

CLEMSON SPRINT TRIATHLON 2018



RACE LOCATION:

Clemson University – Snow Family Outdoor Fitness & Wellness Center - 275 YMCA Circle: Seneca, SC

RACE START TIME:

8:00 AM on April 28, 2018

PACKET PICK-UP:

Thursday, April 26, 2018—4:00PM - 6:00PM Carolina Triathlon 123 Welborn Street, Suite 102, Greenville, SC

Friday, April 27, 2018—3:00PM—6:00PM Clemson University - Snow Family Outdoor Fitness & Wellness Center - 275 YMCA Circle, Seneca, SC

Saturday April 28, 2018—6:00AM - 7:15AM Clemson University – Snow Family Outdoor Fitness & Wellness Center - 275 YMCA Circle, Seneca, SC

Mandatory Photo ID: All participants will be required to show photo ID at packet pick-up (including relay team members). You will not be given your race packet without photo ID! All participants must pick up their own race packet – individuals and relays.

USAT Members: USA Triathlon requires that all USAT annual members must show their USAT membership card at packet pick-up. Any USAT annual member who does not present his/her valid membership card at packet pick-up will be required to pay the USAT one-day fee of \$15. If you have not yet received your current USAT membership card, be sure to print out a temporary card to show at packet pick-up. We must see a current expiration date or you will have to pay the one-day fee. Please visit usatriathlon.org/member to join, renew or print your temporary card.

RACE PACKET:

Your race packet will contain three race numbers and a swim cap:

The square number is your run number and must be displayed on the front of your body during the run segment of the race only. Safety pins will be available at packet pick-up if you don't have a race number belt.

The medium-sized number (actually containing your number twice) has a peel-off backing and is used during the bike segment of the race. Place this number over the top tube of your bike toward the front if possible. It must be seen from both sides of your bike.

The little number also has an adhesive backing to it. This number should be attached to the front of your bike helmet.

A swim cap will be provided and must be worn. The color of your swim cap indicates your swim start wave.

PACKET CHECK LIST:

- PHOTO ID
- USAT CARD
- BIKE, HELMET AND RUN NUMBER
- SWIM CAP



RACE DAY INFO:

Race Day Arrival: Please plan to arrive at the race start no later than 7:00AM. Parking is available in the recreational fields at the event site. All participants must park in these fields. Parking will close at 8:00AM and will not reopen until the last cyclist is off the course (approximately 9:30AM).

Race Day Packet Pick-Up: Packet Pick-Up and registration is available on race morning between 6:00-7:15AM. If you are not in line by this time, you will not be allowed to race.

Body Marking: Body Marking will be held near transition at the event site. All participants must be marked at the body marking area at the race site. Body marking is available from 6:30AM—7:30AM on race day. If you are racing in a special division (Open, Clydesdale, Athena or Relay), please let our body-marking volunteers know so that they may mark you accordingly. Remember, your racing age is the age you will be on December 31, 2018.

Chip Pick-Up will be held from 6:30AM—7:30AM on race morning near the Transition Area. Make sure you receive the correct timing chip. Your chip number will match your run number. You will be required to show your run number when picking up your chip. You will wear this chip on your LEFT ankle. Attach the chip to the Velcro strap given to you at chip pick up and attach the strap to your left ankle.

Chip Fit Tips: We usually recommend 1-2 fingers width between the band and your ankle. Too Loose: It could fall off and you'll be charged a replacement fee for the lost chip. Too Tight: It will become uncomfortable as your ankle will swell a little during the race.

Volunteers will remove your strap and collect your timing chip as soon as you cross the finish line.

What happens if I lose the timing chip? If this happens you will be charged a \$30 replacement fee. We will send you an invoice within a week of the race. You will be required to pay that invoice before you race in any other Set Up Events races. Lost chips are a rarity. In 2017, we had less than ten lost chips for the entire year. If you attach the chip and chip strap to your ankle correctly, you should not lose the chip.

NOTE: All timing chips must be picked up by 7:30AM. If you lose your timing chip, you will be charged a \$30 replacement fee.

*****A MANDATORY** pre-race meeting will be held at 7:50AM on race morning. This is the last opportunity we have to communicate important information and any last minute changes that may be necessary***



RACE DAY INFO [CONTINUED]:

TRANSITION:

The transition area is located near the finish line at the Clemson University Recreation Center near the YMCA parking lot. **ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA AT ANY TIME.**

Entrances and exits in the transition area will be clearly identified through the use of large inflatable archways. This transition area includes:

Transition Entrance/Exit

Swim Finish

Bike Start

Bike Finish

Run Start

Participants will receive a bike rack assignment. Please look for your numbered rack. These racks are not individually numbered. You may rack your bike anywhere on your assigned rack. Each rack fits six bikes on alternating sides of the rack.

NOTE: TRANSITION CLOSES AT 8:00AM. Regardless of when you start the event – you must have your bike and equipment in the transition area before 8:00AM. The transition area will close for check-in at 8:00AM. If you arrive after that time, you will not be allowed to place your equipment in the transition area.

BIKE CHECK-OUT: Please be aware that you will be required to show your race number to remove your bike from the transition area after the race.



SWIM INFORMATION:

WAVE NUMBER	GROUP	START TIME	CAP COLOR
1	OPEN MALE & FEMALE MASTER OPEN MALE & FEMALE PHYSICALLY CHALLENGED MALE & FEMALE	8:00AM	SILVER
2	MALES AGE GROUPS 40 and OVER	8:03	YELLOW
3	MALE AGE GROUPS 39 and UNDER CLYDESDALES & MASTER CLYDESDALES COLLEGIATE MALES	8:06	WHITE
4	ALL FEMALE AGE GROUPS ATHENA COLLEGIATE FEMALES	8:09	PINK
5	NOVICE MALES & FEMALES MIXED RELAYS AQUABIKE MALES & FEMALES AQUATHLON	8:12	LIGHT BLUE

SWIM CAPS are provided and must be worn. Cap color indicates your swim start wave.

OPEN WATER SWIM TIPS:

If you need assistance during the swim, roll over on your back and put your hand in the air.

If you need to hang on to a watercraft during the swim, please make sure you are not hanging on to one of the motorized safety boats. You may hang on to a non-motorized vessel (kayaks, canoes, or surfboards) without penalty, however if you hang on to the side of one of the motorized watercraft you will be taken out of the water and disqualified.



BIKE INFORMATION:

The bike is a one-loop, 11-mile course on quiet rural roads. It features a challenging short but steep grade at mile 2.5, rolling hills throughout and a long downhill at mile nine. A bike course map is available on the event web page.

BIKE TRANSITION: Mount your bike at the designated mount/dismount line just outside transition area. You will also have to dismount at this location.

POSITION VIOLATIONS: No drafting! No blocking! USAT Officials will be on the course and drafting and blocking rules will be enforced! Stay to the right to allow faster cyclists to pass on the left.

HELMETS REQUIRED: Hard shell helmets must be worn and fastened before leaving the transition area. Helmet numbers must be affixed to the front of your cycling helmet.

EQUIPMENT: No headphones, earphones or any radio-type devices will be allowed.

COURSE INFO: There are plenty of volunteers and safety personnel for the race. Turns will be clearly marked and mile markers are indicated on the course. Remember: it is ultimately your responsibility to know the course. Please be careful and alert at all times.

RUN INFORMATION:

The run is an out-and-back 5K course. There is a gradual downhill for the 1st mile before a short but very steep grade at mile 1.3. From there it is flat to the turn-around along the east beach dike. A gradual one mile ascent takes runners back to the finish line at the YMCA. Please visit our event web page for run course maps.

AID STATIONS: Aid/Water stations will be located along the course at the mile 1 and mile 2. These stations will provide water only.

PLEASE make sure you deposit ALL trash in the trash containers that will be located at each aid station. We ask for your cooperation with this. Any and all trash must be picked up after the race by our volunteers. Help these folks out – they will have been out there longer than you.

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.

RACE NUMBERS: You MUST wear your run number (with the pull tag) on your front for the run. It must be clearly visible as you cross the finish line. Failure to do so will result in a two minute penalty.



FINISH LINE:

When you approach the finish line you will cross over several timing mats – located approx. 50 yards before the finish line. These mats are used to pick up your race number so that the race announcer will be able to announce your name. Don't stop at this point – keep running to the finish line – the finish line will be obvious.

RELAY TEAMS:

All members must be present at packet pickup. Each member needs to show a photo i.d. and USAT membership. Relay packets include a neoprene ankle strap, a timing chip pass and the same bike and run numbers as an individual athlete. On race day, the swimmer or the runner will pick up the team timing chip. The swimmer can show the timing chip pass or the runner may show the square run number to pick up the chip.

The neoprene ankle strap allows for easy transfer from swimmer to biker and biker to runner. This strap is worn on the left ankle of each team member. Please remember to pass off the timing chip to your team member for accurate results!

Swimmers will tag bikers at their assigned bike rack location in T1. Bikers must tag runners at their assigned bike rack location in T2. Relay members do not have to remain in the transition area the entire race, but you do need to make sure you are at the bike rack in enough time to get yourself ready and for your team member to tag you. Please be courteous of other competitors as you wait for your team members!

ALL Relay members MUST get body marked before the race.

PLEASE DON'T LITTER:

Be good citizens and give our volunteers a break – don't litter on the bike or run courses. Littering will result in an automatic DQ.

POST EVENT FOOD AND DRINKS:

Post-event refreshments will be provided for athletes and volunteers ONLY. We ask for your cooperation with this! We want to ensure that all participants and our hard-working volunteers are provided for after the race.

RESULTS AND AWARDS:

Preliminary results will be posted 30 minutes after the first athlete finishes and will be updated every 30-45 minutes. Complete results (with splits) will be posted on the website (www.setupevents.com) by 2:00PM on Saturday.

The awards ceremony will be held when the last athlete crosses the finish (approximately 10:30AM). If you cannot attend the awards ceremony, please have someone pick up your award. Awards WILL NOT be mailed out.

THANK YOU FOR CHOOSING SET UP EVENTS! WE APPRECIATE YOUR PARTICIPATION IN THE AAA CAR CARE SOUTH CAROLINA TRIATHLON SERIES. PLEASE VISIT WWW.SETUPEVENTS.COM TO FIND YOUR NEXT RACE AND LEARN MORE ABOUT OUR SERIES AWARDS FOR 2018.

HAVE A GREAT RACE!

A MESSAGE FROM THE HEAD REFEREE



Most triathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, few have ever read through the USA Triathlon Competitive Rules in entirety. For reference, these may be found at www.usatriathlon.org. To minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations (known as the drafting rules). I have reduced the Position Rules to the following concepts: a. Ride on the right side of your lane unless attempting to pass another cyclist. b. Keep three bike lengths (about 23 feet) between you and the cyclist in front of you. c. Pass on the left of the cyclist in front, never on the right. d. If passing another cyclist you must complete your pass within 15 seconds. e. If passed, you must drop completely out of the draft zone (23 feet), to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of position penalties. Marshals commonly cite the following violations:

Illegal Position or Blocking - riding on the left side of the lane without passing. Illegal Pass - passing on the right. Overtaken - failing to drop back three bike lengths after being passed and before re-passing. Drafting - following a leading cyclist closer than three bike lengths (23 feet) and failing to pass or exit the draft zone within 15 seconds.

Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified.

Always have your chinstrap securely fastened when on your bike! The helmet and chinstrap rule apply before, during, and after the event. The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ! Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsman like Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.