



Old Point Tidewater Triathlon Buckroe beach, Hampton, VA International – 7AM / Sprint – 7:30AM

Arrival Time: Arrive at the event site no later than 6:15AM.

Packet Pick-Up: Friday 3-7PM at the event site

Saturday: **International: 5:30-6:30AM / Sprint: 5:30-7:00AM**

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

Parking: As you arrive at the race site please follow the directions of our parking volunteers.

Road Closure: To facilitate a safe course for those racing the inside lane of Mallory will be shut down between Mercury and the park. This WILL result in delays starting at 0700. If you have friends or family coming in late to watch you race, direct them to approach Buckroe Beach utilizing Pemboke Ave.

Pre-Race Instructions/Meeting: Friday at 6PM at the race site. There will be ample time for Q&A at this meeting. A brief meeting will be given 15 minutes prior to the start of each race on Saturday.

RACE DAY TIMELINE

| Time | Event |
|---------------|---|
| 5:30-6:30/7AM | Packet Pick-Up/Body Marking at the pavilion at the beach |
| 6:30/7:00AM | Packet Pick Up, Chip Pick Up, and Body Marking Close |
| 6:45 AM | Transition closes for International/ Swim waves line up/National Anthem/Pre Race Talk at swim start |
| 7:00 AM | International Distance Race Starts |
| 7:15 AM | Transition closes for Sprint/ Swim waves line up/National Anthem/Pre Race Talk at swim start |
| 7:30 AM | Sprint Distance Race Starts |

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..

- ◆ **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 post race side exit. Please be courteous to athletes that are still racing, especially since we have 2 different distances going at the same time!!!***

Swim:

- ◆ The Swim Course diagram is posted on the webpage at www.setupevents.com
- ◆ Yellow pyramid buoys are turns, orange buoys are straight, finish at the wiggly man
- ◆ Remember, the International Distance event athletes need to do 2 LAPS of the swim, there is a short run between laps.
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your starting time
- ◆ Participants will start in age/category specific waves, be sure you start **IN YOUR WAVE** in **YOUR RACE!!!**
- ◆ If for any reason you need assistance, roll over on your back and float. Wave your hand in the air and we will assist you.

INTERNATIONAL 7:00 Start

| Wave | Time | Cap Color | Categories |
|------|------|-----------|---|
| 1 | 7:00 | Red | Men 49 and Under |
| 2 | 7:03 | Sky Blue | Men 50+, Clydes/Master Clydes, Novice Men, and Relays |
| 3 | 7:06 | Green | All Women , Athena, and Novice Women |

SPRINT 7:30 Start

| Wave | Time | Cap Color | Categories |
|------|------|-----------|--|
| 1 | 7:30 | Purple | All Age Group Men |
| 2 | 7:33 | White | All Age Group Women |
| 3 | 7:36 | Dark Blue | Athena, Clydes/Master Clydes, Novice Men/Women, and Relays |

Bike:

- ◆ The Bike Course map is posted on the event web page at www.setupevents.com
- ◆ **NOTE: There has been a change to the Fort Monroe section of the course and the Mallory/Mercury Intersection. See online maps for details.**
- ◆ The course will be marked with orange spray chalk arrows and white signs with red arrows at all the turns.
- ◆ There will **NOT** be any spray chalk inside the army base.
- ◆ When you approach and exit the army base you will go through a gate. There is a small wooden ramp that you will go over here. It is a tight fit with a small bump. Please be careful and stay alert.
- ◆ The International is a 2 Loop Bike Course – The Sprint is a 1 Loop Bike Course – Know which lap you are on.
- ◆ The start of the second lap is at the 7-11 at the intersection of Mallory and Point Comfort next to Buckroe Beach.
- ◆ Mile points will be marked with orange spray chalk and red mileage signs at 5 mile increments.
- ◆ There are just shy of 40 Police Officers and MP's on this course to control traffic and keep it safe for you.
- ◆ The center lanes of Mallory and Mercury are shut down to vehicle traffic. The outside lanes are open. Stay inside the center lanes.
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ If you pre-ride or pre-drive the course you will need to show a photo ID for each individual in the car if you go on Ft. Monroe.
- ◆ If pre-riding, you will not be able to ride your bike through the gate we will use for the course prior to race day.
- ◆ No drafting! Draft Marshals will be on the course and USAT rules will be enforced!
- ◆ VDOT Guidelines require all athletes to wear "Bright, highly visible clothing" when participating in a bicycle race – do your part
- ◆ Hard shell helmets must be worn and must be fastened before leaving the transition area.
- ◆ Stay inside our lane and ride to the right to allow faster cyclists to pass on the left and obey the yellow line rule where applicable. Crossing the yellow line is an **automatic DQ**.
- ◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- ◆ Helmet numbers provided must be affixed to the front of your helmet.
- ◆ No ipods, headphones, earphones or any radio-type devices will be allowed. This is an **Automatic DQ**

Run:

- The Run Course map is posted on the event web page at www.setupevents.com
- ◆ The International will do 2 laps of the course. Sprint athletes will do one lap. The course is 3.1 miles long.
- ◆ To start the second lap athletes will run past the finish line and have their arms marked with a sharpie.
- ◆ The run course is mainly on suburban roads and the boardwalk. We will have police officers at each intersection to stop traffic, however, please stay alert and remain aware of your surroundings!!!
- ◆ Aid stations will be located about every mile on the run course.
- ◆ No ipods, headphones, earphones or any radio-type devices will be allowed – This is an **Automatic DQ**
- ◆ 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 10:15 for the sprint and 10:45 for the International.

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.



Race Site Layout



- Parking Area are the blue squares
- Black Area is Transition Area (for bikes)
- Yellow – Swim Course (not to scale)
- Blue – Bike Course
- Red – Run Course
- Finish Line to Right of stage (this is where athletes start second loop)
- Yellow Square – Beer tent (starting at 0900)
- Pavilion in front of pier will be used for packet pick up and awards ceremony.

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!!

