

2010 Parris Island Sprint Triathlon

EVENT DETAILS

Saturday March 20, 2010



GENERAL INFORMATION

EVENT START: 9:00AM (Make sure to check the swim start times posted to the Parris Island event page no later than Wednesday March 17, 2010 at 9PM for your exact start time.)

ARRIVAL TIME: Arrive at Parris Island no later than 7:30 a.m. This will give you time to go through the security check point.

IDENTIFICATION: NOTE: You may be asked for the following items to be granted access onto the base:

- 1) State or Federal issue photo ID (Driver's license, Passport, etc.)
- 2) Vehicle Registration
- 3) Proof of vehicle insurance

YOU ALSO 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 Parris Island event page on Wednesday March 17, 2010. 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.

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 in the grass field next to the pool.

PARKING: There will be signs, volunteers and military police to direct you to proper parking locations on the morning of the event.

BODY MARKING: All participants must be marked at the body marking area – located in the pool area. Body marking will begin at 7:30 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.**

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 AND WILL BE ADJACENT TO THE LARGE BLEACHERS LOCATED INSIDE THE TA.**

- ◆ 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 bike 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 Parris Island event page.
- ◆ The shallow section of the pool will be available for warm up starting at 8AM and will remain open until the swim portion of the event is over.
- ◆ 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 individually 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. Since the event is closed out 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 and novice athletes.
- ◆ Anyone registering on Friday at packet pick up will start after the last of the pre-registered swimmers have begun.

BIKE:

- ◆ Bike course map is available on our website – the Parris Island event page.
- ◆ This will be a 1-lap bike course. **NOTE THE CHANGE IN BIKE COURSE FROM PAST YEARS ON THE COURSE MAPS FOUND ON THE EVENT PAGE**
- ◆ The bike course is on open 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.
- ◆ **IF YOU ENCOUNTER ANY MILITARY BATALLIONS IN THE PATH OF THE BIKE YOU WILL BE REQUIRED TO STOP. DO NOT BREAK ANY FORMATION. IF YOU DO YOU WILL BE REMOVED IMMEDIATELY FROM THE BASE.**

RUN:

- ◆ Run course map is available on our website – the Parris Island event page
- ◆ The course is an out and back design: **NOTE THE CHANGE IN THE RUN COURSE FROM PAST YEARS ON THE COURSE MAPS FOUND ON THE EVENT PAGE.**
- ◆ 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.
- ◆ **IF YOU ENCOUNTER ANY MILITARY BATALLIONS IN THE PATH OF THE RUN YOU WILL BE REQUIRED TO STOP. DO NOT BREAK ANY FORMATION. IF YOU DO YOU WILL IMMEDIATELY BE REMOVED FROM THE BASE.**

AWARDS: Award presentations will begin immediately after the last finisher has completed the event at the finish line (estimated to be 12:30PM). 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!!