

## 2009 SOUTH CAROLINA HALF OFFICIAL EVENT DETAILS



**Event Site:** Lake Greenwood Recreation Area, Greenwood, SC (Near Intersection of Hwy 702 and Hwy 34)

**Start Time:** 7:30AM – Arrive at event site no later than 6:30AM.

**Packet Pick-Up:** Saturday – October 3 (12:00PM – 6:00PM) @ event site (Inside the Drummond Welcome Center)  
Sunday – October 4 (5:45AM – 7:00 AM) @ event site (Inside the Drummond Welcome Center)

**Medical Form:** **IT IS MANDATORY THAT THE MEDICAL INFORMATION FORM BE FILLED OUT**  
(Link is located on the SC Half Web page. This form must be filled out before you will receive your event packet)

**Parking:** There are several parking areas within the park. There is plenty of parking for everyone. Be certain you do not park along any roadways as all roads within the park will be part of the event course. There will be parking volunteers to assist you on event morning.

**Body Marking:** All participants must be marked before the event. Body marking will begin at 6AM near the timing chip pick up area (just outside the Swim Finish/ Bike Finish entrance to the Transition Area)

**Please Don't Litter!** Be a good citizen and don't throw your trash on the bike course and run course. On the bike course, there will be three water bottle handoff locations. If you must drop a water bottle – drop it at one of these three locations. As far as any gel packets, energy bars wrappers, etc. – don't throw any of these materials on the ground – PERIOD. If you are caught disposing of any trash on the bike or run course – it will result in an automatic DQ. On the run course, trash should be disposed of at the aid station locations – which will be located approx. every mile. Our ability to hold this event at the Greenwood State Park has a lot to do with how we leave the site. Please do not force our volunteers to collect your trash.

**Cut-Off Time:** The cut-off times will be strictly enforced. Cut-off times are as follows:

EVENT	CUT-OFF TIME (cumulative from start of final wave)
Swim Finish	1 hour 15 minutes (9:05 AM)
Bike Start	1 hour 20 minutes (9:10 AM)
Bike Finish	5 hours 00 minutes (12:50 PM)
Run Start	5 hours 05 minutes (12:55 PM)
Run Finish	8 hours 00 minutes (3:50 PM)

**USA Triathlon Rules:** USA Triathlon officials will be present and will be enforcing USAT rules. Please acquaint yourself with the USAT rules sheet that will be in your event packet.

**ChampionChip Timing System:** This is a ChampionChip timed event. Please read through the Timing Chip Instruction sheet in your event packet. If you do not return your timing chip following the event you will have to pay a \$30 replacement fee. You will be issued a neoprene anklet to attach your chip. You will collect your timing chip on event morning at the black tent near the Transition Area.

**Pre-Event Instructions/Meeting:** Pre-event instructions will be given at the swim start at 7:20AM. Swim start is at the bottom of the hill behind the Drummond Center. Follow the flagged pathway to get to the swim start from the transition area.

**Post Event Medical Tent:** Please ask all family and friends to stay out of the medical tent after the event. The medical staff needs room to work as this is a very intense area. No friends or family members will be allowed in. If they are needed they will be asked for. Also, please note the medical team will make final decisions on athlete needs. Do not expect an IV simply as a recovery tool. IV's will be given only as a last resort. Oral hydration in the medical tent will be the first line of action.

**Awards:** Award presentations will begin at 3:00PM at the finish line/post event refreshment area. You must be present to collect your award, or have someone get it for you. Awards **WILL NOT** be mailed out.

**Results:** Preliminary results will be posted throughout the day on the deck of the Drummond Center. Final results will be posted after the awards ceremony, and complete results including splits will be posted on the Internet by 9PM Sunday, October 4<sup>th</sup>.

### **Transition Area:**

- ◆ 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. Place your bike anywhere on your numbered 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 area – and will be made to dismount at the transition area entrance following the bike segment.
- ◆ Please keep any breakable items (glass) out of the transition area.
- ◆ Please keep your equipment & clothing in your designated location – items will not be allowed in the main aisle.
- ◆ The Transition Area will close at 7:15AM. Anyone still in transition at this time will receive a 4 minute penalty. Relay team members may enter and exit transition area during the event. Please check with a transition volunteer if you need to enter the TA after 7:15AM.

### Swim:

- ◆ Swim diagram is available on the South Carolina Half event page on our website.
- ◆ Be prepared to be at the swim start no later than 7:15AM. It is a 2-4 minute walk from TA to the swim start.
- ◆ We ask that you not enter the swim start corral until we call for your wave to check in. You will cross over a timing mat before the stone staircase that leads you into the water for the swim start.
- ◆ Swim caps have been provided. Check for your specific wave starting time. Wave start info follows.
- ◆ If you feel like you need any assistance, please wave your hand above your head. Our water safety personnel will get to you immediately.
- ◆ USAT wetsuit rules will apply. If the water temperature is 78 degrees or lower, wetsuits will be allowed. If the water temperature is 78 – 84 degrees, wetsuits will be allowed – HOWEVER, that individual will not be eligible for any awards and will not receive any USAT national ranking points or SCTS points. If the water temperature is 84 degrees or higher – wetsuits will not be allowed. We expect the water temperature to be between 72 and 78 degrees – Bring your wetsuit.

Wave	Category (USAT Age Up Rule)	Start Time	Swim Cap Color
1	Open Men & Women Physically Challenged	7:30AM	Silver
2	Age Group Men 39 & Under	7:34 AM	Pink
3	Age Group Men 40-49 Clydesdale / Master Clydesdale	7:38 AM	Royal Blue
4	Age Group Women Athena	7:42 AM	Purple
5	Age Group Men 50 & Over Relay Teams	7:46 AM	Forest Green
6	Novice Men Novice Women	7:50 AM	White

### Bike:

- ◆ Bike course map is available on the South Carolina Half Event page on our website.
- ◆ USA Triathlon officials will be on the course. DO NOT DRAFT!
- ◆ 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.
- ◆ There will be three water bottle stations on the course – located at approx. the following spots: 15 miles, 30 miles, and 45 miles. These 15 and 45 mile locations will have water only. The 30 mile location will have water and Gatorade.
- ◆ Bike frame numbers that are provided must be attached to the bike and must be visible at all times while on the bike.
- ◆ 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 volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ The course is marked with orange pavement arrows at all the turns, and will be marked with orange signs (blue arrows).
- ◆ The miles will be marked with orange pavement markings as follows: 5,10,15,20,25,30,35,40,45,50

### Run:

- ◆ Run course map is available on the South Carolina Half event page on our website.
- ◆ You must wear the event number (with the pull tag) that is provided on the front of your body.  
**READ THIS WELL: If you do not have your run number clearly displayed on your front when you cross the finish line you will be assessed a FOUR-MINUTE PENALTY.**
- ◆ There will be aid stations every mile. Each aid station will contain Water, Endurance Formula Gatorade, Hammer Gel, Coke, oranges and salty snacks.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ 85% of the run course is closed to traffic. Be weary of traffic within the park as the facility is open to the general public.
- ◆ NOTE: Runners and cyclists will share one lane within the park. Please follow the directions of the volunteers. As a runner please stay as tight against the cones as possible as cyclists will be returning in the same lane.
- ◆ This is a TWO LAP RUN. Lap 1 will end and Lap 2 will begin in front of the Drummond Welcome Center in the grass field near the flagpole. Runners will turn into a flagging chute on the left before running through the chute to the turn around point. Please follow the directions of the volunteers at this location.

### Relay Teams:

- ◆ All relay tags will be made at your bike rack location. Timing chip and neoprene straps exchange will take place here.

**HAVE A GREAT TIME!**





**SOUTH CAROLINA**  
TRIATHLON SERIES

RACE #  
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**2009 South Carolina Half  
Medical Information Form**

**Instructions:** Please download this form – fill it out and turn it in at packet pick-up.  
(You will not receive your event packet until this form is filled out and turned in)  
To save yourself time at packet pick-up it is suggested that you bring the form with you – already filled out.

**Participant Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Event Day Emergency Contact Info:**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Physician:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**CIRCLE ALL ITEMS THAT APPLY TO YOU**

- |                        |                     |                        |
|------------------------|---------------------|------------------------|
| Angina (chest pain)    | Heart attack        | Irregular heart rhythm |
| Pacemaker              | High blood pressure | Diabetes               |
| Seizures               | Bleeding disorder   | Asthma                 |
| Anemia                 | Pregnancy           | Heat exhaustion        |
| Dehydration            | Hyperventilation    | Hypoglycemia           |
| Recent infection _____ |                     |                        |
| Recent surgery _____   |                     |                        |

**MEDICATIONS**

- |                   |                       |                   |
|-------------------|-----------------------|-------------------|
| Nitroglycerin     | Diuretic (water pill) | Beta blocker      |
| Anti-hypertensive | Anti-arrhythmic       | Anti-epileptic    |
| Insulin           | Diabetic medicine     | Albuterol Inhaler |

# ***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>