



**14<sup>th</sup> Annual Dewey Beach Sprint Triathlon – Sat, Sept. 19, 2009 7:30 AM**

**OFFICIAL EVENT INFORMATION**

**Arrival Time:** Park opens at 5:30 for racers. Do not arrive before then.

**PACKET PICKUP:** 1 PM – 9:30 PM Friday, Sept. 18 at Sussex Family YMCA, 105 Church Street, Rehoboth. 302-227-8018. **HAVE YOUR PHOTO ID & Proof of USAT membership.** If you did not sign a waiver online during registration you will need to sign a waiver at packet pickup.

- **Your bike number-** peel and stick to bike frame (arrive before you get to race)
- **Your helmet number-** peel and stick to bike helmet on front (arrive before you get to race)
- **Your run number-** attach with enclosed safety pins to front of shirt/shorts you'll be running in
- **Your swim cap – designates which wave you are in!** Please make sure you have the right color. \*\*USAT guidelines put you in the age group you will be at year's end, not the date of the race. **WEAR THE SWIM CAP COLOR FOR THE WAVE THAT IS ON YOUR RUN RACE BIB.**
- **Goody bag, water bottle and a quality Zorrel tshirt**
- **LIMITED BUT DISCOURAGED PACKET PICKUP ON RACE MORNING NEAR TRANSITION AREA (6-7AM)**

**PARKING:** NO PARKING OR UNLOADING ON ROUTE 1! **Do not arrive before 5:30.**

The State Park does require a parking pass for vehicles (\$8 out of state and \$5 in state; free if you have a Park pass). **ALL PARTICIPANTS & VOLUNTEERS CAN GET IN TO THE PARK FREE BY DISPLAYING YOUR RACE NUMBER:** Tower Road Bayside and New Road, are additional areas to park. You can also park free in Dewey (no permits or metered parking the weekend of tri) and walk down. Same distance. Do not park in the residential community of Indian Beach. If you park in the Park where the race is held, you will be required to stay until the race has concluded. **Prerace announcements at 7:00 AM in front of bathhouse.**

**CHAMPION CHIP TIMING:** This is a Champion Chip timed event. You must collect your chip on event morning at the Chip Pick Up tent located next to the transition area. If you do not collect or wear your chip you will not be timed. If you do not return your chip **FOR ANY REASON** you will be billed \$30 replacement fee. If you do not complete the event, please return your chip at the finish line without crossing over the mats. Read that again...

**SAFETY NOTE:** On the bike course DelDOT has grooves in the shoulder of the road near the bridge. Exercise extreme caution when going over these.

**BODY MARKING:** All participants must be body marked outside the transition area. Do not apply lotions to your body until you have this done.

**TRANSITION AREA:**

- The transition area will not open until 5:45.
- No bike storage the night before.
- Participants **ONLY** in the transition area.
- Only event participant will be allowed to remove their bike from transition area.
- No biking in transition area. You will not be allowed to mount bikes in transition area.
- Return bikes to an upright position when returning from bike portion.
- No glass in transition area.
- Helmets must be **ON** and **FASTENED** before mounting your bike. Failure to do so will result in a DQ.

## **OTHER FRIENDLY ADVICE:**

- The State Park is a “trash-in/trash-out” park. Please do your part to leave this park clean.
- Absolutely no dogs allowed in the State Park. They will make you leave.
- Report any injuries or accidents immediately to race officials or medical personnel.
- Be nice to your fellow triathletes. No unsportsmanlike conduct will be tolerated.
- Any dispute for time penalties must be addressed to the race director.
- Race transfers are not allowed! Automatic DQ &/or revoking USAT license.

## **SWIM:**

Point to point in direction of ocean current.

Swimmers begin in their appropriate waves: Swim waves will be as follows:

### **Wave**

1	Men 40-44	Green	
2	Men 35-39	Royal Blue	
3	Men 30-34; Men 19 and under	Maroon	
4	Women 30-34; Women 20-24, Women 19 & under	Dayglo Pink	
5	Men 25-29; Men 45-49	Red	
6	Women 25-29, Women 45 & over	Gold	
7	Women 35-39, Women 40-44	Powder Blue	
8	Men 50 & over; Athenas	Silver	
9	Clydesdales, Master Clydesdales, Relays	Orange	
10	1 <sup>st</sup> Timers (A-D)	White	
11	1 <sup>st</sup> Timers (E-K)	Dayglo Yellow	
12	1 <sup>st</sup> Timers (L-P)	Dayglo Green	
13	1 <sup>st</sup> Timers ((R-Z)	Dayglo Orange	

## **BIKE:**

\*Bike Course crosses over Route 1 and uturns at Savages Ditch Road. Total mileage until we are allowed to cross the bridge (when construction is complete) is approx 7.5 miles. Super sprint. While drafting is not allowed, it is very difficult in a race of this distance to enforce. Stay to the right, announce when passing then return back to the right.

\*Hard shell helmets fastened and worn at all times.

\*There are no water stops on bike course. If you get a flat, etc, alert the nearest policeman or volunteer. You can either wait for the sag vehicle, which will be in traffic, to pick you up or walk your bike back.

\*You will have to dismount at the transition area entrance after completing bike leg.

## **RUN:**

You must wear your run number (with the pull tag) that is provided to you – ON YOUR FRONT. If you do not have your race number clearly visible on the front as you cross the finish line you may be assessed a penalty!!  
Water station at mile 1 and 1.5 on run run by GREAT KIDS!!

No headphones, ipods, etc. will be allowed during race.

Stay to the right both out and back on run, which is approx 3.5 miles long.

**FIRST TIMERS CLINIC:** By triathlon coach Kevin Danahy. 6 PM on Fri, 9/18 at race site. You will have to pay to get in the park. He will also have first timer info at packet pickup.

**FOOD & AWARDS CEREMONY:** Be sure to stick around for the food provided by Stingrays of Rehoboth after the race. Complimentary to racers. Family members will be asked to be \$5. **The award ceremony will begin at approx. 11 AM and end by noon.** If you believe you may have won an award, check the list to confirm and let us know if you can't be there to accept it. Awards will not be mailed.

Take the time to thank the volunteers, sponsors and support crews (lifeguards, nurses, police, timers, water stop volunteers, etc.) Without them, this triathlon could not happen. This event is an annual fundraiser for the Sussex Family YMCA "Campaign for Healthy Kids." Info is in your race packet.

Results will be available online at [deweybeachtriathlon.com](http://deweybeachtriathlon.com) by the morning after the event at the latest. Please fill out an event survey on USAT's link at [usatriathlon.org](http://usatriathlon.org). Your comments are welcome. **You've trained hard, now ENJOY YOURSELF!**

# ***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!!***



## **2009 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

<b>Distance Category</b>	<b>1st Offense</b>	<b>2nd Offense</b>	<b>3rd Offense</b>
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>