



**VIRGINIA**  
TRIATHLON SERIES

**SMITHFIELD SPRINT TRIATHLON  
LUTER FAMILY YMCA - 10 AM START  
SATURDAY MARCH 27, 2010**

**Arrival Time:** Arrive at the Luter Family YMCA no later than 9:00AM  
**Packet Pick-Up:** Friday 5 - 7PM at race site inside YMCA lobby  
 Saturday: 8:00AM – 9:30AM at the race site inside YMCA lobby

**NOTE: YOUR Photo ID is required to pick up your race packet. If you are a USAT member you are required to show a current USAT license to get your race packet. All relay team members must pick up their own race packet.  
NO ID-NO RACE-NO EXCEPTIONS**

**Swim Start Times:** Specific start times for all participants will be posted Friday at packet pick up. All participants will have their own assigned swim start time. The posted times are final and will not be changed for any reason.

**Parking:** All participants will be directed by parking volunteers to park in the field across the street from the YMCA..

**Pre-Race Instructions/Meeting:** Friday at 6PM outside the pool and Saturday at 9:45AM outside the pool.

**RACE DAY TIMELINE**

<u>Time</u>	<u>Event</u>
8:00-9:30 AM	Packet Pick-Up/Body Marking/Chip Pick-Up
9:00-9:30 AM	Pool will be open for warm-ups
9:45 AM	Transition closes (no exceptions!) / National Anthem / Pre-Race Meeting
9:52 AM	#1- 50 line up inside pool to start at 10AM Sharp!
10:00 AM	Race Start (Pre-assigned times at 15 second increments)
1:45 PM	Estimated time for awards ceremony/Last athlete finishing

**ChampionChip Timing:** This is a chip timed race. You will be assigned a chip race morning at the RED CHIP PICK UP tent. Be sure to read the timing handout (scroll down). You are responsible for picking up, wearing, and returning your chip race day.

**\* You are required to bring your running bib number with you in order to pick up your timing chip \***

**\* Once the race has started DO NOT cross the timing mats on the course UNLESS you are racing \***

**\* If you do not return your chip for whatever reason you will be billed \$30, the replacement cost of the chip.\***

**Transition Area:**

**NOTE:** Regardless of when you start the race – you must have your bike and equipment in the transition area prior to the posted closing time. If you arrive after that time, you will not be allowed to place your equipment in the transition area.

- ◆ The transition area is located in the grassy field adjacent to the YMCA pool.
- ◆ **NO** glass containers inside the transition area-**NO** bike storage the night before the race-**NO** riding in the transition area.
- ◆ Participants only in the transition area, this means no family or friends are allowed in to help you get ready or carry your race gear.
- ◆ Find your numbered bike rack and place your bike on the rack, 3 bikes per side. This works best when people alternate sides.
- ◆ Athletes must show their run # to remove their bike from the TA at the designated exit. Please be courteous to athletes that are still racing.

**Swim:**

- ◆ The Swim diagram is posted on the Smithfield Sprint race page at the Setupevents.com website.
- ◆ Swim caps will NOT be provided at pool swim events; if you need a cap you will need to bring your own.
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your starting time
- ◆ Participants will start individually in 15-second increments.
- ◆ When lining up for the swim – remember your specific swim start time. If someone is not present in front of you, we let that time slot go as if that person was there. So be aware of who is in front and behind you. We will be starting in numerical order.

**Bike:**

- ◆ The Bike Course map is posted on the Smithfield Sprint race page on the Setupevents.com website
- ◆ The course will be marked with orange spray chalk arrows and white VTS signs with red arrows at all the turns.
- ◆ The 5 and 10 mile points will also be marked in orange spray chalk.
- ◆ Police will be positioned at the appropriate corners to hold traffic, this course is still open to traffic – BE ALERT and BE CAREFUL!
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.
- ◆ No drafting, no headphones/iPods/radios. USAT Marshalls will be on the course and penalties will be assessed.
- ◆ Hard shell helmets must be worn and must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left and obey the yellow line rule. Crossing the yellow line is an *automatic DQ*.
- ◆ Bike frame numbers frame #'s go on the top tube behind the handlebars, helmet #'s go on the front of your helmet.

**Run:**

- The Run Course map is posted on the Smithfield Sprint race page on the SetupEvents.com website
- ♦ The run course is all on roads through the town of Smithfield. We will have police officers at each intersection to stop traffic, however, please stay alert and remain aware of your surroundings!!!
- ♦ This is an out and back course, follow the white VTS signs with red arrows.
- ♦ Aid stations will be located at the start and at the turnaround on the run.
- ♦ No headphones, earphones or any radio-type devices will be allowed.
- ♦ You must have your run # on your front as you approach the finish line or you will be assessed a **1 minute penalty**.

**Relay Teams:**

- ♦ Swimmers will give the timing chip to the biker at their designated bike rack location in the transition area.
- ♦ Bikers will give the timing chip to their runner at the same location – your designated bike rack location in the transition area.
- ♦ Only the runner must wear the assigned run # during their portion of the race.

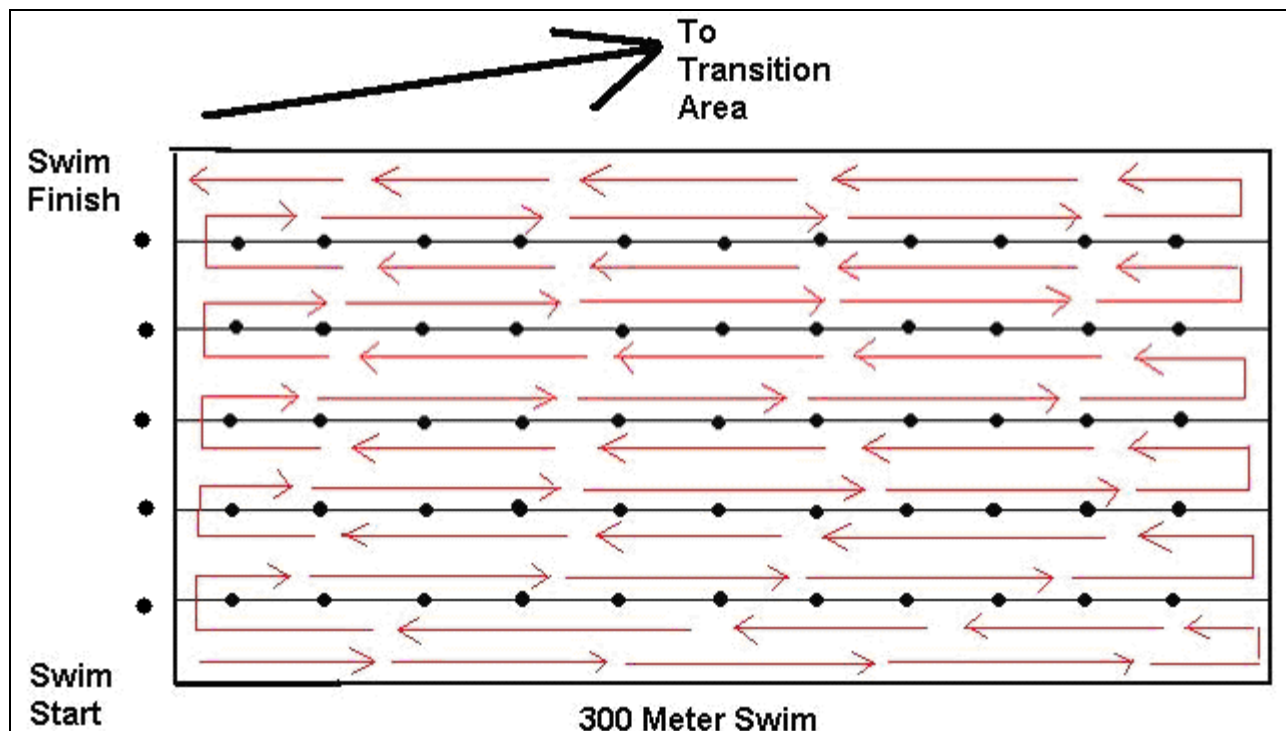
**Results & Awards:**

The awards ceremony will take place as soon as the last participant finishes the race – estimated to be at about 1:45PM.

The final results with splits will be posted on the website by 9PM Monday if not sooner.

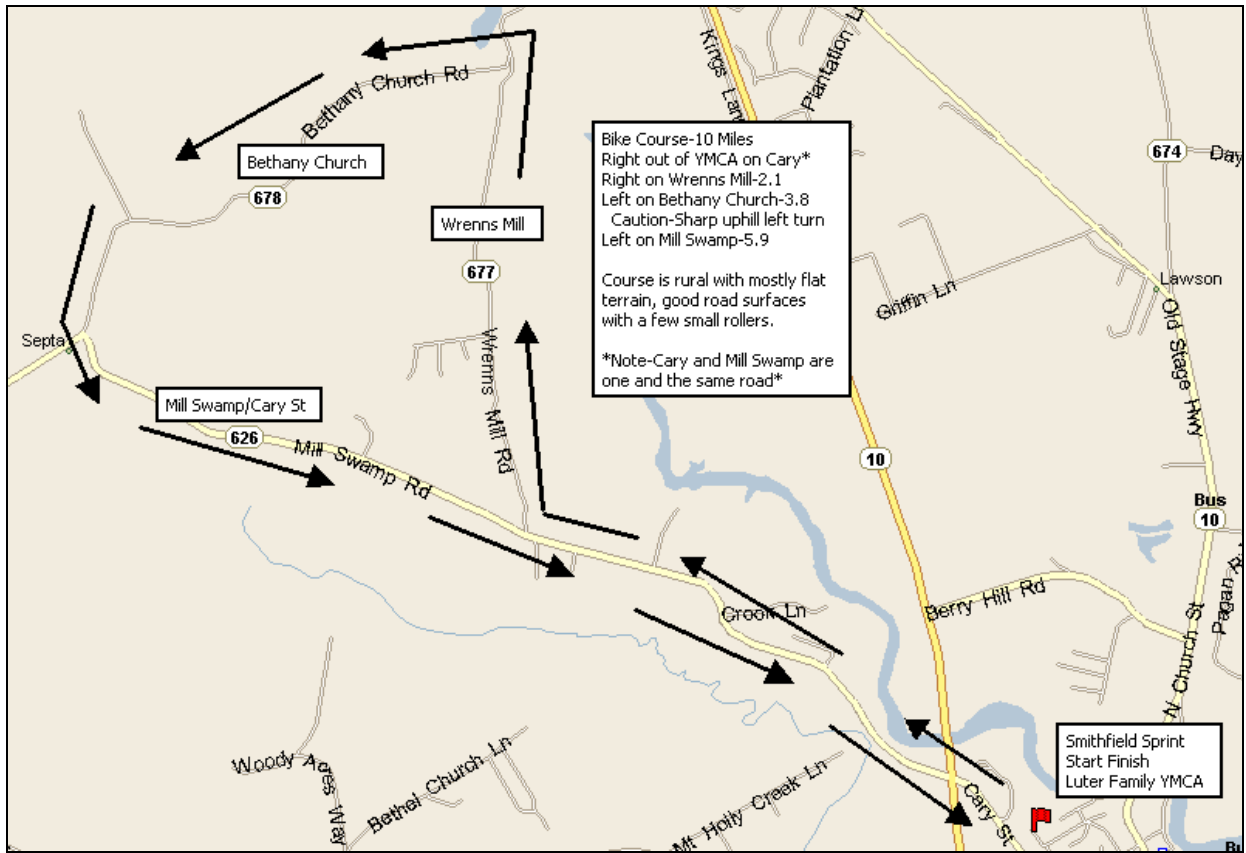
Awards will not be mailed – If you can't be present to collect your award, please make arrangements to have someone pick it up for you.

**Smithfield Sprint Triathlon Swim Course**

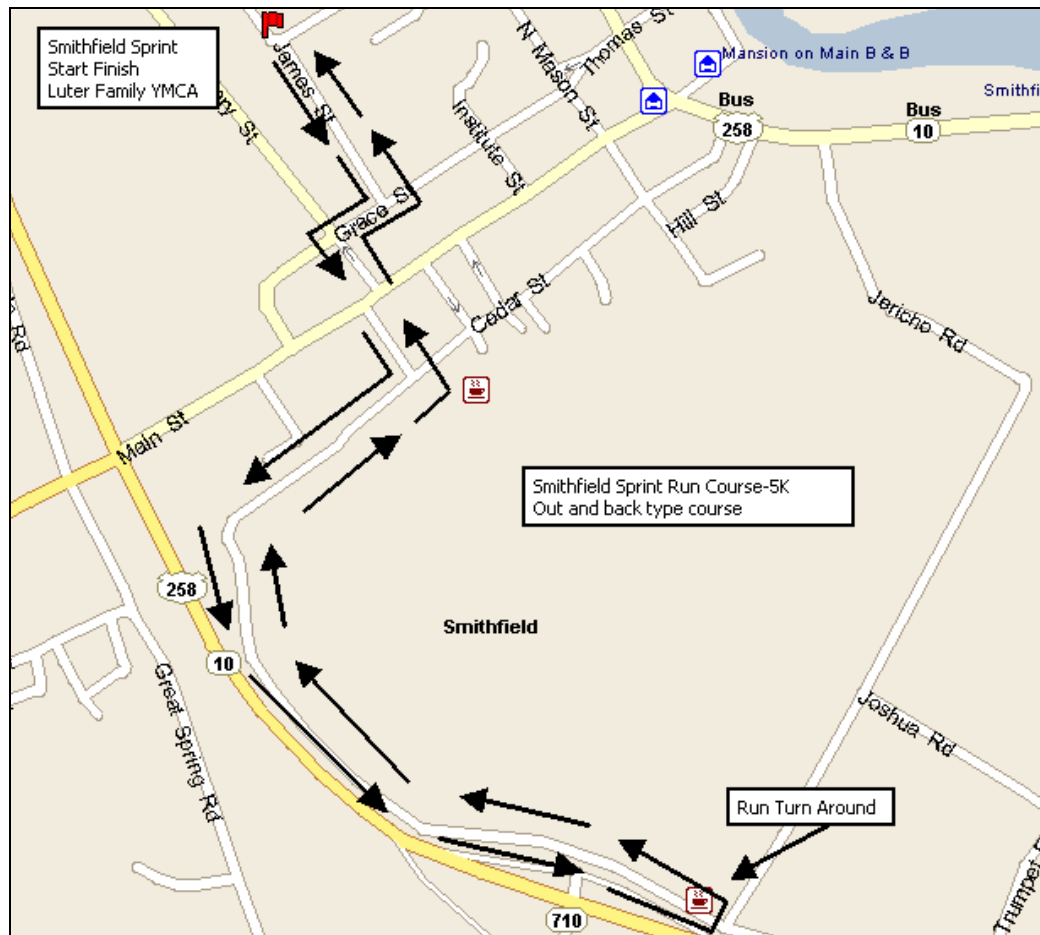


- Athletes will do one complete lap in each lane.
- You will go under the lane lines at the same end that you started on, there will be orange cones marking this.

## Smithfield Sprint Triathlon Bike Course



## Smithfield Sprint Triathlon Run Course



# ***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 Race Morning at the Chip Pick-Up Tent*

You will receive the ChampionChip along with a disposable medical ankle strap. (NOTE: relay teams will receive a neoprene ankle strap that allows for transfer from swimmer to biker and biker to runner). You may purchase a neoprene band to use at all Championchip events when you collect your timing chip.

### **RACING!!!!**

**\*You must be wearing the ChampionChip strapped to your LEFT ankle or YOU WILL NOT BE TIMED.**



#### **Wearing the Chip:**

1. Thread the medical strap through the timing chip
2. Place the strap around your LEFT ankle
3. Insert TWO (2) fingers between the medical strap and your ankle (to prevent the strap from being too tight)
4. Fasten the medical strap SECURELY.
5. Double check that you fastened strap securely, if you lose the chip you'll owe use \$30.

**MAKE CERTAIN YOU SNAP THE SNAP FULLY UNTIL IT LOCKS INTO PLACE!!!!**

**REMEMBER, YOU MUST RETURN YOUR CHIP AT THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES**

**IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.**

***You will be assessed a \$30 charge for your chip if not returned***

***YOU ARE RESPONSIBLE FOR THE***

***\*\*\*RETURN OF YOUR CHIP\*\*\****

***THANKS AND HAVE FUN!!***



**SETUP**