

# 2010 Downtown Columbia Sprint Triathlon

## EVENT DETAILS

Saturday March 27, 2010



**GO TRI SPORTS**  
SOUTH CAROLINA TRIATHLON SERIES

PRESENTED BY  
STEADMAN HAWKINS  
CLINIC OF THE CAROLINAS

**EVENT START:** 9:00AM (Make sure to check the swim start times posted to the Downtown Columbia event page no later than Thursday Wednesday March 24, 2010 for your exact start time.)

**ARRIVAL TIME:** Arrive at the Blatt PE Center no later than 8:00 a.m. This will give you ample time to get your Transition Area set. Physical Address is 1300 Wheat St. Columbia, SC 29208

**IDENTIFICATION:** NOTE: YOU MUST HAVE YOUR PHOTO ID IN ORDER TO PICK UP YOUR EVENT PACKET.

**EVENT NUMBERS:** You will be issued three numbers at packet pick up:

- 1) The square number is your run number and must be displayed on the front of your person during the run portion of the event. Safety pins will be available at packet pick-up if you don't have an event number belt. Event Number Belts will also be on sale at packet pick up and the event expo.
- 2) The medium sized number (actually containing your number twice) has a peel off backing and is to be displayed on your bike during the cycling portion of the event. This number must be visible from both sides of the bike.
- 3) The little number – also has an adhesive backing to it. This number is attached to the front of your helmet.

**SWIM START TIMES:** Final swim start times will be posted to the Downtown Columbia event page on Wednesday March 24, 2010 at 9PM. Swim times will be the actual time you start. It is up to each participant to be in the pool area at his/ her swim start time. **If you miss your time you will be put at the end of the line. Remember your exact start time!** NOTE: Participants will start in 10 second intervals and will begin two athletes at a time.

**CHAMPIONCHIP TIMING:** This is a ChampionChip timed event. You must pick up your chip on event morning or you will not receive a finish time. Make sure you read the ChampionChip information sheet following these instructions. **YOU ARE RESPONSIBLE FOR THE RETURN OF YOUR CHIP.** If you collect a chip and do not return it to the finish line area for ANY reason you will be charged a \$30 chip replacement fee.

The Chip pick up tent will be located adjacent to the transition area next to the pool and will be available until 9AM.

**PARKING:** There will be no parking in the parking lot adjacent to the Transition Area. Parking for this event will be held in the Bates Parking Lot off Whaley St. This is a short 1/4 mile walk to the event site. Additional parking will take place at the Horizon Parking Building on Main St. near Wheat St.

**BODY MARKING:** All participants must be marked at the body marking area – located near the transition area. Body marking will begin at 7:15 AM.

**PRE-EVENT MEETING:** Important information and instructions will be given at 8:50 AM in the pool area. Regardless of when you start the event – please plan to attend this meeting. This is the last opportunity we have to communicate important information and any last minute changes that may be necessary. NOTE: The back door to the pool (door where you exit after the swim) will be closed to all spectators and athletes who are not finishing the swim. **YOU MUST ENTER THE POOL FROM THE FRONT DOOR OF THE BUILDING AND ENTER THE POOL THROUGH THE LOCKER ROOMS.**

### TRANSITION AREA:

**NOTE:** Regardless of when you start the event – you must have your bike and equipment in the transition area before 9:00 AM. The transition area will close for check-in at 9:00 AM. If you arrive after that time, you will not be allowed to place your equipment in the transition area. **IF YOU WISH TO EXIT THE TA AFTER YOU FINISH THE EVENT YOU MUST DO SO THROUGH THE BACK ENTRANCE OF THE TA. THIS ENTRANCE WILL BE MARKED WITH AN INFLATABLE ARCHWAY READING TRANSITION ENTRANCE.**

- ◆ The transition area is located in the parking lot adjacent to the swim center
- ◆ 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. 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 at transition area entrance following the bike segment.
- ◆ **PLEASE BE COURTEOUS TO ATHLETES WHO START LATER IN THE DAY. IF YOU FINISH THE EVENT EARLY IN THE DAY BE AWARE THAT PARTICIPANTS ARE STILL COMPETING. SHOW THEM THE SAME RESPECT YOU WOULD WANT BY STAYING OUT OF THEIR WAY. There will be a separate entrance for athletes to use to enter and exit the Transition Area after the event has started. PLEASE DO NOT ENTER OR EXIT THE TA OVER THE TIMING MATS UNLESS YOU ARE RACING.**

#### SWIM:

- ◆ The Swim diagram is available on our website – the Downtown Columbia event page.
- ◆ The diving well will be available for warm up starting at 8:15AM and will remain open until the swim portion of the event is over.
- ◆ Only triathletes will be allowed on the pool deck. Friends and family may view the swim from the pool bleachers.
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your starting time.
- ◆ Each participant will enter the warm-up lane – immediately adjacent to the swim start area – two minutes prior to their start.
- ◆ Participants will go off two at a time in 10-second increments.
- ◆ When lining up for the swim – remember your specific swim start time.
- ◆ It is a good rule of thumb to remember the number of the participant in front of you as well as behind you. Racers will be placed in numerical order for the swim start beginning with 1 for the faster swimmers and ending with the higher numbers.
- ◆ Open Athletes will begin the swim first. Once all Open athletes have started there will be a short break before starting the age group athletes. Novice athletes will be placed into the age group athletes for this event and **WILL NOT BEGIN AFTER** the age groupers.

#### BIKE:

- ◆ Bike course map is available on our website – the Downtown Columbia event page.
- ◆ This will be a 3-lap bike course. **NOTE IF** you do not complete all 3 laps you will be disqualified. Each lap begins and ends at the Blatt PE center on Wheat St where you start the bike.
- ◆ The bike course is on mostly closed roads – Stay to the right of the lane you are in. Traffic will be light.
- ◆ No drafting! Draft marshals will be present on the course. Don't get caught drafting or blocking. If you aren't familiar with USAT rules on drafting and blocking, ask one of your fellow competitors prior to the event. If you are seen drafting or blocking you will be given a time penalty.
- ◆ Hard shell helmets must be worn and must be fastened before mounting your bike.
- ◆ Stay to the right in the designated bike lanes 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 must be affixed to the front of your cycling 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.
- ◆ **Note: One section of the course will be travelled on the left hand side of the road against traffic. This section of roadway will be closed to traffic and is the portion of the course along Blossom St. between Harden St. and Pickens St. Please follow the direction of the course volunteers and the police, especially along this section.**

#### RUN:

- ◆ Run course map is available on our website – the Downtown Columbia event page
- ◆ The course is an out and back design with a small loop at the end of the out and back section. Note: The majority of this run will be on sidewalks and footbridges.
- ◆ After the out and back section athletes will go up a small set of concrete stairs at the Blatt PE center before beginning the final loop to the finish line found on the intramural fields on the opposite side of the Blatt PE Center from the Transition Area.
- ◆ The course will be well marked. There will be directional arrows on the sidewalk and road. There will also be plenty of volunteers on the course
- ◆ You must wear the event number on your front during the run course.
- ◆ **If you do not have your event number clearly displayed on your front as you cross the finish line - you will be assessed a TWO-minute penalty.**
- ◆ Water stations will be located at the beginning of the run, and then at two different locations on the run course. You will never be more than 1-mile away from the next water station.
- ◆ No headphones, earphones or any radio-type devices will be allowed.

**AWARDS:** Award presentations will begin immediately after the last finisher has completed the event at the finish line (estimated to be 12:00PM). You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out.

**HAVE A FUN AND SAFE 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!!***



## **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

<b>Distance Category</b>	<b>1st Offense</b>	<b>2nd Offense</b>	<b>3rd Offense</b>
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>