

**JULY 26<sup>th</sup>, 2015**



**ATHLETE GUIDE**



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# Packet Pick Up

**Where:** Bike Barn  
2307 Texas Avenue South  
College Station, Texas 77840

**When:** Saturday, June 25, 2015  
2:00pm-6:00pm

**What:** You will receive your race bib, tattoos, and sticker system along with your race shirt, swim cap, and special deals just for athletes!

**Who:** To pick up your packet, you will need your bib number (this list will be emailed to you before Packet Pick-Up) and a photo ID or your confirmation email.

**USAT Membership:**

If you have an annual membership to USAT please bring your member ID with you. If you do not have an annual membership you will need to purchase a One-Day Membership for \$12 (cash or check only).

**Race Day Packet Pick-Up:**

There is a \$10 charge for race day packet pick-up. It will open on race site at 6:00am and will close promptly at 7:00am. Please allow enough time to get your packet and set up your area at transition before transition closes at 7:15am.



# Race Day Information

**Where:** Texas A&M Rec Center  
797 Olsen Blvd.  
College Station, Texas 77845

**When:** Sunday, July 26th, Transition and race-day packet pick-up open at 6:00am

**Parking:** Free race-day parking will be provided in Lot 61 just north of the West Campus Parking Garage. You must access this parking lot from John Kimbrough as Olsen will be utilized for the race course.

**Water Stops:**

There will be two water stop locations: One at the beginning of the run course, near transition, and one after the first loop of the run course.

**Bathrooms:**

There will be portable toilets available near transition and the bathrooms inside the Rec Center will be accessible.

**Bike Maintenance:**

Bike Barn will have a booth set-up near transition and will be prepared to assist with bike maintenance emergencies.

**Post-Race:**

There will be water in bottles provided by Bike Barn, break fast tacos provided by Rudy's Bar-B-Q, and snow cones provided by Champion Concessions for all athletes when their race is completed. There will also be a licensed chiropractor and massage therapist on site.

6:00am – Transition opens

6:45am – Relay orientation meeting (south side of transition area)

7:00am – Swim Warm-up

7:15am – Transition and swim warm-up closes

7:20am – National Anthem and Announcements

7:25am – Athletes line up in natatorium

7:30am – Invitational Wave Start

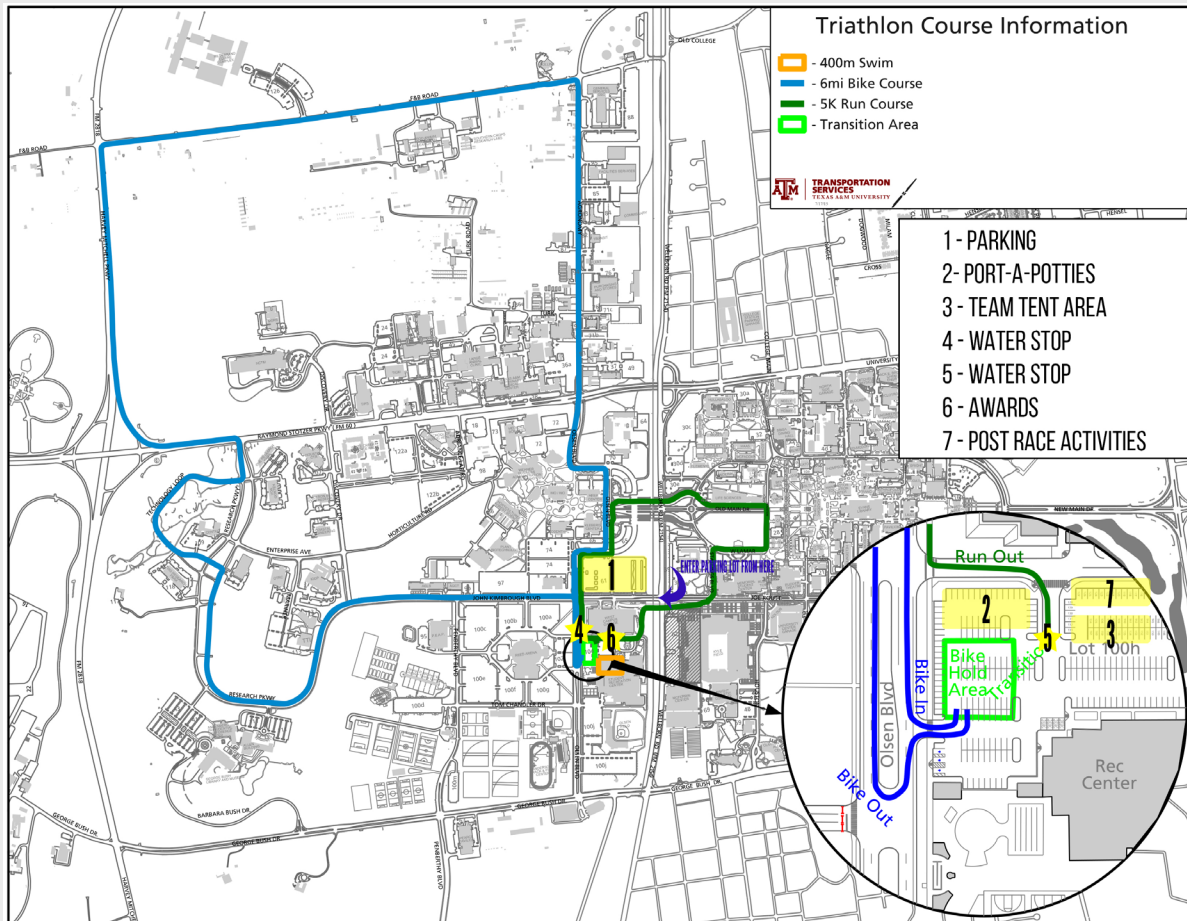
\*7:45 – Age Group Wave Start (Approximately)

11:00am – Awards (Approximately)

\*Age Group Wave will start immediately after the Invitational Wave.

## Course Map

\*Two loops for both run & bike



## Safety

Safety is our number one concern for this event. This includes but is not limited to: 40 volunteers working during the event, Texas A&M EMS personnel on duty, and traffic controlled bike and run course. Texas A&M University and College Station Police Officers will be stationed at key intersections directing traffic. Athletes should obey traffic laws and law enforcement direction.

If there is inclement weather on race day, the race director and Texas A&M authorities will postpone or cancel the race in regards to athletes' safety. Please be sure to check our social media outlets for updates. Please note this is a non-refundable event.



## Rules and Equipment Guidelines

**Our race is a sanctioned event and will follow USAT Rules. Here is a list of the most common violations:**

**Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

*Penalty:* Disqualification

**Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

*Penalty:* Disqualification on the course. Variable time penalty in transition area only.

**Outside Assistance:** No assistance other than that offered by race and medical officials may be used.

*Penalty:* Variable time penalty

**Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

*Penalty:* Variable time penalty

**Drafting:** Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

*Penalty:* Variable time penalty

**Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

*Penalty:* Referee's discretion

**Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language, or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

*Penalty:* Disqualification

**Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or any personal audio devices are not to be carried or worn at any time during the race.

*Penalty:* Variable time penalty

**Race bib:** All athletes are required to wear their race bib at all times during the run. The bib must face the front and be clearly visible at all times. Bibs may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

*Penalty:* Variable time penalty for missing or altered number. Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

**Wetsuits:** If you choose to wear a wetsuit during the swim course, you will not be eligible for awards.

**Abandonment:** All personal equipment and belongings taken onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

*Penalty:* Variable time penalty

**Age Group:** Athletes must be entered into the age group that corresponds with their age as of December 31, 2015.

#### Variable Time Penalties for Sprint Distance Triathlon

- 2 minutes for first offense
- 4 minutes for second offense
- Disqualification for third offense.

For a complete list of the rules please visit the following link:  
<http://www.usatriathlon.org/about-multisport/rulebook.aspx>





### **Timing Chips**

Timing chips should be picked up race morning from 6:00am to 7:00am at the table next to the transition area. The timing chip is required to be worn on the athletes ankle at all times during the race. Timing chips will be removed at the finish line. Chips that are not returned will result in a \$25 charge.

### **Body Marking**

Athletes will be given a sticker and tattoo system during packet pick-up. Please follow the directions on where to apply these before arriving to the race site.

### **Awards Ceremony**

The awards ceremony will take place near the finish line at approximately 11:00am or when results are finalized. Every finisher will receive a finisher medal. Age Group awards will be presented 3-deep in all age divisions for both male and female divisions along with top overall in male and female divisions.

### **Photos**

*RACE PHOTOS ARE FREE* at Race Texas Events! We will send out a link a few days after the event where you can download and share your pictures!

### **Results**

Professional state of the art chip timing will be provided by Redemption Race Production Timing. Your time will be posted in the Timing Trailer immediately after you are finished with the race. Official times will be posted on the website the day after the race.

# Relay Rules

- There is a mandatory relay participant meeting at 6:45am on race day on the pool side of Transition area.
- Relay teams will be assigned a race number based on their estimated swim time.
- The swimmer will wear the race number tattoos
- The cyclist will wear the helmet and bike post stickers along with a bib affixed to the front of their shirt or race belt.
- The runner will wear the race bib, affixed to the front of their shirt or race belt, and the age group tattoo.
- The first chip transfer must occur inside transition area prior to bike leg starting bike portion of the race.
- The second chip transfer must occur inside the transition area and AFTER the bike is properly racked after the completion of the bike leg.
- The cyclist can be fully dressed with helmet and shoes on if they choose.
- The cyclist returns to transition and racks bike in same assigned bike rack location.
- Relay members may not interfere with other competitors while inside the transition area.
- All participants must have USAT memberships in order to participate.

# Race Day Checklist

- Bike
- Helmet
- Race numbers (tattoo and sticker system, bib)
- Swim cap
- Goggles
- Running shoes
- Cycling shoes (if used)
- Water bottle
- Nutrition (gels, sports drink, food)
- Sunscreen
- Sunglasses
- Towel for transition



# Spectator Information

Parents, friends, and family should plan to come out to support your athletes! Here are some tips for spectators at Tri AggIELand:

- Come early! Park in lot 61 which you will access from Wellborn Road and John Kimbrough. Remember that Olsen at Bush will be closed during the race.
- Bring a snack, fluids, and a seat or lawn chair. Triathlon events can go on for a few hours so please prepare to stay until the completion of the event.
- Spectators may enter the Rec Center and go upstairs to the auditorium to view the swim. No spectators may enter the pool deck area.
- Position yourself near the transition area during the swim and bike portion of the race, then head on over to the finish line after your athlete starts the run.
- Listen to the volunteers. If they ask you to move, move quickly and remember that we have an active race course and you must stay off of the course.
- Cheer for everyone and make lots of noise!

### When should I arrive?

Transition area is open from 6:00-7:15am. You need to arrive with plenty of time to park and walk over to the race site to set up your assigned corral in transition and pick up your ankle timer before it closes. If you are not set-up in transition by 7:15 you will not be allowed to race.

### Do I have to wear a swim cap? Can I use a floatation device? Can I use a snorkel?

- It is your choice to wear a swim cap or not.
- You may not use a floatation device.
- You may use a snorkel but if you do it will disqualify you from earning an age group award.

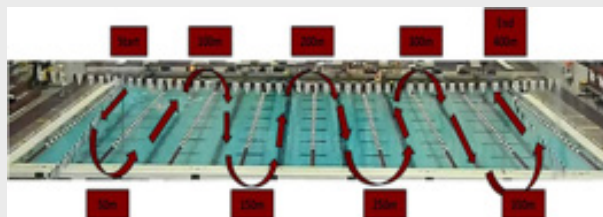
### When can I get my equipment out of transition?

When you have completed the race you will not be allowed back in transition until all athletes have finished the race.

### How does the swim course work?

Athletes will line-up in numerical order (based off your bib/tattoo number). We estimate that it will take 1.5 hours to have all the athletes in the pool. Please plan accordingly, keeping in mind that you must have your area in transition set-up before 7:15am and that you are responsible if you miss your swim entrance.

The swim will begin on one end of the pool and athletes will jump feet-first into the pool and swim down the entire length of that lane. At the end of the lane, the athletes will cross under the lane rope to swim back in the next lane. This pattern will continue for 8-lengths or a total of 400 meters.



Athletes will start the swim with 10-seconds in between each one. Athletes will swim on the right side of the lane and passing will be allowed on the left.

### Where do I turn to complete another bike loop?

