

Sunday August 1, 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 6:15AM. If you are not in line by this time you will not be allowed to get your packet. Packet Pick up will take place on the ball field adjacent to the finish line.

Parking: There are three areas for parking at the Westside Aquatic Center. The first is the top lot just past the Transition Area. Also in this area is a large field behind the Aquatic Center. Signs and parking volunteers will direct you onto the field. Once these areas are filled, participants will park in the lower lot once you enter the Aquatic Center complex. In either case you are not more than 200 yards from the Aquatic Center.

Please Note: No one will be allowed to leave the top lot until the last runner is off the course. No one will be allowed to leave the bottom lot until the last cyclist is off the course. Please try to fill the upper lot before parking in the lower lot. ALSO, THIS IS YOUR ONLY WARNING. IF YOU PARK ACROSS THE STREET IN THE CHURCH PARKING LOT YOUR CAR WILL BE TOWED. Overflow parking will place in the Bi Lo parking lot on the right toward Hwy 25 if leaving from the Aquatic Center

Timing Chip System: You must collect your chip on event morning at the Timing Chip Pick Up Tent just outside the aquatic center entrance. **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.**



Body Marking: All participants must be marked at the body marking area – located just outside the Aquatic Center entrance. Body Marking will begin at 5:15 AM.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 6:45 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.
- ◆ Be careful when warming up. The right most lane on the road adjacent to the Aquatic Center will be coned from traffic; however, police will not be on the course until 7:00 AM.
- ◆ **If you enter or exit the TA after the event has started please do so through the side entrance marked with two white flags. If you enter anywhere other than this entrance/ exit you may not receive any timing splits.**

Swim:

- ◆ Swim diagram is available on the Greenville event page on the website.
- ◆ This will be a pool swim. Participants will be seeded based on estimated swim times given at registration. The final seeds will be posted on event morning in two locations (Inside the Pool area and in the Transition Area). Be sure to look for your start time.
- ◆ 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.
- ◆ 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.

- ◆ Participants will navigate the course in a zig-zag pattern. This is an eight-lane 50-meter pool. All participants will begin in the lane closest to the diving well. Participants will then swim down this lane and under the lane rope into lane 2 and proceed to swim down lane 2 until hitting the wall. Then under the lane rope into lane 3. This procedure is continued until the participant has reached lane 8. **A SIMPLE RULE OF THUMB HERE: EACH TIME YOU HIT A WALL 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.
- ◆ Athletes will begin the swim 2 at a time. Drafting is legal during the swim. Please be considerate of your swimming lane partner especially during lane changes. A rule of thumb: an odd numbered and even numbered athlete should be in the start lane together.
- ◆ ***It is up to the two swimmers starting to decide which athlete begins on which side of the lane.*** If you can't come to an agreement the rule is the odd numbered athlete starts to the left and the even numbered athlete starts to the right.
- ◆ **PLEASE DO NOT TALK TO THE VOLUNTEERS AT THE SWIM START. IF YOU MISS YOUR SWIM START SIMPLY PLAN TO GO TO THE END OF THE LINE.**

Bike:

- ◆ Bike course map is available on the Greenville event page on the website.
- ◆ 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.
- ◆ 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!
- ◆ **NOTE: About half way through the course on Saluda View Drive there is a HARD SHARP right hand turn at the bottom of a steep hill. DO NOT TAKE THIS TURN AT FULL SPEED – YOU WILL FALL. SLOW DOWN AND STAY IN YOUR LANE.**

Run:

- ◆ Run course map is available on the Greenville event page on the website.
- ◆ **NOTE: THIS IS A TWO LAP RUN COURSE. Failure to complete both laps will result in a Disqualification – no exceptions. Make certain you complete both laps.**
- ◆ **NOTE: THE SECOND LAP OF THE RUN BEGINS BACK AT THE AQUATIC CENTER. YOU MUST RETURN TO THE AQUATIC CENTER AFTER YOUR FIRST LAP IN ORDER TO BEGIN LAP 2. A timing mat will be at the beginning of Lap 2 to insure you do two complete laps.**
- ◆ **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, the ¾ mile mark, the 1 ¼ mile mark, the 2 ¼ mile mark and the 2 ¾ mile mark.
- ◆ 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.

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. RACE PRIMES FOR FASTEST SPLITS WILL ALSO BE AWARDED FOLLOWING THE EVENT. We expect the ceremony to begin around 11AM.

Results: Results will be posted after the awards ceremony, and complete results (with splits) will be posted on the internet by Sunday, August 16th at 9PM. Website address: www.setupevents.com. Click Go Tri Sports South Carolina Triathlon Series and then on the Greenville event page.

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>