively flat, shaded and fast. Please visit our event web site for run course maps.

AID STATIONS: 1 Aid/Water stations is located along the course.

Volunteers will hand you cups at your request. You will never be more than 3/4 mile from the next aid station. Water only will be served. .

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: Please wear your run number (with the pull tag) on your front for the run. Race number verification will take place at the turn-around.

PLEASE NOTE: YOUR RUN NUMBER MUST be clearly visible as you cross the finish line. Failure to do so will result in a two 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. 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 transition. Bikers must tag runners at their assigned bike rack location in transition. Relay members do not have to remain in the transition area the entire race, but you do need to make sure you are at the bike rack in enough time to get yourself ready and for your team member to tag you. Please be courteous of other competitors as you wait for your team members!

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.

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 (www.setupevents.com) by 3:00PM on Saturday.

The awards ceremony will be held when the last athlete crosses the finish (approximately 10:15AM). If you cannot attend the awards ceremony, please have someone pick up your award.

THANK YOU & HAVE A GREAT RACE ▶▶▶

Thank you for choosing SETUP EVENTS! We appreciate your participation in the South Carolina Triathlon series. Please visit www.setupevents.com to find your next race and learn more about our series awards for 2023.



SOUTH CAROLINA
TRIATHLON SERIES



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.

How to wear the MultiSports Tag

The MultiSports Tag must be worn around the ankle. If you wear a long wetsuit, make sure you wear the tag underneath your suit!

- Wrap the MultiSports Tag around your ankle by using the Velcro strap
- Press and rub the Velcro hook firmly onto the tag to ensure
- Make sure the number is visible on the outside of your leg
- Return the MultiSports Tag to the race organization after the event



NOTE: The MultiSports Tag is new for the South Carolina Triathlon Series in 2023. While it works the same as our chips and Velcro straps used in the past, this will be different than those straps and chips.