

## FINAL EVENT INFORMATION



**RACE VENUE:** Lake Louisa State Park- 7305 US Hwy 27, Clermont, FL 34714

**RACE PARKING:** Limited parking will be available in the main parking lot near the beach area. **Carpooling is highly recommended.** **\$4 Entrance Fee is required per Vehicle - Cash Preferred.** Please give yourself extra time to drive from the Ranger shack to the beach area.

**REGISTRATION:** In order to streamline our packet pick-up process, there will be no onsite event registration, nor will you be able to change events or update your race entry. All changes must be made in advance online, or by contacting our office at [info@sommersports.com](mailto:info@sommersports.com)

**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:** **There is no Friday bike check-in available.** All bikes must be checked-in on race morning, Saturday starting at 6:15am.. 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 7:25 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.

**RECLAIM BIKE & GEAR:** Only the athlete with their race number 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 rectangular course that is shared by both triathlon distances. Swimmers will swim clockwise keeping all buoys on their right. 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 your race packet.

**BIKE COURSE:** The bike course is 2.2 miles. Juniors will complete one loop. Seniors will complete two laps.

**RUN COURSE:** All turnaround points will be marked with signs and will have a course marshal present.

**DUATHLON:** The Duathlon run #1 start is at the run start flag outside of transition. Your first run for juniors is .25 miles, while for seniors it is .5 miles. The run #1 turnaround point will be identified with a sign and a volunteer. At the end of run #1 you will enter the transition area via the run start chute.

**RUN WATER STATIONS:** A run water station will be located at the start of the run and another at the senior run turnaround. 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.



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.

**LITTER:** Please respect the environment by helping keep the park 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 handed out under the Highlander Pavillion on race morning. 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.

**The event timeline is as follows:**

**6:00am - 7:15am - Packet Pick-up at Lake Louisa State Park**

**6:00am - 7:25am- Transition Area Open**

**7:30am - 6-10 Year Old Wave Start (Juniors)!**

**8:15am - 11-14 Year Old Wave Start (Seniors)\*!**

**\*Senior wave will not start until all Juniors have cleared the course.**

**RACE SMART!**

**A special thanks to our great community partners!**



## 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

<b>Distance Category</b>	<b>1st Offense</b>	<b>2nd Offense</b>	<b>3rd Offense</b>
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>

