

Event Details

Coastal Carolina University is hosting its 18th annual triathlon, open to all students, faculty and staff as well as the general public. This is a sprint triathlon that consists of a 300 yard swim, an 11 mile bike and a 3.1 mile run. For the swim, you **MUST** indicate on your entry ***your estimated swim time*** so that you may be placed in the appropriate position for swim start. (Please be as accurate as possible for your swim times.) It will be a zig-zag swim format, completing 2 lengths in each lane before moving under lane line to begin 2 lengths in next lane. Swimmers will proceed with this format for 12 total lengths of the pool – 300yards.

EQUIPMENT REQUIRED: **Helmets must be worn** on the bike portion of the race. Beware of “speed bumps” on campus for those using a road bike. Individuals may use a mountain bike, however, awards are only given to overall mountain bike winners, others will be included in the age group awards. Swimsuits, goggles, towels, running shoes and appropriate clothing are the responsibility of the participant.

1. ALL CYCLISTS WILL COMPLETE 2 LAPS on second lap, you won't do a complete lap, you'll turn left onto Tom Trout Dr off of Chanticleer Blvd. There will be a sign and a course monitor.
2. No swimming aids allowed.
3. Helmets are mandatory. All helmets must be fastened before mounting bike and must be fastened until completely dismounted at the end of the bike portion.
4. No drafting on the bike. Maintain at least 2 bike lengths behind another cyclists and if passing please do so within 60 seconds.
5. All roads remain open during the race. Please be alert to motorists. We will have volunteers at major intersections to stop traffic, but it is also your responsibility to be alert to all traffic.
6. Please yield to faster cyclist.
7. ALL PARTICIPANTS MUST BE WEARING THEIR ASSIGNED RACE NUMBER ON THE RUN LEG OF THE RACE. NO NUMBER MAY RESULT IN DISQUALIFICATION.
9. RELAY TEAMS MUST REMAIN IN TRANSITION AREA UNTIL YOUR TEAMMATE TAGS YOU BEFORE MOVING TO THE NEXT LEG OF RACE.
10. RELAY TEAMS, YOUR RUNNER MUST BE WEARING YOUR RACE BIB # WHEN CROSSING THE FINISH LINE.

11. USING LANE LINES FOR ASSISTANCE IN SWIM IS PROHIBITED.
12. ALL BIKES MUST BE RERACKED AT YOUR TRANSITION AREA.