



Event Limited to 250 athletes: In order to keep our athletes safe and maintain proper social distancing, we will cap each event at 250 athletes on race day.

Registration: Online only. No race day registration, cash exchanged, etc.

Packet Pick-up: Procedures will be altered to promote physical distancing and mitigate person-to-person contact. An outdoor, possibly drive thru packet pick-up will take place following proper “social distancing” guidelines. There will be no race-day packet pick up.

Giveaways: Only competition-essential materials will be included inside the race package while reducing packaging as much as possible. Essentials include: T-shirt, bib/bike/helmet numbers, swim cap, and timing chip.

Timing Chips: Ankle chips will be found race morning on the designated bike rack for each participant. Athletes will be required to remove their own chip and place in sanitized bin near finish line.

Pre-Race Clinic: Pre-Race Clinic will take place virtually. Please see video link on Packet Pick-up page on our website.

Body-marking: We will encourage self-body-marking prior to arrival and give clear instructions.

Face Coverings: Athletes will be required to wear face coverings before and after competition. Staff and volunteers will be required to wear face coverings throughout the entire event.

Health Screening: All participants and volunteers will be required to fill out an electronic questionnaire regarding their overall health in the last 14 days and asked to stay home if they have any symptoms (including fever, cough, sore throat, etc.). All attendees (staff, volunteers, athletes, spectators) will be screened upon entrance to the venue. Medical staff will be equipped with thermometers, extra face coverings and gloves. As per the CDC guidelines, if an anyone has a temperature of 100.04°F or above, they will be asked to leave and seek medical attention.

Sanitize Areas: Areas will be sanitized prior to, and during the race.

We will promote Social Distancing: To promote physical distancing and mitigate person-to-person contact, we will have ample signage placed in key areas of venue encouraging physical distancing (i.e. markings on the ground and signage) around potentially crowded areas to encourage people to spread out. Announcements will also serve as reminders.

Hand washing and sanitizing stations: Hand sanitizer and hand-washing stations will be available and placed throughout the venue. Additional signage will be displayed reminding everyone to use them. Announcements will also serve as a reminder to wash hands.

Increase Athlete Footprint in Transition: Transition will be 100% bigger. We will reduce the number of bikes per rack to 3 (normally 6/rack), thereby increasing the size and space in transition.

Time Trial or Limited Wave Start: In order to maintain social distancing, rather than the usual 30-50 athletes per wave, we will reduce the number of athletes starting at once to between 2-10 people at one time.

No Wet-Suit Stripping: We will not offer wet-suit removal. If the event is “wet-suit legal”, triathletes will be required to remove their own wet-suit.

Run Aid Stations: We will ask each athlete to bring their own water bottle for the run portion of the event. However, we will supply an aid station every mile on the run course with single use 8 oz. water bottles. You will be required to grab your own, and dispose of in the provided trash bins a short distance from the aid station.

Finish Line Tape: Eliminating finish line tape to avoid cross-contamination.

Finish Line Fluids: Single-use water or electrolyte drink will be handed to athletes by staff or volunteers wearing gloves/masks. Athletes will NOT be permitted to grab their own hydration.

Finisher Medals: Medals will be wrapped in plastic and handed to each finisher by a gloved/masked volunteer or staff member. Please feel free to unwrap and wear proudly!

Food Area: Post-race food will be pre-packaged. All staff or volunteers handling or in proximity of food will wear face coverings and gloves. There will be a designated queue line for athletes to receive their meal.

Timing: We are eliminating results screens but will text or email results and publish results online, post-event. Timing trailer/van will be locked, and timer will not be physically available for timing questions. We will post a number to call or text with timing questions.

Awards Ceremony: (Subject to cancellation) Awards area will be increased to allow for a ceremony with proper social distancing protocols in mind. Awards will be given by staff member wearing mask and gloves.