

# CLEMSON SPRINT TRIATHLON

## 2010



### OFFICIAL EVENT INFORMATION

**Arrival Time:** Arrive at event site no later than 7:00 a.m. **EVENT START – 8:00 A.M.**

**Parking:** There will be ample parking on the recreational fields at the YMCA. All participants must park on these fields. Follow the cones and signs to the proper parking location. If you plan to leave early or for spectators coming late all must use the back exit to enter and exit after 8AM.

**Timing System:** This is a Championship timed event. You must collect your timing chip on event morning at the “Timing Chip Pick Up” tent located next to the registration tent. If you do not return your timing chip to the finish line you will be charged a \$30 replacement fee



**Body Marking:** All participants must be marked at the body marking area – located beside 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. Please plan to be there.



Clemson is the SC Qualifier for the Best of the US Championship. USAT officials will be present and will be assessing penalties for violations. Make sure you are aware of USAT rules regarding drafting, blocking, etc. Full USAT rules can be found on the USAT web site: <http://www.usatriathlon.org>

#### **Transition Area:**

- ◆ Participants only in the transition area.
- ◆ Bike rack assignments will be made – look for your numbered rack. Please rack your bikes on alternating sides of the bike rack. This will provide ample room for everyone. **YOU MUST RACK ON YOUR RACK.** 6 Bikes per rack.

#### **Swim:**

- ◆ Swim course diagram is available on the Clemson event page on our website and in your packets.
- ◆ This will be a wave start event:

Wave	Category	Start Time	Swim Cap Color
1	Open Men & Women; Masters Open Men and Women ; ParaTriathletes	8:00 AM	Black
2	Age Group Male 34 & Under, Collegiate Males	8:04 AM	Sky Blue
3	Age Group Men 35 – 44	8:08 AM	Royal Blue
4	Age Group Women 39 & Under, Collegiate Females	8:12 AM	White
5	Age Group Men 45 & Over, Clydesdale, Master Clydesdale	8:16 AM	Neon Green
6	Age Group Women 40 & Over, Athenas, Relay Teams	8:20 AM	Forest Green
7	Novice Men	8:24 AM	Purple
8	Novice Women	8:28 AM	Pink

- ◆ Wetsuits should be allowed per USAT rules. The Clemson Triathlon has always been a wetsuit legal event. A water temperature reading will be made and announced on event morning.
- ◆ 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, relax, roll over on your back and wave your hand above your head.

#### **Bike:**

- ◆ Bike course map is available on the Clemson event page on our website
- ◆ No drafting! Draft marshals will be on the course enforcing drafting violations.
- ◆ Hard shell helmets must be worn and must be fastened before leaving the transition area.
- ◆ No blocking! 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 clearly visible from both sides.
- ◆ 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 Out 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.

#### **Run:**

- ◆ Run course map is available on the Clemson event page on our website
- ◆ You must wear the run number (with the pull tag) that is provided – **ON YOUR FRONT**.
- ◆ **READ THIS WELL: If your run number is not clearly visible on your front when you cross the finish line you will be assessed a 2-minute penalty.**
- ◆ There will be two aid stations on the run. You will hit these at  $\frac{3}{4}$  mile, the turn around point, and at  $2\frac{1}{4}$  miles. Water will be provided at this aid station.
- ◆ No headphones, earphones or any radio-type devices will be allowed.

#### **Relay Teams:**

- ◆ Swimmers will tag bikers at their designated bike rack location. Please make your chip exchange at this location.
- ◆ Bikers will tag runners at the same location (bike rack location). Please make your chip exchange at this location.

**Technical Support:** Clemson Cyclery will be on hand event morning to provide any last minute bike support you may need.



Go Tri Sports will be the official event expo retailer and will be on hand with a variety of triathlon gear. If you need a wetsuit or any other items Go Tri Sports will be on site Friday and Saturday

**Additional Information:** Questions? Bring your question(s) with you on event morning to registration and we'll answer them at that time.

**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.

**Results:** Results will be posted after the awards ceremony. Complete results including splits will be posted on the internet by Saturday, 9 PM, May 15<sup>th</sup>.

Website address: [www.setupevents.com](http://www.setupevents.com)

**HAVE A GREAT TIME!**

## **2010 Swim Course**

**The 2010 swim course is a one loop clockwise 750 meter lake swim. Participants will check into the swim start corral by passing over a timing mat. YOU MUST CROSS OVER THIS MAT BEFORE ENTERING THE WATER. We must have an accurate count of participants going into and coming out of the water. Please do not enter the water anywhere but through the swim start corral. A swim course map is found on the event web site.**

**The swim will begin in waves. The wave breakdown can be seen on page one of this event information booklet. All participants must wear the swim cap provided to them at packet pick up. Wetsuits will be allowed per USAT rules. If the water temperature is between 78 and 84 degrees and you elect to wear a wetsuit you will not be eligible for event awards or GTS SCTS scoring points. Please check in with the volunteer at the swim start corral if this is the case.**

## **2010 Bike Course**

**The 2010 bike course is a one loop course. Turns will be marked on the pavement with orange spray chalk arrows and neon orange directional signs. It is your responsibility to know the course. Police and volunteers will be on hand to direct you at the key intersections. There is one significant ascent at approximately mile 3. Other than that the course is rolling hills with no significant climbs. At approximately mile 9 you will encounter a very rapid descent which is followed by a sharp left hand turn. Please be cautious at this point. Police will be on hand to stop traffic but we ask that you take this turn with caution. Please follow all USAT rules which include riding to the right at all times except when passing. Draft Marshalls will be present on the course and penalties will be given. Remember, this course is open to traffic.**

## **2010 Run Course**

**The 2010 run course is an out and back course. Turns will be marked with blue chalk arrows on the pavement and blue directional signs. Athletes will head out on Hwy 93 before turning right past the intramural fields and onto the East Beach Dike. Participants will encounter a gradual downhill for the first mile, then a short but steep hill at mile 1.2 before a flat hard packed dirt section along the Dike before the turn around. The last mile will be a gradual uphill. The inside lane on all roads will be coned from traffic. We do ask that runners stay on the sidewalk or in the bike lane to stay clear of any late cyclists leaving the site. Two aid stations will be encountered on the run course. These aid stations will be passed at miles 0.75 , 1.5 (the turn-around) and 2.25 . Water will be served at these aid stations. We ask that all participants stay to the right at all times on this course. In other words athletes leaving the site will stay on the sidewalk while athletes coming back from the turn-around will stay in the bike lane.**



### A message from the Head Referee to all age-group competitors...

Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the USA Triathlon Competitive Rules in entirety. For reference, these may be found at [www.usatriathlon.org](http://www.usatriathlon.org). To minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations (known as the drafting rules). I have reduced the Position Rules to the following concepts:

- a. **Ride on the right side of your lane unless attempting to pass another cyclist.**
- b. **Keep three bike lengths (about 23 feet) between you and the cyclist in front of you.**
- c. **Pass on the left of the cyclist in front, never on the right.**
- d. **If passing another cyclist you must complete your pass within 15 seconds.**
- e. **If passed, you must drop completely out of the draft zone (23 feet), to the rear, before attempting to re-pass.**

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and **there are no protests or appeals of position penalties.** Marshals commonly cite the following violations:

- a. **Illegal Position or Blocking - riding on the left side of the lane without passing.**
- b. **Illegal Pass - passing on the right.**
- c. **Overtaken - failing to drop back three bike lengths after being passed and before re-passing.**
- d. **Drafting - following a leading cyclist closer than three bike lengths (23 feet) and failing to pass or exit the draft zone within 15 seconds.**

Though Position Violations carry a time penalty for each occurrence, **if you are cited for three violations, you will be disqualified.**

**Always have your chinstrap securely fastened when on your bike!** The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ! Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

# ***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!!***