

2010 LAKE MURRAY SPRINT TRIATHLON

Sunday May 9, 2010



Packet Pick-Up: Saturday 5/8/2010: 2-6 PM @ Salsarita's Fresh Cantina 5135 Sunset Blvd – Suite H, Lexington, SC 29072
Sunday 5/9/2010: 6-7:15AM @ Event Site - Dreher Island State Park – Covered Pavilion Near Finish Line

Event Numbers: When you collect your event materials you will be given 3 numbers. The numbers are to be used as follows:

1. BIKE HELMET NUMBER – Small number with self adhesive back to be placed on the front of your helmet
2. BIKE FRAME NUMBER – Mirror image number with self adhesive back to be placed on your bike and visible from both sides of the bike
3. RUN NUMBER – Number with name of event , must be worn during the run and visible on your front as you cross the finish line

Arrival Time: Arrive at event site no later than 7:00 a.m. **EVENT START – 8:00 A.M.** Packet Pick up line will close at 7:15AM. If you are not in line by this time you will not be allowed to get your packet.

Parking: There will be ample parking immediately adjacent to the transition area. Please follow the directions of the State Park Rangers

Championship Timing System: This event will be timed using the Championship timing system. You will receive instructions on how to wear your timing chip in your event packet. Please read this information carefully. You will receive your timing chip on event morning at the chip pick up area beneath the covered pavilion behind the finish line. If you do not return your chip for any reason you will be charged a \$30 replacement fee.

Body Marking: All participants must be marked at the body marking area – located at the “Bike Start/Bike Finish” entrance to the transition area. Body marking will begin at 6:30AM.

Pre-Event Instructions/Meeting: Important information and instructions will be given at 7:50 a.m. at the swim start location adjacent to the boat ramp/ dock. Please plan to be there.

Swim Start Area: As this swim begins and ends at the same point (on the boat ramp) all athletes must enter the water on the right side of the boat ramp when facing the lake. DO NOT go onto the left side of the boat ramp as athletes will be exiting the water from this side before all swimmers have started the event. Please stay on the dock side (right side) of the boat ramp at all times before starting.

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. Please rack only on the rack you are assigned. 2 minute Penalties will be given for improperly racked bikes.
- ◆ It is best to rack bikes on alternating sides of the bike rack to allow space for gear between 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.
- ◆ Participants will not be allowed to remove bikes from the TA until the last finisher is on the run course.

Swim:

- ◆ Swim diagram is available on the Lake Murray event page on the website (www.setupevents.com)
- ◆ This will be a wave start:

Wave	Category	Time	Swim Cap
1	Open Men and Open Women	8:00 AM	Black
2	Age Group Men 39 & Under Clydesdale / Master Clydesdale	8:03 AM	Sky Blue
3	Age Group Men 40 & Over	8:06 AM	White
4	Age Group Women Athenas Relay Teams	8:09 AM	Purple

5	Novice Men Novice Women	8:12 AM	Neon Green
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- ◆ 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.
- ◆ There will be a variety of watercraft on the swim course during the event. If you feel it's necessary and you need some assistance, wave your hand above your head.

Bike:

- ◆ Bike course map is available on the Lake Murray event page on the website (www.setupevents.com)
- ◆ No drafting! Draft marshals will be present on the course.
- ◆ 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 to your bike and must be visible from both sides of 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.
- ◆ 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.
- ◆ The bike course will be marked with ORANGE arrows on the pavement approximately 20 yards before each turn and ORANGE directional signs with blue arrows.

Run:

- ◆ Run course map is available on the Lake Murray event page on the website (www.setupevents.com)
- ◆ You must wear the 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 three other locations. You will never be more than 3/4 mile from the next aid station.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ Run number verification will take place at the turnaround point.
- ◆ Runners should stay to the right at all times on the course.

Relay Teams:

- ◆ Swimmers will exchange timing chips with the bikers at their bike rack location.
- ◆ Bikers will exchange timing chips with the runners at the same location.

Additional Information: Questions? Bring your question(s) with you to the Q & A Table at packet pick up on Saturday May 8 and we will answer them at that time.

Awards: Award presentations will begin immediately after the last finisher completes the event, expected to be around 10:15AM.

Event Expo: Go Tri Sports (www.gotrisports.com) will host the official event expo. Look for the Go Tri Sports tent at the event site on Sunday.

Event Photography: Bird's Eye View will be on hand offering event day photographs. www.birdseyeview.net

Results: Results will be posted after the awards ceremony, and complete results (with splits) will be posted on the internet by Sunday, May 9, 2010 at 6PM . 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 Area

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!!**



2010 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>