

SMILEY SPRINT TRIATHLON

JULY 26, 2026

START TIME: 7:30 A.M.

Packet Pick Up

Saturday, July 25 - 3-6pm

Fleet Feet Sports
278 Harvey St
Winston-Salem, NC 27103

Sunday, July 26 – 6-10am

Clemmons West Pool
3376 Middlebrook Dr
Clemmons, NC 27012

****Packet pick up will remain open on race morning until 1 hour BEFORE the last swimmer begins. If you arrive after the event has begun, please BE AWARE that the event is going on. This means watch for racers as you arrive and watch for them in the Transition Area as you enter. Only enter through the TRANSITION AREA ENTRANCE/EXIT inflatable. DO NOT enter through any other inflatables, as athletes racing will be coming and going via those.**

****Photo ID Required - No ID, No Race, No exceptions (USAT RULE)***

****All Participants MUST pick up own packet (incl. relay members)***

****Parent/Guardian may pick up packet for a MINOR child (17 or under)***



This event is sanctioned by USA Triathlon. What this means for you:

****All participants (incl. relay members) must either be a member of USAT or purchase a one-day license***

****This was done during registration, so we have record of your membership or your one-day license.***

TIP: Take a picture of your photo ID with your phone so you will always have it with you.

CLEMMONS WEST POOL WATER TEMPERATURE

Water temperature on Wednesday was 80°. We do not anticipate the water temperature warming much, if at all.

Parking

Parking will be at Hayward Flow Control across the street from Clemmons West Pool. There will not be any parking available at Clemmons West Pool lot. A police officer will be onsite throughout the day to assist you with crossing the street from Hayward Flow Control and Clemmons West Pool.

Pre-Race Meeting

A pre-race meeting will be held at the Race Site at 7 AM on Sunday (7/26). It is highly recommended that you attend this race orientation meeting (on the Pool Deck).

Timing Chips

NEW: Timing chips will now be in your race packet that you pick up during packet pick up.

The strap will need to be put on your LEFT ANKLE. We recommend putting the chip on BEFORE you leave your home/hotel for the event site in the morning. It is also helpful if you add an extra piece of duct tape for extra hold. We will have some available at packet pick up if you would like to add an extra adhesive. Sometimes if the air is extremely humid it can reduce the quality of the adhesive on the strap, which is why we recommend the extra piece of tape.

Please note, you will have ONE CHANCE to adhere the strap to your leg. If you do not like your placement and undo the adhesive to reattach, IT WILL NOT RESTICK. Make sure you have the chip strap exactly how you want it before removing the square to attach. You want to make sure the strap is good and snug. Not too tight, but not so loose it wiggles around.

Volunteers will collect this as soon as you cross the finish line.

Race Numbers

You will be issued 3 numbers at packet pick up.

1. 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.
2. The long number (actually containing your number twice) is your bike frame number. This number is self-adhesive and will be folded over the top tube of your bike frame.
3. The small number is your helmet number. It also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

*Do NOT cut or alter your numbers in any way.

Body Marking 6-10am

Volunteers will be stationed near the Pool Entrance with black sharpies to body mark participants. Participants will be marked with their race number on their arms and legs and their age will be marked on their calf. Relay members will all need to be body marked. This helps officials identify you on course and in the water.

Swim Information

There will only be one wave of swimmers for the event because the event sold out before needing a second wave. The swim begins at 7:30a.m. and there will be one swimmer going every 15 seconds.

Swim start times will be posted by Thursday, July 23 by 12:00 Noon on the website. They will also be posted at packet pick-up. Every participant will have their own swim start time. **Remember your exact start time!!**

NOTE: *Swim start times will NOT change for ANY reason.*

Swim Course

- Swim diagram is available on the Smiley Sprint Triathlon webpage and will also be displayed at packet pick-up.
- Swim start times will be posted on a separate link on the Jones Racing Company website (beginning at 12 Noon on Thursday – 7/23).
- There will be NO changes to swim start times.
- The pool will be open from 6:30 AM to 7:00 AM for warm-up.
- Please be prepared to line up for the swim start a minimum of 15 minutes before your starting time.
- Each participant will enter the warm-up lane-immediately adjacent to the swim start area – two minutes prior to their start.
- Participants will go off individually in 15-second increments.
- When lining up for the swim – remember your specific swim start time.

Transition Area

- ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.
- The transition area will have five entrances/exits that will be clearly marked by large inflatable archways:
 - Swim Finish
 - Bike Start
 - Bike Finish
 - Run Start
 - Transition Area Entrance/Exit
- Once you are 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.
- Once the race starts at 7:30AM – the only entrance that you will be able to use (unless you've started the race and you're racing) will be the large "Transition Area Entrance & Exit" inflatable. This will allow people to enter and exit the transition area without disrupting the race.
- 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. If the number is upside down when you look at it, you're on the wrong side of the rack. This will allow more space between bikes for placing your gear. Each rack accommodates six bikes – three on one side and three on the other side.
- No bike storage the night before the race.
- Only the race participant will be allowed to remove his/her bike from the transition area.
- Participants will not be allowed to mount bikes inside the transition area – and will be made to dismount at transition area entrance following the bike segment.
- **IF YOU'RE NOT ACTUALLY RACING AND YOU'RE IN THE TRANSITION AREA BECAUSE YOU'VE EITHER JUST FINISHED THE RACE OR YOU HAVEN'T STARTED YET, PLEASE BE COURTEOUS TO YOUR FELLOW COMPETITORS. REMEMBER, YOU WOULDN'T LIKE IT IF SOMEONE GOT IN YOUR WAY WHILE YOU WERE RACING. THIS MEANS – DON'T STAND IN THE AISLES TALKING!**

Bike Information

- Bike course map is available on the Smiley Sprint Triathlon webpage and will also be on display at packet pick-up
- This will be a TWO LOOP bike course. You will exit Clemmons West, complete 2 loops on the roads outside of Clemmons West, and then re-enter Clemmons West to finish. You DO NOT return to the transition area at the end of the first loop; only after completing the 2nd loop do you return to the transition area.
- No drafting!
- Helmets must be fastened before leaving the transition area.
- Stay to the right in the designated bike lanes to allow faster cyclists to pass on the left.
- Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- Helmet numbers must be affixed to the front of your cycling helmet.
- No headphones, earphones or any radio-type devices will be allowed.
- There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- Turns will be marked.
- Volunteers will be at the turns.
- Clemmons Bike (Bike Tech Support) will be present for pre-race assistance if necessary.

Run Information

- Run course map is available on the Smiley Sprint Triathlon webpage and will also be on display at packet pick-up.
- This will be an out and back course.
- The course will be well marked.
- There will also be plenty of volunteers on the course.
- You must wear the race number that is provided in FRONT (with the pull tag).
- Water stations will be located on course (you will have access to water at mile 1 and mile 2).
- No headphones, earphones or any radio-type devices will be allowed.

Relay Teams

- Swimmers will be given a Velcro ankle strap at packet pick up. You will need to put this strap on your ankle – it is your timing chip that you will pass from person to person. The cyclist needs to wear the strap on their left ankle (to avoid the bike chain).
- “Tagging” takes place at the designated bike rack for your team.

- The cyclist will be waiting at the rack with their helmet on and ready. They will remove the timing chip strap from the swimmer's ankle and put it on their ankle.
- The runner will be waiting at the designated rack for the cyclist. When the cyclist returns, the runner will remove the timing chip from the cyclist's ankle and put it on their ankle.
- The strap will be collected at the finish line
- Relay members do NOT need to remain in the transition area the entire time. Just make sure you are ready for when your team gets there. Use the Transition Area Entrance/Exit to go back and forth.
- PLEASE BE COURTEOUS TO THE OTHER COMPETITORS!

Post Race Refreshment/Awards

The post race refreshments will be located under the pavillion and the presentation of awards will take place at the stage. We will be providing Chick-fil-A Chips & Cookies, Beer, and Hot food provided by Diamondback Grill for all participants to enjoy. There will also be oranges, bananas, and other snack items along with soft drinks and water. Awards presentation will begin immediately after the last finisher completes the race (estimated to be 12:30 pm). You must be present to collect your award, or arrange to have someone pick it up for you. **Awards WILL NOT be mailed out.**

Spectator Information

- Dogs are allowed, just please pick up after them as there are lots of people walking around and no one wants to take home a present on their shoes.
- There are ample places around the transition area and finish line to see a lot of the event. You will be able to watch the swim, then walk over to the finish line. Please be aware of the event as you walk around. There will be athletes heading out on course and there's nothing worse than a collision with a spectator because people aren't paying attention.
- There will be Port-A-Johns near the transition area.

Volunteer Information

We welcome volunteers. If you arrive at the event and wish to volunteer, simply go to the volunteer check in tent. Our staff will let you know where help is needed.

Results

Results will be posted continuously throughout the race on a 47 inch TV. Official results with splits will be posted at: www.jonesracingcompany.com/2026-results.

HAVE A GREAT RACE!