

THE HICKORY KNOB TRIATHLONS

Saturday October 17, 2009

OFFICIAL EVENT DETAILS

Event Location: Hickory Knob State Resort Park: McCormick, SC (directional map on website)

Event Start Time: 9:00 AM for International 9:20 AM for Sprint (plan to arrive no later than 8AM)

Packet Pick-Up: Friday (10/16) – 3PM – 7PM @ Event Site (In Hickory Knob Main Lodge – Follow park signs to Lodge)
Saturday (10/17) – 7AM – 8:15AM @ Event Site (In Hickory Knob Main Lodge)

NOTE: Photo ID will be required to get your event packet – all participants (including relay teams members) must pick up their own event packets. All collegiate athletes must bring college ID or pay the difference in registration fee.

ChampionChip Timing:



This event will be timed & scored using the ChampionChip timing system. You will not be issued your timing chip at packet pick-up on Friday. All chips will be distributed on event morning at the chip distribution tent near the transition area. This chip must be worn in order for you to receive any times. There will be a very important information sheet in the event packets (part of the official event information sheets in the packets) that will describe how to use the chips. Please read this document. FAILURE TO RETURN YOUR CHIP FOR ANY REASON WILL RESULT IN A \$30 CHARGE FOR REPLACEMENT. Also, if you do not finish any portion of the event please return your chip to the finish line without crossing any mats. YOU MUST SHOW YOUR RUN NUMBER TO GET YOUR TIMING CHIP.

Parking: There will be ample parking available within a ½ mile walk of the event site. Please park in an assigned parking spot unless otherwise directed. DO NOT PARK ALONG THE SIDE OF THE ROAD LEADING INTO THE PARK. Over flow parking will be at the golf course parking lot and the boat ramp parking lot. Signs will direct you to these locations.

Body Marking: All participants must be marked at the body marking area located near the putting green adjacent to transition.

Please Don't Litter: Be good citizens – don't litter on the bike or run courses. We're guests Hickory Knob and we'd like to keep coming back. If caught littering – it will result in an automatic DQ. PLEASE DISPOSE OF ANY TRASH IN THE TRASH CANS LOCATED THROUGHOUT THE TRANSITION AND FINISH LINE AREAS.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 8:40 a.m. near the finish line area. Please be there.

Awards: There will be two awards ceremonies. The Sprint Distance event ceremony will take place at approximately 12:30PM. The International Distance event ceremony will take place at approximately 1:00PM. Both of these awards ceremonies will take place near the finish line area. Awards will not be mailed out. NO EXCEPTIONS. If you think you may get an award and can not attend the awards ceremony please have someone get your award for you.

Results: Results will be posted following the awards ceremony and complete results (with splits) will be posted on the website by 9PM on Sunday, October 18th. (www.setupevents.com)

Relay Teams: Relay teams will make all the exchanges at their designated bike rack location. Timing chips and straps will be exchanged at this point.

Transition Area:

- No bike storage the night before the event.
- Participants only in the transition area.
- Bike rack assignments will be made – look for your numbered rack.
- Only the event participant will be allowed to remove his/her bike from the transition area.
- Participants will not be allowed to mount bikes inside transition area – and will be made to dismount at transition area entrance following the bike segment.

Swim:

- Swim maps are available on the Hickory Knob event pages at www.setupevents.com .
- Wetsuits will be legal for this event. The anticipated water temperature is 69-73 degrees. USAT wetsuit rules will be followed: If the water temperature is 78 degrees or lower, wetsuits may be worn. If the water temp. is 78 – 84 degrees, wetsuits may be worn – HOWEVER – the participant will not be eligible for any awards, will not receive any points for the SCTS and will not receive any USAT national ranking points. Official water reading will be taken on event morning.
- There will be a variety of watercraft on the swim course during the event. If you need help, roll onto your back and wave your hand above your head.
- NOTE: As you make your way onto the dock at the swim start please enter the water on the left hand side of the dock. DO NOT ENTER THE WATER TO START YOUR WAVE ON THE RIGHT HAND SIDE OF THE DOCK (when facing the lake from the shore)

INTERNATIONAL DISTANCE

Swim Wave	Category	Start Time	Swim Cap
1	Open Men & Open Women	9:00 AM	Black
2	Collegiate Men Collegiate Women	9:04 AM	Purple
3	Age Group Men Clydesdales/ Master Clydesdale	9:08 AM	Sky Blue
4	Age Group Women Athenas Relay Teams	9:12 AM	Silver
5	Novice Men & Novice Women	9:14 AM	White

SPRINT DISTANCE

Swim Wave	Category	Start Time	Swim Cap
6	Open Men & Open Women	9:20 AM	Forest Green
7	Age Group Men / Collegiate Men Clydesdales/ Master Clydesdales	9:24 AM	Royal Blue
8	Age Group Women / Collegiate Women Athenas Relay Teams	9:28 AM	Pink
9	Novice Men & Novice Women	9:32 AM	Neon Green

Bike:

- Bike course maps are available on the Hickory Knob event pages at www.setupevents.com
- Hard shell helmets must be worn, and must be fastened before leaving the transition area.
- Stay to the right to allow faster cyclists to pass on the left.
- Bike frame numbers that are provided must be attached to your bike in a visible location.
- Helmet numbers provided must be affixed to the front of your bike helmet.
- No headphones, earphones or any radio-type devices will be allowed.
- The bike course is well marked for directions. Each corner on the course will be manned by a volunteer and will also be marked with an orange directional sign (with a blue arrow), and a large orange arrow on the pavement - prior to the corner.
- Police will be present at all intersections where needed.
- Mileage points will be marked with orange spray chalk on the pavement (5, 10, 15 ,20 mile points)
- A water bottle handoff point will be located about halfway through the bike course (International distance event only).
- 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.
- **NOTE: The Sprint distance turn around will be on Hwy 7 approximately one mile north of the state park entrance. As you approach this turn around point please move to the left hand side of the lane. Do not stop or slow down to the right of the lane as International distance athletes may be moving past this point and not expecting to stop.**

Run:

- Run course maps are available on the Hickory Knob event pages at www.setupevents.com
- You must wear the event number (with the pull tag) that is provided – **ON YOUR FRONT.**
- **If you do not have your run number clearly visible on your front when you cross the finish line you will receive a 2 minute penalty.**
- Aid stations will be located at every mile. Water and Hammer Heed will be served at the aid stations.
- No headphones, earphones or any radio-type devices will be allowed.
- Each mile point will be marked (1,2,3,4,5)
- The run course will be well-marked with BLUE signs (with ORANGE arrows). Volunteers will be present at all turns. Blue pavement arrows will also be at each appropriate corner.
- All portions of the run will be on paved roads within the park. Runners will be coned from incoming cyclists.
- Be wary of traffic as this course is not closed to traffic.
- Be aware of which event you are racing and where the turn-around point is for your event. Sprint turn-around is located 1.5 miles into the run while the international distance turn-around is located 3.1 miles into the run.

HAVE A GREAT TIME!



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******

THANKS AND HAVE FUN!!



2009 MOST COMMONLY VIOLATED RULES & PENALTIES

PLEASE DISTRIBUTE TO ALL ATHLETES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. 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.

Penalty: Variable time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://triathlon.teamusa.org/content/index/1684>