

2010 FESTIVAL OF FLOWERS TRIATHLON

Sunday June 13th, 2010
OFFICIAL EVENT DETAILS



Arrival Time: Arrive at event site no later than 6:30 a.m. **EVENT START – 7:30 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 various lots throughout the State Park. Volunteers and Signs will direct you to the proper parking location. Please do not park on the side of the road unless instructed to do so by a Park Ranger.

Body Marking: All participants must be marked at the body marking area – located inside the transition area. Body marking will cease at 7:15AM.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 7:20 a.m. at the swim start location (bottom of the hill from the event finish – John Drummond Center). Please plan to be there.

ChampionChip Timing: This is a ChampionChip timed event. You must pick up your timing chip at the timing chip pick up tent on event morning. This tent will be located adjacent to the transition area. **IF YOU DO NOT COLLECT YOUR TIMING CHIP YOU WILL NOT RECEIVE SPLITS OR A FINISH TIME. If you do not return your timing chip for any reason you will be charged a \$30 replacement fee. If you do not finish the event you must return your timing chip to the finish line. DO NOT TURN IT IN TO A VOLUNTEER.**

Park Exit:

SC Highway Patrol officers will be implementing a new traffic pattern for cyclists leaving and entering the park. Just past the guard house officers will move cyclists from the left hand side of the road to the right hand side of the road when exiting the park. Cones and police will be at this location. This change will remove the problems of traffic back up normally found at the park entrance. Please follow the instructions of the volunteers and officers at this location.

USAT GTS SCTS BONUS EVENT: The 2010 Festival of Flowers Triathlon is the GTS SCTS Bonus Points event. Meaning, this event will carry an extra 0.05 base points making it worth a base score of 0.98. See the GTS SCTS series page for full details.

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. 6 bikes per 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.
- ◆ Please remove your trash from the Transition Area when you leave.

Swim:

- ◆ Swim diagram is available on the Festival of Flowers event page on the website.
- ◆ This will be a wave start:

Wave	Age Groups	Start Time	Swim Cap Color
1	Open Men & Open Women	7:30 AM	Black
2	Age Group Men 35 – 44	7:33 AM	White
3	Age Group Men 34 & Under / Relays	7:36 AM	Royal Blue
4	Men 45 & Over Clydesdale / Master Clydesdale	7:39 AM	Neon Green
5	Age Group Women / Athenas	7:42 AM	Pink
6	Novice Men & Novice Women	7:45 AM	Purple

- ◆ Wetsuits will be allowed if the water temperature is 78 degrees or lower (per USAT rules). A temperature reading will be taken on event morning and announcements will be made. We do not expect wetsuits to be allowed.
- ◆ If you need assistance, grab onto a kayak or canoe. If you grab hold of any motorized craft during the swim you will be pulled from the water immediately. If you grab onto a non-motorized craft you may continue.

Bike:

- ◆ Bike course map is available on the Festival of Flowers event page on the website.
- ◆ No drafting! Draft marshals will be present on the course and penalties will be issued.
- ◆ Hard shell helmets must be worn.
- ◆ Helmets must be 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 and visible from both sides of the bike.
- ◆ Helmet numbers provided must be affixed to the front of your helmet.
- ◆ A water bottle handoff will be located at approximately mile 12 on the bike. Please discard your empty bottles at this location. We can guarantee you will NOT get your empty bottles back.
- ◆ No headphones, earphones or any radio-type devices will be allowed. Use of these devices will result in a 2 minute penalty.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ 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.
- ◆ Turns will be marked with orange arrows on the pavement as well as with orange Set Up directional signs.

Run:

- ◆ Run course map is available on the Festival of Flowers event page on the website.
- ◆ You must wear the event run 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 beginning of the run, and at every mile along the course.
- ◆ Aid stations will be serving water, Hammer Heed and Hammer Gel.
- ◆ No headphones, earphones or any radio-type devices will be allowed. Use of these devices will result in a 2 minute penalty.
- ◆ Run number verification will take place at the turnaround point.

Relay Teams:

- ◆ Swimmers will make the timing chip exchange to the biker at the bike rack location.
- ◆ Bikers will make the timing chip exchange to the runner at the bike rack location.

Awards: Award presentations will begin immediately after the last finisher completes the event (Expected to be at 11:15AM). You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out.

Results: Results will be posted after the awards ceremony, and complete results (with splits) will be posted on the internet by Sunday, June 13th at 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!!



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>