



Race Day Timeline:

- 6:00 am - park opens – NO EARLIER
- 6:00 am - transition area opens
- 6:00 am - packet pickup begins
- 7:30 am - mandatory pre-race meeting with USAT official
- 7:40 am - Prayer and National Anthem
- 7:45 am - final access to International-distance transition area
- 7:55 am - transition area closes to all competitors
- 7:55 am –first swim wave staging begins – International only
- 8:00 am - first wave (**International only**) – see swim wave info
- 8:05 am - second wave (**International only**) – see swim wave info
- 8:10 am - third wave (**International only**) – see swim wave info
- 8:55 am –first swim wave staging begins – Sprint only
- 9:00 am - first wave (**Sprint**) – see swim wave info
- 9:03 am - second wave (**Sprint**) – see swim wave info
- 9:06 am - third wave (**Sprint**) - see swim wave info
- 9:30 am - food will be served
- 11:00 am - giveaway prizes (all participants will be in the drawing)
- 11:15 am - awards

General Information:

- ◆ **Racing age is calculated as of December 31st of the current year. PLEASE CONFIRM RACING AGE AND NOT YOUR CURRENT AGE WITH REGISTRATION VOLUNTEERS.**
- ◆ Hwy 16 from Fayetteville to the race site has several sharp curves. Most areas of the 11-mile stretch are posted 45 miles per hour! Please allow extra drive time to the Lake Wedington Recreation Area
- ◆ **NO PARKING ON HWY 16 HIGHWAY. YOUR CAR WILL BE TOWED!**
- ◆ If you park inside the main park you will not be permitted to leave until the last competitor has finished. Parking is available approximately 1,000 feet east of the main park entrance if you need to leave before the race is officially over
- ◆ **Racers & Spectators will not be charged to enter the park on race day only.**
- ◆ A MANDATORY PRE-RACE MEETING FOR ALL ATHLETES WILL BE HELD NEXT TO THE ANNOUNCER'S TENT AT 7:30 AM.
- ◆ Courses are marked, but it's the racer's responsibility to know the courses
- ◆ Water, Gatorade, oranges and bananas will be available as each racer finishes
- ◆ Giveaways will begin as soon as the last competitor crosses the finish line
- ◆ Award presentations will immediately follow the giveaways
- ◆ Neutral Bike service will be provided before the race and at the Mandatory Bike Check-in on Sunday by Lewis & Clark Outfitters.

Timing Chip:

- ◆ This event is timed with an electronic chip on an ankle bracelet that will be worn around a participant's ankle. Each participant (team or individual) must wear the ankle bracelet. NO CHIP, NO TIME. Lost chips or chips not returned will result in a \$30.00 replacement fee. If you elect not to finish the race (DNF), please return your chip to the FINISH LINE immediately.

Race Numbers (3 different numbers):

- ◆ Body tattoos (temporary). Please carefully follow instructions and put on the night before.
- ◆ Bike Frame: attached on frame or seat post
- ◆ Helmet number: is a peel and stick # and worn on FRONT of helmet
- ◆ Bib number: can be worn while on the bike, but must be worn on the front while on run.

Transition Area:

- ◆ Sprint and International are in separate designated areas
- ◆ 4 bikes per side or 8 bikes per section
- ◆ Rack position is on a first-come basis. Do not move others' equipment without permission
- ◆ Athletes must place their transition items to the left of bike when facing the bike racks
- ◆ There is a limited area available for athletes to rack their bike and set-up a transition site
- ◆ Please keep your gear to a minimum and organized throughout the event. Remember, NO GLASS CONTAINERS, are allowed in transition
- ◆ No one may remove their bike from the transition area until the final cyclist racks their bike.

Body Marking:

Athletes will be marked as follows (if tattoo fails to apply):

- ◆ Left Hand Race #
- ◆ Left Upper Arm Race #
- ◆ Right Upper Arm Race #
- ◆ Right Calf Racing Age (age as of December 31)
- ◆ Left Calf Race Category (S – Sprint, A – Aquabike, I – International)
or Team Code (TM – Male, TF – Female, TC – Coed)

Swim Wave Information (please confirm that your Swim Cap coincides with the correct Group):
All swimmers will be required to exit the water (if in the water warming up) and re-enter the water through a timing chute before beginning the swim. Swimmers may warm up in the water before the start of the race, but only in the designated swim area which is outlined by ropes and buoys.

INTERNATIONAL:

Wave:	Time:	Cap Color:	Group:
◆ First.....	8:00 am.....	green.....	39 and under Male triathletes & ALL Aquabikes
◆ Second.....	8:05 am.....	yellow.....	40 and over Male triathletes
◆ Third.....	8:10 am.....	pink.....	All Women triathletes
◆ Third.....	8:10 am.....	blue.....	Team swimmers
◆ Third.....	8:10 am.....	blue.....	12-15 Male triathletes

SPRINT:

- ◆ First.....9:00 am.....white.....39 and under Males
- ◆ Second.....9:03 am.....blue.....40 and over Males
- ◆ Third.....9:06 am.....red.....Women

Rules:

- ◆ All 2017 USAT rules are in effect.
- ◆ Do not leave personal gear or equipment on the racecourse.
- ◆ **See additional USAT rules in race packet and “Note from Head Referee”.**
- ◆ **Racing age is calculated as of December 31st of the current year. PLEASE CONFIRM RACING AGE AND NOT YOUR CURRENT AGE WITH REGISTRATION VOLUNTEERS.**

RELAY TEAMS – International distance only:

- ◆ Chip Timing: team members will transfer the ankle bracelet to their team member upon completing their particular event(s)
- ◆ After the swim starts, the relay members are allowed back in transition and they should wait at the bike. When the swimmer comes to the bike, they pass off the chip then the biker puts on their helmet and unracks their bike. When the biker returns to the transition area AND after the biker racks the bike, then the chip is passed off to the runner.

Swim Course - TWO DISTANCES – 400 yards (Sprint) & 1,000 yards (International):

- ◆ *All swimmers will be required to enter the water through a timing chute before beginning the swim. Swimmers may warm up in the water before the race begins, but not before safety personnel are deployed in the water*
- ◆ The course has a separate entry and exit point
- ◆ The course swim is in a clockwise direction - keep buoys on your right
- ◆ The lake is very clear and clean, but the lake may have some lake grass
- ◆ Wetsuits **may be** allowed if the temperature is between 78-84, but participants will not be eligible for prizes or awards
- ◆ Swim caps are mandatory. **Please confirm that you received the correct swim cap color**
- ◆ Swim cutoff time is one hour for international and 30 minutes for sprint

Bike Course – TWO DISTANCES – 13 miles (Sprint) & 19 miles (International):

- ◆ THERE IS A STRICT **NO-PASSING AND CAUTION ZONE** AS YOU EXIT THE PARK ONTO HWY. 16. A VIOLATION OF THIS RULE IS AN IMMEDIATE DISQUALIFICATION. THE REASON FOR THIS STRICT POLICY IS DUE TO A SHORT, STEEP DOWNHILL SECTION COMBINED WITH A 120-DEGREE RIGHT-HAND TURN ONTO A HIGHWAY. IT'S FOR YOUR SAFETY!
- ◆ The first two turns and the last turn before re-entering the park area are greater than 90-degree turns....please be careful
- ◆ SPRINT DISTANCE – at approximately 5.2 miles you will turn to the right.
- ◆ THERE IS A MOUNT AND DISMOUNT LINE LOCATED JUST OUTSIDE OF THE TRANSITION AREA! NO RIDING IN THE TRANSITION AREA
- ◆ Helmets will be checked to make sure they are Consumer Product Safety Commission (CPSC) approved before you enter the transition area
- ◆ Chinstraps must be buckled at all times while on the bike before, during and after the race.
- ◆ Bar end plugs will be checked. Lewis & Clark Outfitters will provide them at no charge, but you have to replace them yourself
- ◆ Both motorcycle and race support personnel will be acting as draft marshals
- ◆ Bike cutoff time is 2 hours for International. 1 hour for Sprint
- ◆ See course map for details.

Run Course – TWO DISTANCES – 2 miles (Sprint) & 4 miles (International):

- ◆ There are two different turnaround points on the course. One for Sprint & one for International
- ◆ Bib number must be visible when you start the run **AND** must be worn on the **front**. It is **MANDATORY** during the run and when you cross the Finish Line
- ◆ Water, Gatorade and PowerGel will be available on the run course. You will pass a run aid station five times.
- ◆ Run cutoff time is one hour
- ◆ See course maps and course directions for details.

GOOD LUCK AND HAVE FUN!!!