

PACKET PICK-UP

Seventy Point Three

WHEN: Friday, April 24, 2020, from 2pm to 7pm

WHERE: Huntington Beach State Park
16148 Ocean HWY
Murrells Inlet SC 29576

**WHAT
TO BRING:**

- Photo ID
- USAT Membership card or \$15 cash to purchase one day license. (Since this is a USAT Sanctioned event you are required to either be a current member or purchase a one day license.)

**RULES OF
CHECK IN:**

- There is no race day packet pickup.
- Only you can pick up your packet.
- Relays can pick up at different times but timing chip will be given to the last member to pick up.
- Mandatory wristband - A wristband will be affixed to your wrist when you check-in. This wristband designates you as an official entrant and is a mandatory security ID. **No wristband, no transition area access, no race.** You will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist.

YOUR RACE PACKET WILL INCLUDE:

- Swim Cap
- Bike number and bike helmet number.
- Running bib.
- Athlete Wristband
- Timing chip

PRE-RACE MEETING: Friday, 6:00 PM

RACE DAY

APRIL 25, 2020

BODYMARKING:

Body marking will take place outside the transition starting at approx. 6:45 am. You will be marked on your arms and back of your calf. Please do not ask for any special markings or additional markings.

PARKING/TIMELINE:

Make sure you give yourself plenty of time to get in the park on race day. The transition area is most congested from 6:30 AM – 7:00 AM.

BIKE AND GEAR CHECK IN

All bikes are to be racked on race morning. Transition opens at 6:00 am for both distances. All athletes must be check in to transition by 7:15 am or you will not be permitted to race. To enter the transition area, each athlete must have their race number affixed to their bike and helmet and their wristband on their wrist. Bike check in will occur at the Bike Start/Bike Finish side (West side) of the Transition. **Each entrant will have an individually numbered bike rack on which to rack their bike (will correspond with your bib number).** Please make sure to store your gear under and near your bike and out of the way of your fellow competitors. Any athlete who arrives after 7:10 am will NOT have access to the transition area or be able to race.

EMERGENCY INFO

It is imperative that you have a clear communication plan with your family prior to coming to the race. Be sure to share your race plans, BIB # and race emergency contact info with your family and friends.

Please update your emergency contact information if needed at Registration.

In the event of an emergency your emergency contact will be called.

If you don't start the race. Please turn your chip in at the timing tent; so we can record your choice to not race.

DROPPING OUT

If you drop out it is crucial that you turn your chip in at the timing tent. It is important that we know where you are on the course at all times.

BIKE CHECK IN/TRANSITION

You are free to walk any part of the course including transition. You cannot check in your bike until race morning.

RELAY ATHLETES

All relay team members will have access to the Transition area. Bikes must be in the transition area by the time transition area access closes at 7:15 am. Relay teams must pass the timing chip to their teammates at your bike rack spot in the Transition area. On race day, enter the transition zone and wait at your assigned team bike rack. The timing chip must be passed during each transition, from swimmer to biker to runner. Do not start before your teammate has reached your bike rack to pass the chip or you will be disqualified.

All relay swimmers will seed themselves based on their swim time. The swimmer and biker can meet the runner at the finish line where the runner will collect all finisher medals, one per team member.

RACE RULES AND CUT-OFFS

Swim Rules

- Cut Off Time: 1 Hour 10 Minutes from the start of the race. Anyone not finished at this time will be pulled from the water and disqualified.
- Swim waves will go 5 minutes apart.
- Each swimmer must wear official cap as provided in race packet-no exceptions or substitutions.
- Wet suits will be permitted according to USAT regulations.
- The course will be patrolled by water safety personnel in boats and/or kayaks, etc.
- Swimmers may hang on to a buoy, kayak or long board to rest without disqualification so long as they are not pushed or propelled in any way.

- Relay swimmers tag off to team cyclists in the designated relay team area in the bike corral.

- It is at the discretion of the lifeguards and the safety of an athlete to decide if an athlete needs to be removed from the water.

Bike Rules

- Bike cut off 5 Hours 30 Minutes after wave start

- Each competitor is responsible for having his/ her bike in proper working condition. **You MUST have bar ends (plugs) on your bike – all bikes will be checked after transition is closed. Failure to have bar ends (plugs) will result in your bike being removed from the transition area and your disqualification.**

- ABSOLUTELY NO RIDING IN THE TRANSITION AREA.**

- All cyclists are responsible at all times for their own safety and for compliance with traffic laws on the cycling course and are solely responsible for the consequences of any infraction.

- Cyclists are expected to heed directions and instructions of race officials.

- ALWAYS** ride on the right side of the road. Crossing the center line is not allowed. Take care making corners at high speed.

- HELMETS** are required during the bike race. They must be on your head with chin strap fastened securely any time you are on your bike before, during and after the race. USAT ruling and violation is grounds for disqualification.

- RELAYS:** Cyclists must return to the designated relay team area to tag off with the runner.

- No individual support vehicles or assistance by anyone is allowed.

- NO DRAFTING OFF ANOTHER BICYCLE**

RUN RULES

- Cut-off 8:30 total race time

- No headphones, cell phones, or devices of any kind that play music.

- Always use respect when coming through the finish line chute and be aware of your surroundings.
- Emergency conditions may occur during race. Please pay attention to your surroundings for indication of the need to clear the course or take other instructed action.
- Respect the land. Do not litter. Trash cans are available at every aid station.

All participants not meeting the cutoff time limits of any or all courses will be disqualified and, if they continue, will assume all risks and must adhere to local traffic laws. Any participant who is still on the course past the respective cut off time will be directed back to the transition zone.

Aid Stations

Swim Exit – there is a water station located at the swim exit. Athletes may utilize this before and after the swim.

Bike Course- there is not a bottle exchange on the bike courses.

Run Course – Water and Gatorade will be offered at each water station on the run course approximately every mile.

Timing Chip

- Your timing chip will be in your packet.
- Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to a Long Bay Triathlon staff member.
- It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for chip.
- If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

COURSE DETAILS

AID STATIONS

Aid Station Swim Exit – stocked for prerace so athletes can hydrate prior to race and exiting swim.

RACE RESULTS

Preliminary results will be available within minutes of crossing the finish line. Official Results will be posted within 12 hours.

You can still visit the results page of the website to get your results.

VERY IMPORTANT – KNOW THE RULES OF RACING

Click link below for most common rules violation:

<https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules/most-common-rules-violations>

Three violations result in a disqualification