

CAINE HALTER FAMILY YMCA TRIATHLON



Saturday June 19, 2010
OFFICIAL EVENT DETAILS

Arrival Time: Arrive at event site no later than 6:00 a.m. **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. Event Day Packet Pick up will take place on the tennis courts adjacent to the transition area.

Parking: There are three areas for parking at the YMCA: 1) In the YMCA Parking lot. This lot is limited in size and will fill first. Note: If you park in the YMCA lot you will not be allowed to leave until the last cyclist has finished the bike (expected to be 9:30AM). 2) The Methodist Church adjacent to the YMCA. 3) The Baptist Church adjacent to the YMCA. **PLEASE DO NOT LEAVE TRASH IN ANY OF THESE PARKING AREAS.**

Timing Chip System: You must collect your chip on event morning at the Timing Chip Pick Up Tent found on the tennis courts adjacent to the transition area. **YOU ARE RESPONSIBLE FOR THE RETURN OF YOUR TIMING CHIP. FAILURE TO RETURN YOUR CHIP WILL RESULT IN A BILL FOR \$30 TO REPLACE THE TIMING CHIP.**



Event Numbers: You will be given three numbers when you collect your event packet: These numbers will include a 1) Run Number – With the event name on it to be worn during the run 2) Helmet Number – Small self adhesive number to be worn on the front of your helmet and 3) Bike Frame Number – Double imaged number to be placed on your bike and visible at all times from both sides of the bike.

Body Marking: All participants must be marked at the body marking area – located on the tennis courts adjacent to the transition area. Body Marking will begin at 5:30 AM.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 6:50 a.m. on the pool deck near the swim start location. Please plan to be there regardless of your swim start time.

Transition Area:

- ◆ 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.
- ◆ Please rack your bikes so that every other bike is on the same side. In other words, the first, third and fifth bikes are racked on the same side. Same for the even # bikes.
- ◆ 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.
- ◆ **If you enter or exit the TA after the event has started please do so through the side entrance marked with a large black archway reading TRANSITION ENTRANCE / EXIT. If you enter anywhere other than this entrance/ exit you may not receive any timing splits.**

Swim:

- ◆ Swim diagram is available on the CAINE HALTER YMCA event page (www.setupevents.com)
- ◆ This will be a pool swim. Participants will be seeded based on estimated swim times given at registration. The final seeds will be posted to the event page by 9PM on Wednesday June 16, 2010. Any athlete registering at packet pick up Friday or Saturday will be seeded and start after the pre-registered athletes have started the swim.
- ◆ Be sure to remember who is seeded before you and who is seeded behind you. This will help you in getting in the proper order prior to the event start. All pre-registered athletes will begin in numerical order.

- ◆ If you miss your swim start time you will be required to start at the end of the line. If this occurs please see the volunteers at the swim start location. **PLEASE DO NOT TALK TO THE SWIM START VOLUNTEERS UNTIL YOU SEE THEM HIT A BREAK IN THE SWIM STARTS.**
- ◆ Participants will navigate the course in a zig-zag pattern. This is a six-lane 25 yard pool. All participants will begin in the lane farthest from the transition area. Participants will then swim down and back in this lane and under the lane rope into lane 2 and proceed to swim down and back in lane 2 until hitting the wall. Then under the lane rope into lane 3. This procedure is continued until the participant has reached lane 6. **A SIMPLE RULE OF THUMB HERE: EACH TIME YOU HIT THE WALL WHERE YOU STARTED YOU SHOULD GO UNDER THE LANE ROPE INTO THE NEXT LANE.**
- ◆ If you have a problem, grab a lane rope until you can continue. Lifeguards will be on hand.

Bike:

- ◆ Bike course map is available on the CAINE HALTER YMCA event page (www.setupevents.com) .
- ◆ ***THIS IS A 3 LOOP BIKE. Please study the course maps before the event. Please note you DO NOT return to the YMCA to end and begin each lap. Each lap begins and ends at the intersection of Cleveland Street and Faris Rd.***
- ◆ No drafting! Draft marshals will be present on the course.
- ◆ 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. This is especially important on this 3 lap bike course.***
- ◆ Bike frame numbers that are provided must be attached to your bike and visible at all times while on 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.
- ◆ **All turns have been marked with orange spray chalk on the roadway and a neon orange directional sign.**
- ◆ 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.
- ◆ This course travels on several four-lane highways. On these stretches cyclists will have their own lane. This lane will be closed to traffic. However, we can't guarantee a stray car will not enter this lane to enter or exit the roadway. Be wary of traffic!

Run:

- ◆ Run course map is available on the CAINE HALTER YMCA event page (www.setupevents.com) .
- ◆ **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 ¾ mile mark and the turn-around point at mile 2.
- ◆ Water Only will be served at these stations.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ All turns have been marked with blue spray chalk on the roadway and blue directional signs.
- ◆ Run numbers will be checked at the turn around point.

Relay Teams:

- ◆ Swimmers will tag bikers at their bike rack location. The 1st timing chip exchange will take place at this location.
- ◆ Bikers will tag runners at the same location. The 2nd timing chip exchange will take place at this location.

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 the ceremony to begin around 10:30AM.

Results: Complete results (with splits) will be posted on the internet by Saturday, June 19th at 4PM . Website address: www.setupevents.com. Click Go Tri Sports South Carolina Triathlon Series and then on the Caine Halter event page.

HAVE A GREAT TIME!





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

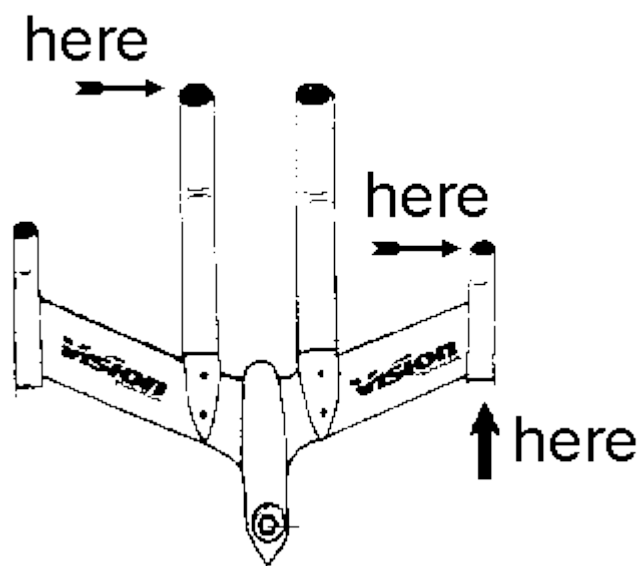
For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://triathlon.teamusa.org/content/index/1684>



WARNING



ALL HANDLEBAR ENDS MUST BE SOLIDLY PLUGGED IN THE RACE.
TAPE ALONE IS INSUFFICIENT.



YOU WILL BE **DISQUALIFIED** FROM THE RACE IF YOUR BAR ENDS ARE NOT SOLIDLY PLUGGED!

USAT Competitive Rules, 5.11i