

FINAL EVENT INFORMATION

LAKE NONA® **TRIATHLON**

RACE VENUE: Nona Adventure Park- (Swim Start & T1) 14086 Centerline Dr, Orlando, FL 32827
Boxi Park- (T2 & Finish Line) 6877 Tavistock Lakes Blvd., Orlando, FL 32827

RACE PARKING: Parking for the event will be located at the Lake Nona Parking Garage- 6955 Lake Nona Blvd Orlando, FL 32827

RACE NUMBER: Your race bib can be found in your race packet. Please make sure the number on the bib corresponds to the race number assigned to you. You'll find your official race number on the label affixed to the packet. Your race bib must be worn on the front of your running shirt or shorts during the run and remain visible at all times. Do not cut, fold or alter your race number in any way. You must show your race bib to enter the transition area on race morning, and your run number must be visible when you exit the transition area to start the run. Following the race, **you will need to show your race bib to reclaim your bike and gear from the transition area.**

SWIM CAP: Your official swim cap is provided for you in your race packet. This cap is provided for your safety during the swim and must be worn during the entire swim.



BODY MARKING: Body marking will be done onsite by a volunteer. If you would prefer to body mark yourself markers will be available in the transition area. BIB numbers should be visible on the FRONT of the arms and shins.

BIKE INSPECTION: It is up to each individual athlete to make sure his or her bike is in safe and proper working order. JPR Mobile Services will be set-up near the entrance to the transition area on race morning should you need assistance with your bike. Please make sure your handlebar ends are plugged.

BIKE FRAME NUMBER: Your bike frame number is included in your race packet. The number must be attached to your bike and be visible from both sides before you will be allowed to bring your bike into the transition area.

BIKE CHECK-IN: Saturday bike check-in is **HIGHLY** recommended. Bike check in will be available on Saturday from Noon- 4:00 PM and again on Sunday from 5:30-7:20 AM. All bikes and gear, for all events, must be placed by 7:20 AM. Please allow for extra time to stage your bike in transition.

TRANSITION AREA: The transition area has specific zones for each race that will allow us to have staggered closing times for each race. All bikes and equipment for all events must be staged prior to 7:25am. The transition area will be cleared of all athletes by 7:20 in order to have a clean field of play for all. Following the race our transition team will let athletes reclaim their gear as quickly as possible. Please be aware that the transition area is an active race zone until 11:00 am, so please follow the instructions of the volunteers and be aware of your environment when you enter. This is not the time or place to chat with other athletes in the transition area as you may become distracted and a hazard to athletes who are still racing.

RECLAIM BIKE & GEAR: Only the athlete with their race bib will be permitted to reclaim gear. Remember, no race number, no gear!

DROPPING OUT: If you drop out of the race for any reason, it is imperative that you notify a race official and return your Timing Chip immediately!

SWIM COURSE: The swim course is a 400m course. A water station will be located prior to the entrance of the transition area. Cups of water will be put out on tables for you to grab as you run towards the transition area.

SWIM STARTS: Athletes will be assigned a swim wave and specific cap color in advance of the race. This information will be printed on your race packet and your swim cap will be inside of your race packet. The swim start will be a time trial start. When your wave is called to line up you will self-seed by ability in the swim chute. When it is your turn, you will tell the timer your number and wait for them to tell you when to start.

BIKE COURSE:

All course maps can be found here - <http://sommersportsevents.com/Resources/Maps-Downloads>

RUN COURSE: The run course will be an out and back on the trail alongside Lake Nona Blvd. All turnaround points will be marked with signs and will have a course marshal present. It is the responsibility of each athlete to know the course so please study the course maps and become familiar with them prior to the race. At the end of the run, you will come off the trail and turn left onto Tavistock Lakes Blvd into the finish chute.

DUATHLON: The Duathlon run #1 start will be on the sidewalk in the parking lot of Adventure Park. There will be a duathlon flag placed by the start line. Your first run is 1 mile and you will run out .5 miles to the turnaround point on the trail. The run #1 turnaround point will be identified with a sign. At the end of run #1 you will be merging in with the swimmers to run back into transition.

AQUABIKE: Your race will end when you finish the bike course and cross the bike finish timing wire. After you finish we encourage you to enter the finish chute and cross the finish line for your official finish photo and to claim our finisher medal and return your timing chip. The time recorded when you cross the finish line will be discarded. If you do not want to run through the finish, please report to the end of the finish chute to turn in your timing chip and collect your finisher medal.

RELAY: The relay exchange point will be at the entrance to the transition area. The transition area coordinator will brief relay team participants on race morning.

RUN WATER STATION: A run water station will be located at the start of the run and another midway on the course, near miles 1 and 2. Water will be distributed in cups by volunteers. When you are ready to dispose of your cup, please toss it in one of the many trash cans you'll find along the course. Be sure to thank the volunteers!

COURSE MARKINGS: The swim course will be marked with large triangular and round buoys. The bike course is marked with neon arrows in advance of and immediately following each turn. Three signs will be placed at each turn and all bike signs are of the same design. Law enforcement will be at all intersections where athletes do not have the right of way. Please be aware that their responsibility is traffic control and course safety. They are not there to be course marshals to direct you where to go. **It is your responsibility to know the course!**



The run course is marked with arrows immediately prior to each turn and at the turnarounds. Signs are placed in advance of all turns and turnarounds.

COURSE MAPS: **It is your responsibility to know the course!** We recommend you travel the course in advance of the race. Please study the course maps available online and note the locations of the turns and support stations. You can access the maps from the event website and also from the Downloads Page - <http://sommersportsevents.com/Resources/Maps-Downloads>

WETSUITS: Wetsuit use is in accordance with USAT Rules. The water temperature is currently not in the wetsuit legal range and we expect it to remain in the non-wetsuit legal range until fall.

LITTER: Please respect the environment by helping keep the Lake Nona area clean! Do not discard your energy product wrappers (i.e., Bar and Gel wrappers), banana peels and bike bottles along the course. All trash should be discarded at the designated bottle exchange stations and water stops.

TIMING: This race will be timed using state of the art race|result pro chips. The timing chips are attached to a neoprene ankle bracelet and they must be worn on your ankle, NOT YOUR WRIST. Chips will be inside your race packet. Timing chips will be collected in the run finish chute. If you drop out of the race for any reason, please turn in your timing chip at the end of the finish line chute. You are responsible for the safe keeping of this chip during the event. **There is a \$65 replacement fee for lost or non-returned chips.** Please do not cut the chip bands. You will be assessed a \$5 replacement fee if you cut the band on your ankle strap.

If you or your friends wish to receive text or email results notifications during the race, please make sure you follow the link in the email to authorize messaging via RunSignUp.com.

RESULTS & AWARDS: The race announcer will announce when awards are ready to be distributed, typically within one hour of the first finisher of that event. The awards podium and backdrop will be nearby so photos can be captured.

UNSPORTSMANLIKE CONDUCT: **Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in disqualification!**

VOLUNTEERS: **Please thank the volunteers whenever possible!** If you have friends or family members that would like to volunteer on race day, please email vteam@SommerSports.com.



COMMONLY VIOLATED RULES & PENALTIES

1. 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

2. Chin Straps:

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

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

3. Unauthorized Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time penalty

4. 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: Time penalty or disqualification

5. 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.

Illegal Pass--cyclists must pass on the left, not on the right.

Blocking--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Time penalty

6. 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, time penalty or disqualification

7. 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

8. Headphones and Telephones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress.

Penalty: Time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

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

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

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

Penalty: Time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:
<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

