

2010 VALDESE TRIATHLON

EVENT DETAILS



Event Time: 9:00AM Saturday April 17, 2010

Arrival Time: Arrive at the Valdese Swim Center no later than 8:15AM as all bikes must be in the transition area by 8:45AM. The TA will close at 8:45AM and no one will be allowed to place bikes inside after this time.

Swim Start Times: NOTE: Swim start times for all pre-registered athletes will be posted at packet pick-up on Friday night. Any athlete registering on Friday night or Saturday morning will start after all the pre-registered athletes. These times will be posted on the morning of the event by 9:15AM in the transition area and inside the pool. Every participant will have his or her own swim start time. Remember your exact start time! NOTE: Participants will start in 15 second intervals.

Parking: All participants will park in various parking lots and spaces around the swim center. Please follow the directions of parking volunteers on event morning. THERE WILL BE NO PARKING IN THE LOT ADJACENT TO THE SWIM CENTER.

Body Marking: All participants must be marked at the body marking area – located in the gym area. Body marking will begin at 7:30 AM.

Pre-Event Instructions/Meeting: Important information and instructions will be given on Friday evening at 6:00 PM at the Valdese Aquatic Center. Please plan to attend this meeting. This is a good opportunity to communicate important information and any last minute changes that may be necessary.

ChampionChip Timing: This will be a ChampionChip timed event. You will pick up your chip at the chip pick up table on event morning. This table is located inside the gym area near body marking and packet pick up. **IT IS IMPORTANT THAT YOU READ** the ChampionChip timing information sheet at the end of this document. **If you do not return your timing chip for any reason you will be charged a \$30 replacement fee.** If you fail to finish the event please return your chip to the finish line area without crossing over any timing mats.

NOTE: Once the event has begun do not cross over any timing mats. There will be a TA entrance along the side of the TA. If you have a late start time you must enter and exit the TA only through this entrance. If you fail to do so and cross a timing mat before you have started your event and the event has begun you will not receive any split times.

Transition Area:

NOTE: Regardless of when you start the event – you must have your bike and equipment in the transition area before 8:45AM. The transition area will close for check-in at 8:45AM. If you arrive after that time, you will not be allowed to place your equipment in the transition area. You may still enter and exit the TA through the middle entrance marked by the black Transition Entrance / Exit archway.

- ◆ The transition area is located in the parking lot of the aquatic 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, but we do ask that athlete's alternate sides on the bike racks with his/ her bike.
- ◆ 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.
- ◆ There will be a middle entrance/ exit in the TA. Please use this exit if you must remove your belongings during the event. Racers will still be using the bike in/ bike out / run out entrances of the TA. Please provide them with ample room to move about the TA even if your event is over.

Swim:

- ◆ Swim diagram is available on our website – the Valdese event page.
- ◆ The swim will be a zig-zag style swim with swimmers swimming in one direction only per lane. In other words, each time you touch the wall at the end of a lap you should change lanes. You should never swim two directions in the same lane.
- ◆ The pool will be open from 8:00 AM to 8:45 AM for warm-up.
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your starting time.
- ◆ Participants will go off individually in 15-second increments.
- ◆ When lining up for the swim – remember your specific swim start time.
- ◆ If you miss your swim start time you will be placed at the end of the line – NO EXCEPTIONS!

Bike:

- ◆ Bike course map is available on our website – the Valdese event page.
- ◆ The bike course is a 9 mile out and back lollipop design.
- ◆ The course will be marked with orange arrows on the pavement and orange directional signs.
- ◆ No drafting! Draft marshals on motorcycles 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 or go to the USAT web site at www.usatriathlon.org.
- ◆ 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 visible from both sides.
- ◆ Helmet numbers must be affixed to the front of your cycling helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed. (2 minute penalty)
- ◆ There are plenty of volunteers and police officers along the course but it is your responsibility to know the course.

Run:

- ◆ Run course map is available on our website – the Valdese event page.
- ◆ The course is an out and back design.
- ◆ The course will be well marked. NOTE: There is only one turn on the run course. Upon exiting the Transition Area you will make a left and then head straight out until the turn around point. Volunteers will be at this point to insure you turn around.
- ◆ The course will be closed to traffic.
- ◆ You must wear the run bib number in front (with the pull tag) that is provided.
- ◆ **If you do not have your run bib 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 $\frac{3}{4}$ mile away from the next water station.
- ◆ No headphones, earphones or any radio-type devices will be allowed. (2 minute penalty)

Relay Teams:

- ◆ Swimmers will tag bikers and make the timing chip exchange at the designated bike rack location.
- ◆ Bikers must tag runners and make the timing chip exchange at the same bike rack location.

Awards: Award presentations will begin immediately after the last finisher completes the event (estimated to be 12:15PM). You must be present to collect your award, or have someone get it for you. Awards WILL NOT be mailed out.

Results: Results (with splits) will be posted by 9PM Sunday April 18, 2010 on the Valdese event page at www.setupevents.com You will receive a swim split, T1 split, a bike split, T2 split and a run split. 5 Splits total.

HAVE A GREAT DAY!

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://www.usatriathlon.org/Events/Rules.aspx>