

2010 Splash & Dash Youth Triathlon

RACE INFORMATION

Race Start Time: 2:00 PM

Packet Pick-Up:

Sunday, September 19th from 11:30 AM - 1:00 PM @ Greenville Aquatics & Fitness Center--921 Staton Rd. Greenville, NC 27858.

NOTE: All participants must pick up their own race packet. (Including all relay team members)

Please plan to arrive no later than 1pm. Once you arrive, you will want to pick up your packet. You will need to have your run number (included in your race packet) with you when you pick up your timing chip at the timing chip table. After getting your timing chip, proceed to the body marking area and a volunteer will write your race number on your arms and legs. Setup your bike and equipment in the transition area and make your way to the pool area for the pre-race briefing and final instructions. The race will start promptly at 2:00pm.

Body Marking:

All participants must be marked at the body marking area – located near the Packet Pickup Table beginning at 12:00 PM. Please show your run number to the volunteer doing the marking.

Parking:

The large parking to the left the gym is for participant and volunteer parking. Anyone parking in this lot must be parked by 1:30 PM. No one will be allowed to leave this lot until 3:15 or until the last finisher has crossed the line. There will be signs and volunteers directing traffic to the parking areas.

Pre-Race Instructions:

Pre Race instructions and last minute information will be given outside near the swim entrance at about 1:45. Please be sure to be present.

ChampionChip Timing:

This race will be timed using the ChampionChip Timing method. Please make sure you read the ChampionChip Timing instruction sheet inserted in your race packet. All participants will be issued a ChampionChip Timing chip on race morning along with an ankle band. Timing chips will be distributed at the Tent adjacent to the packet pickup table.

NOTE: You will be required to have your race number (run number) with you in order to get your timing chip. All timing chips must be picked up by 1:30 PM. If you lose your timing chip, you will be charged a \$30 replacement fee.

Race Numbers:

1. 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. You must present this number at the chip pickup tent to receive your chip.

2. Your Race Number will also be marked on your arm and leg for identification during the Swim and Bike Segments.

Transition Area:

- The transition area will have two entrance/exits. One entrance/exit will be for Swim In & Bike Out. The second entrance/exit will be for Bike In & Run Out.
- Bike Rack positions will not be assigned. They are on a first come first serve basis. Please be considerate of others and take only as much space as you need for setting out your bike, shoes helmet and other supplies you will need. This will allow more space between bikes for placing your gear.
- No bike storage the night before the race.
- Participants only in the transition area. The transition area will close at 1:45 PM.
- Only the race participant will be allowed to remove his/her bike from the transition area.
- Participants will not be allowed to mount bikes inside the transition area – There will be a Mount/Dismount line painted on the pavement and a volunteer just outside the transition area.
- Dismount at transition area entrance following the bike segment at the designated line.
- **Absolutely no riding in the transition area.** This would pose a big safety problem!

Swim:

- All participants must be able to complete the prescribed swim distance on their own without outside assistance or without any type of artificial swim aid such as floats, fins, snorkels, etc.
- Swim diagram is on the website, and will be inserted into the race packets.
- Each lane will be roped off. Participants will swim down in one lane, and then at the end of that lane, touch the wall, duck under the lane rope and swim back in the next lane “zig zagging” their way toward the swim finish and exiting at the ladder.
- Swim start order will be based on age and race number.
- Swimmers will line up at the pool by number beginning at 1:45 PM. Final prerace instructions will be given at this time also.
- First swimmer will start at 2:00 PM.
- Participants will go off individually in 15-second increments.

Bike:

- Bike course map is on the website, and will be inserted into the race packets.
- Stay at least 3 bike lengths behind the person in front unless passing. When passing, always pass on the left.
- Hard shell helmets must be worn and fastened before leaving the transition area. **HELMETS MUST BE FASTENED ANYTIME YOU ARE ON YOUR BIKE (This means before and after the race!)**
- Stay to the right to allow faster cyclists to pass on the left.
- No headphones, earphones or any radio-type devices will be allowed.
- There are plenty of volunteers and police officers along the course, but it is ultimately your responsibility to know the course.
- Bike course will be marked with orange arrows and cones. Follow the Arrows and listen to the Volunteers.

Run:

- Run course map is on the website, and will be inserted into the race packets
- The course is a single loop course this year. Volunteers will direct participants, based on their age, to turnaround at various points along the course. We have assigned race numbers in such a way that makes it possible for volunteers to direct who needs to go where. This is another reason it is critically important that the run number be visible on the front. Please review map on line and become familiar with the course.
- DO NOT CUT CORNERS. Officials will be positioned at the key corners and will be writing down the numbers of anyone who cuts a corner. This will result in disqualification or time penalty at the directors discretion.
- Aid stations will be located at the beginning of the run and along the course.
- No headphones, earphones or any radio-type devices will be allowed.
- You must have your run number visible on the front of your body, as you cross the finish line. Failure to do so will result in a one minute penalty.

Relay Teams:

- ❖ Swimmers will tag bikers at their designated bike rack location in the transition area and give their timing chip to the biker.
- ❖ Biker must tag runners at the same location – your designated bike rack location in the transition area and give their timing chip to the runner.
- ❖ Relay teams need to remember to pass off the ChampionChip Timing Chip attached to the Velcro band to each team member.

Results & Awards:

Results will be posted near the finish line beginning at 3:00 PM. Awards will be given out at approximately 3:15 PM.

REMEMBER: Since start times are staggered at the swim, your placing will be determined by your finishing time not the order in which people are crossing the finish line! Its entirely possible to cross the finish line last and still win your age group, so DO NOT let up or give up!

GOOD LUCK and REMBER TO HAVE FUN NO MATTER WHAT

If you need to leave early, please arrange to have someone pick-up your award. We will not mail out awards.