

LANGLEY POND TRIATHLONS 2009

April 25, 2009

OFFICIAL EVENT DETAILS



Arrival Time: Arrive at event site no later than 7:15 a.m. **EVENT START – 8:00 A.M.**

Photo ID and USAT membership: All athletes **MUST** bring his/ her photo id in order to collect event materials. If you are a USAT member you **MUST** bring your USAT membership card or you will be forced to purchase a non-refundable one day membership for \$10. **NO ID = NO EVENT.**

Parking: There will be ample parking on the event site field within the Langley Pond gates. All participants must park on these fields. Follow the direction of the parking volunteers to the proper parking location. If you plan to leave early or for spectators coming late all must park outside the site grounds. There are several businesses near the site which will hold parking.

Timing System: This is a ChampionChip timed event. You must collect your chip on event morning at the “Timing Chip Pick Up” tent located near the registration pavilion. Failure to return your timing chip will result in a \$30 replacement fee



Body Marking: All participants must be marked at the body marking area – located near the covered pavilion. Body Marking will begin at 6:30AM

Pre-Event Instructions/Meeting: Important information and instructions will be given at 7:50 a.m. at the swim start location. Please plan to be there.

USAT Officials: The Langley Pond Triathlons are USA Triathlon sanctioned events. USAT officials will be present and will be assessing penalties for violations. Make sure you are aware of USAT rules regarding drafting, blocking, etc. The top 10 most commonly violated rules may be found at the end of this event document.

Transition Area:

- ◆ Participants only in the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack. Please rack your bikes on alternating sides of the bike rack. This will provide ample room for everyone. **YOU MUST RACK ON YOUR RACK.** 6 Bikes per rack.

Swim:

- ◆ Swim course diagram is available on the Langley Pond event page on our website and in your packets.

This will be a wave start:	<u>Wave</u>	<u>Age Group/Category</u>	<u>Start Time</u>	<u>Swim Cap</u>
INTERNATIONAL	1	- Open Men & Women	8:00 AM	Black
	2	- Age Group Men Clydesdales/ Master Clyde	8:03 AM	Neon Green
	3	- Age Group Women Athenas Relay Teams	8:06 AM	White
	4	- Novice Men & Women Physically Challenged	8:09 AM	Forest Green
SPRINT	5	- Open Men & Women	8:15 AM	Silver
	6	- Age Group Men Clydesdales/ Master Clyde	8:18 AM	Royal Blue
	7	- Age Group Women Athenas Relay Teams	8:21 AM	Pink
	8	- Novice Men & Women Physically Challenged	8:24 AM	Purple

- ◆ Wetsuits will be allowed per USAT rules. A water temperature reading will be made and announced on event morning.

- ◆ There will be a variety of watercraft on the swim course during the event. If you feel it's necessary and you need some assistance, relax, roll over on your back and wave your hand above your head. Kayaks and lifeguards will assist you.
- ◆ NOTE: The International Distance and sprint distance swims will each be one lap. The sprint distance swim will be a narrow rectangle with turns marked by Green triangular buoys. The international distance swim turns will be marked with yellow triangular buoys.

Bike:

- ◆ Bike course map is available on the Langley Pond event page on our website
- ◆ No drafting! Draft marshals **will be** on the course enforcing drafting violations.
- ◆ Hard shell helmets must be worn and must be fastened before leaving the transition area.
- ◆ No blocking! 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 and visible from both sides of the bike.
- ◆ Helmet numbers provided must be affixed to the front of your 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 your responsibility to know the course.
- ◆ You will have to walk/run your bike to the pavement before mounting. You will have to dismount at the entrance to the event site upon completing the bike leg. This is about 20 feet over grass.
- ◆ NOTE: The International Distance is TWO LAPS on the bike while the Sprint Distance is ONE LAP. International athletes WILL NOT return to the site to begin Lap 2. Please see the course maps for this detail.

Run:

- ◆ Run course map is available on the Langley Pond event page on our website and in your event packet.
- ◆ You must wear the run number (with the pull tag) that is provided – **ON YOUR FRONT**.
- ◆ **If your run number is not clearly visible on your front when you cross the finish line you will be assessed a 2-minute penalty.**
- ◆ There will be aid stations every mile on the run. You will hit these at 1 mile, 2 mile, the turn around point, mile 4 and mile 5. Water, Hammer Heed and Hammer Gel will be provided at these aid stations.
- ◆ No headphones, earphones or any radio-type devices will be allowed.

Relay Teams:

- ◆ Swimmers will tag bikers at their designated bike rack location and make the timing chip exchange at this point.
- ◆ Bikers will tag runners at the same location (bike rack location).

Official Event Expo:



Go Tri Sports will be the official event expo retailer and will be on hand with a variety of triathlon gear. If you need a wetsuit or any other items Go Tri Sports will be on site Friday and Saturday

Additional Information: Questions? Bring your question(s) with you to packet pick up and we will answer them at that time. There will be a pre-event meeting held at 6PM on Friday April 24, 2009 at the event site.

Awards: Award presentations will begin immediately after the last finisher completes the event. You must be present to collect your award, or have someone get it for you. Awards **WILL NOT** be mailed out. We expect this to be at 12:00PM.

Results: Complete results including splits will be posted on the internet by Saturday PM, April 25th.

Website address: www.setupevents.com

HAVE A GREAT EVENT!



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 Swim Course

The 2009 SPRINT swim course is a one loop counter clock-wise 750 meter lake swim; the INTERNATIONAL course is also one loop and is a 1500 meter lake swim. ALL participants will check into the swim start corral by passing over a timing mat. **YOU MUST CROSS OVER THIS MAT BEFORE ENTERING THE WATER.** We must have an accurate count of participants going into and coming out of the water. Please do not enter the water anywhere but through the swim start corral. A swim course map is available on the event web site and in your event packet. All SPRINT athletes will turn at the GREEN triangular buoys using the orange cylinder buoys for sighting; INTERNATIONAL distance athletes will complete the first leg of the sprint distance course turning at the GREEN triangular buoy before completing a long leg down the lake. A left hand turn at the yellow triangular buoy will bring athletes to another YELLOW triangular buoy before making another left hand turn. The final yellow cylinder buoy will signal a right hand turn into shore.

The swim will begin in waves. The wave breakdown can be seen on page one of the event information booklet. All participants must wear the swim cap provided to them at packet pick up. Wetsuits will be allowed per USAT rules. If the water temperature is between 78 and 84 degrees and you elect to wear a wetsuit you will not be eligible for race awards or SCTS scoring points. Please check in with the volunteer at the swim start corral if this is the case. We fully expect wetsuits to be legal for all.

2009 Bike Course

The 2009 bike course is one loop for the sprint distance and two loops for the international distance events. **NOTE:** International distance athletes **DO NOT** return to the event site to begin lap 2. Lap 2 begins at the intersection of Hwy 421 and Depot Street. At this point sprint distance athletes will turn left onto Depot St. to finish the one and only bike lap. International distance athletes will go straight through this intersection to begin Lap 2 and turn left at this intersection after the completion of Lap 2 to return to the bike finish. Turns will be marked on the pavement with orange spray chalk arrows and ORANGE directional signs. It is your responsibility to know the course. Police and volunteers will be on hand to direct you at the key intersections. Police will be on hand to stop traffic but we ask that you take the course with caution. Please follow all USAT rules which include riding to the right at all times except when passing. Draft Marshalls will be present on the course and penalties will be given. Remember, this course is open to traffic.

2009 Run Course

The 2009 run course is a flat out and back course with a final loop around the event site near the finish line. Sprint distance athletes will have their own turn around point at approximately mile 1 ¼. International distance athletes will have their own turn around point at approximately mile 2.9. Aid stations will be encountered approximately each mile. These aid stations will serve Water, Hammer Heed and Hammer Gel pouches of various flavors. We ask that all participants stay to the left at all times on this course. Turns will be marked with blue spray chalk arrows on the pavement and BLUE directional signs. Mile marks will be marked with BLUE mark signs. It should be noted that Langley Dam Road (the roadway immediately outside the event site) will be closed to traffic as bikes and runners will share this roadway. Runners will stay in the right lane heading out and return in this same lane on the way back in (In other words, runners will be running with traffic on the way out and against traffic on the way in on Langley Dam Road). If you cross the center line for any reason on this road you will be DQ'd. **NO EXCEPTIONS.**

When you return to the event site after the out and back portion of the course, you will be directed back toward the Transition Area, around the TA and then toward the event site entrance. After passing the finish line you will complete a short out and back section on the Dam before returning to the finish line.



A Message from the Head Referee to all age-group competitors...

Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the Competitive Rules in its entirety. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you probably know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

- **Ride on the right side of your lane.**
- **Keep three bike lengths between you and the cyclist in front of you.**
- **Pass on the left of the cyclist in front, never on the right.**
- **Complete your pass within 15 seconds.**
- **If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.**

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified 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 officials 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. Officials 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 and failing to pass within 15 seconds.**

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

Be sure that you have a CPSC approved helmet. Many foreign made helmets do not meet the safety standards of CPSC and are not allowed in USAT sanctioned events. Always have your chinstrap securely fastened! 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 Unsportsmanlike 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.



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://www.usatriathlon.org/Events/Rules.aspx>