

2010 TRIANGLE SPORTSPLEX SUPER SPRINT TRIATHLON RACE INFORMATION

Race Start Time: Saturday August 21, 2010 - 8:00AM

Arrival Time: Arrive at the Triangle Sportsplex no later than 7:00AM

Packet Pick-Up: Friday 4:00 PM – 7:00 PM at race site

Saturday: 6:00 AM – 7:30 AM at the race site

NOTE: Photo ID is required to pick up your race packet. All relay team members must pick up their own race packet.

NO ID-NO RACE-NO EXCEPTIONS

Swim Start Times: Specific start times for all participants will be posted online Thursday evening and at the race site during packet pick up. All participants will have their own assigned swim start time.

Parking: All participants will be directed by parking volunteers to park in the across the street at the school or at the business park lots surrounding the event site. Do not park on the run course and if you park in the Sportsplex lot, **YOU CANNOT LEAVE UNTIL THE LAST ATHLETE FINISHES THE RUN COURSE.**

Pre-Race Instructions/Meeting: Friday at 6:30 in front of the Sportsplex.

RACE DAY TIMELINE

Time	Event
6:00- 7:30 AM	Packet Pick-Up/Body Marking in the Sportsplex Lobby/Chip Pick-Up Outside at Transition Area
7:45 AM	Transition closes/Athletes #1-100 start lining up on pool deck/National Anthem
8:00 AM	Race Start
11:00 AM	Estimated finishing time of last athlete
11:00 AM	Estimated time for awards ceremony

ChampionChip Timing: This is a chip timed race. You will be assigned a chip race morning at the orange CHIP PICK-UP tent. You are responsible for picking up, wearing, and returning your chip race day.

*** NOTE 1: You must bring your run number with you in order to pick up your timing chip***

NOTE 2: From 8AM-11AM unless you are racing DO NOT CROSS THE TIMING MATS ON THE COURSE

Transition Area:

NOTE: Regardless of when you start the race – you must have your bike and equipment in the transition area before 7:45AM. If you arrive after that time, you will not be allowed to place your equipment in the transition area.

- ◆ The transition area is located in the parking lot adjacent to the Triangle Sportsplex pool.
- ◆ Find your numbered bike rack and place your bike on the rack, 3 bikes per side. This works best when people alternate sides.
- ◆ **NO** glass containers inside the transition area-**NO** bike storage the night before the race-**NO** riding in the transition area.
- ◆ Participants only in the transition area, this means no family or friends are allowed in to help you get ready or carry your race gear.
- ◆ Athletes must show their run # to remove their bike from the TA at the designated post race side exit.

Swim:

- ◆ The Swim diagram is posted on the Sportsplex Sprint race page on the website.
- ◆ The pool will be open from 7:00-7:30 AM for warm-ups.
- ◆ No swim caps are being provided for this event, if you need one, bring one.
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your starting time, starting at 7:45 AM.
- ◆ Participants will go off individually in 15-second increments.
- ◆ When lining up for the swim – remember your specific swim start time. If someone is not present in front of you, we let that time slot go as if that person was there. So be aware of who is in front and behind you. We will be starting in numerical order.

Bike:

- ◆ The Bike Course map is posted on the Sportsplex Sprint race page on the website. It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.
- ◆ No drafting! Draft Marshals will be on the course and drafting rules will be enforced!
- ◆ The course will be marked with orange spray chalk arrows and large orange signs with blue arrows at all the turns.
- ◆ The 5 and 10 mile points will also be marked in orange spray chalk.
- ◆ 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 and obey the yellow line rule. Crossing the yellow line is an **automatic DQ**.
- ◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- ◆ Helmet numbers provided must be affixed to the front of your helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ Police will be positioned at the appropriate corners to stop traffic

- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ This bike course will be open to traffic – BE ALERT and BE CAREFUL!

Run:

- The Run Course map is posted on the Sportsplex Sprint race page on the website.
- This is a 2 loop out and back course, follow the blue signs with orange arrows. Aid stations will be at the far end of each loop.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ The run course is all on pavement inside a business park. There should be very little traffic, but STAY ALERT!
- ◆ You must have your run # on your front as you approach the finish line or you will be assessed a **2 minute penalty**.

Relay Teams:

- ◆ Swimmers will give the timing chip to the biker at their designated bike rack location in the transition area.
- ◆ Bikers will give the timing chip to their runner at the same location – your designated bike rack location in the transition area.
- ◆ Only the runner must wear the assigned run # during their portion of the race.

Results & Awards:

The awards ceremony will take place as soon as the last participant finishes the race – estimated to be at about 11:00 AM. The final results with splits will be posted on the website by 9PM Sunday. More than likely they will be posted Saturday evening. Awards will not be mailed – If you can't be present to collect your award, please make arrangements to have someone pick it up for you.

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 Race Morning at the Chip Pick-Up Tent

REGISTRATION:

You will receive the ChampionChip along with a disposable medical ankle strap. (NOTE: relay teams will receive a neoprene ankle strap that allows for transfer from swimmer to biker and biker to runner). You may purchase a neoprene band to use at all Championchip events when you collect your timing chip.

RACING!!!!

***You must be wearing the ChampionChip strapped to your LEFT ankle or YOU WILL NOT BE TIMED.**



(Photo incorrectly shows the ankle strap on the right leg – STRAP IS TO GO ON THE LEFT LEG)

Attach the chip to the disposable medical ankle strap (or neoprene strap for relay teams) and attach the strap to your ankle as shown in the picture above. Please put the strap on your LEFT ankle. For all individuals using the disposable medical ankle straps – make sure when you attach your band that you attach it loosely enough to allow for two fingers of space between the strap and your ankle. Your Champion Chip is now in a secure and proper reading position. This position also allows quick removal after the race. A volunteer will remove your ChampionChip ankle strap at the finish line. MAKE CERTAIN YOU SNAP THE SNAP FULLY UNTIL IT LOCKS INTO PLACE!!!!

REMEMBER, YOU MUST RETURN YOUR CHIP AT 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. IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.

You will be assessed a \$30 charge for your chip if not returned

YOU ARE RESPONSIBLE FOR THE

******RETURN OF YOUR CHIP******

THANKS AND HAVE FUN!!