

2009 VOLKSWAGEN NORTH MYRTLE BEACH TRIATHLON

Saturday September 12th, 2009



OFFICIAL EVENT INFORMATION

Arrival Time: Arrive at event site no later than 6:00 a.m. (map on web site). **EVENT START – 7:00 A.M.** Packet Pick up line will close at 7:00AM. If you are not in line by this time you will not be allowed to get your packet.

Parking: There will be ample parking in the large parking lot immediately adjacent to the transition area just across Ocean Blvd. The parking area is just one block from the transition area and two blocks from the finish line / event morning packet pick up area. If you are collecting your registration materials on event morning we suggest you NOT bring your bike and gear with you to packet pick up as you will have to walk right past your vehicle to return to the transition area.

Champion Chip Timing: This is a Champion Chip timed event. You must collect your chip on event morning at the Timing Chip Pick Up tent located next to the Transition Area. If you do not collect and wear your chip you will not be timed. If you do not return your chip following the event FOR ANY REASON you will be billed a \$30 replacement fee. If you do not complete the event please turn your chip in to the finish line without crossing over any timing mat locations.

Body Marking: All participants must be marked at the body marking area – located inside the transition area.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 6:50 a.m. at the swim start location. Please plan to be there. Note: The start location will be 600 meters to the north or south down the beach (depending on the current) from the transition area. An announcement will be made on event morning as to the direction of the swim start.

Transition Area:

- ◆ The transition area will not open until 5:15AM on event morning.
- ◆ The transition area will close at 6:50AM.
- ◆ No bike storage the night before the event.
- ◆ Participants only in the transition area.
- ◆ No glass in the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack. You may rack anywhere on your 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 outside transition area entrance following the bike segment.
- ◆ Helmets must be on and fastened before mounting the bike. Failure to do so will result in a DQ. Also, anytime you are on your bike at this event, be it warming up racing or cooling down, your helmet must be on with the strap secured.

Swim:

- ◆ Swim map is available on event page on the website.
- ◆ The course is a point to point swim in the direction of the ocean current.
- ◆ Swimmers will begin in their appropriate waves. Swim waves will be as follows:

Wave	Category	Start Time	Swim Cap
1	Open Men Open Women	7:00 AM	Black
2	Age Group Men Clydesdale / Master Clydes.	7:04 AM	Sky Blue
3	Age Group Women Athenas Relays	7:08 AM	Royal Blue
4	Novice Men Novice Women	7:12 AM	Purple

Bike:

- ◆ Bike course map is available on the event page on the website.
- ◆ No drafting! Draft marshals **WILL** be present on the course.
- ◆ Hard shell helmets must be worn **AND** 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 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 ultimately your responsibility to know the course.
- ◆ The course will be marked with orange pavement arrows and orange bike course signs.
- ◆ You will have to walk/run your bike to the Bike Start 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.

Run:

- ◆ Run course map is available on the event page on the website.
- ◆ This is a one loop run course.
- ◆ You must wear the event number (with the pull tag) that is provided – **ON YOUR FRONT**.
- ◆ **READ THIS WELL! - If you do not have your number clearly visible on your front as you cross the finish line you will be assessed a 2-minute penalty!**
- ◆ Aid stations will be located at the half way point on the run (Mile 1.5). Water only will be served.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ NOTE: There is a bike course / run course cross-over point near mile 2 of the run. Volunteers will be on hand to assist you in crossing the bike course at this location. Please proceed with **CAUTION** at this point.

Relay Teams:

- ◆ Swimmers will tag bikers at their bike rack location. (Exchange the timing chip and neoprene band)
- ◆ Bikers will tag runners at the same location. (Exchange the timing chip and neoprene band)

SCTS Event: Remember, this is Event #14 in the South Carolina Triathlon Series presented by Steadman Hawkins Clinic of the Carolinas. Thus, all SCTS and USAT rules apply. If you have registered for any SCTS event in 2009 you are required to race this event in the same category you raced at that event. See our web site for full SCTS rules and current standings.

Additional Information: Questions? Bring your question(s) with you on to registration and we'll answer them at that time.

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.** Expected to be 9:15 AM

Results: Results (with splits) will be posted on the internet Saturday, September 12th by 9PM.
Website address: www.setupevents.com

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>