



WASHINGTON OLYMPIC AND SPRINT TRIATHLON  
SATURDAY August 19, 2017  
8:00 AM

**Arrival Time:**

Arrive at event site no later than 6:45 am on Saturday for the **Washington Olympic and Sprint Triathlon**. **EVENT START - 8:00 am for Olympic and 8:30 am for Sprint**. Packet pick up line will close at 7:30 am. If you are not in line by this time you will not be allowed to get your packet!

**Packet Pick-Up:**

Friday (8/18) – 4:00 pm – 6:00 pm @ 300 Riverside Drive - Washington, NC 27889  
Saturday (8/19) - 6:30 am – 7:30 am @ 300 Riverside Drive - Washington, NC 27889

**USAT Annual Members:** All members should have a copy of their USAT card and their driver's license in order to pick up your packet.

***YOU MUST PICKUP YOUR OWN PACKET WITH ID! NO EXCEPTIONS!***

**Non-USAT Annual Members:** If you have not paid the one day \$15.00 USAT fee please be prepared to pay this at the race site. Cash or checks made out to FS Series will be accepted at the check-in area.

**Parking and Drop Off:**

All Parking will take place at Haven's Garden, Northside of River Road and Boat Ramp. NO PARKING IS ALLOWED IN WASHINGTON PARK! ***Please do not park in Washington Park, your cooperation will help us to continue the event.***

**If you wish to drop-off your bike, drive down Pine Street then at the end on Riverside Drive we will have a few racks setup for bikes. Please rack bike and leave bag then go park. PLEASE DON'T PICKUP YOUR PACKET as it will create more people parking their cars in no parking areas.**

**REMEMBER: IF YOU ARE ON YOUR BIKE AT ANY TIME AT ANY USAT EVENT YOUR HELMET MUST BE FASTENED.**

**Body Marking:**

All participants must be marked at the body marking area located near the Transition area. Body marking will stop at 7:45 am on Saturday for the **Olympic and Sprint**.

**TIMING CHIPS:** You will receive our timing chip and chip strap on race morning, please be sure to wear it at all times on your **LEFT ANKLE IF YOU ARE RACING**. Relay teams can exchange it with your team members at your bike rack location (after the swim / after the bike). You are responsible for the return of your chip to the timing officials at the finish line. Failure to return your chip for any reason will result in a \$10.00 replacement fee. THERE WILL BE NO EXCEPTIONS TO THIS RULE!

## **Pre-Event Instructions/Meeting:**

A pre-race participant meeting with important information and instructions will held at Friday, August 18 at 6:00 pm at the transition area for the **all races**. This meeting is optional. A short pre-race briefing will take place at 7:45 am at the swim start race morning for Olympic and 8:15 for Sprint. You must attend this meeting!

## **Pick Up Your Trash:**

We ask you to be considerate and not throw debris on the ground during the run and bike. Littering compromises our chances of staging these races at selected venues. It also makes it difficult for staff and volunteers following the race. It will also get you DQ'd if a USAT official catches you! Please help us out and look for trash bins - there will be plenty of them scattered around the course.

## **Awards:**

Award presentation will begin immediately after the last finisher completes the race. Awards will not be mailed out. Have someone pickup your award if you are not present. Estimated time is 11:00 am for Sprint and 11:30 for Olympic.

## **Results:**

Results will be posted throughout the race. Complete results will be posted on [www.fsseries.com](http://www.fsseries.com).

### **SWIM WAVES**

**Olympic Men – Light Blue Caps – 8:00 am**  
**Olympic Women – Pink Caps – 8:04 am**  
**Sprint All – White Caps – 8:30 am**

**Relays will start in above waves / races**

## **Transition Area:**

- **ONLY PARTICIPANTS ARE ALLOWED IN THE TRANSITION AREA! SPECTATORS WILL BE ASKED TO NOT ENTER OR LEAVE THIS AREA.**
- All participants will have a bike rack location. Find your range of bike numbers and rack in your range. **If you are #1, place your bike anywhere on the rack with #1-12!**
- Bikes should alternate with 3 on one side and 3 on the opposite side.
- No bike storage the night before the race.
- You are the only one that can remove your bike, you must be body marked and bike # to remove your bike.
- Participants will have to run their bikes across the timing mats and past the mount line before getting on your bike and you will have to dismount at the same place upon completing the bike leg.

## **Swim:**

- Swim diagram is available on the Washington Triathlon Weekend race page. No maps will be in the packets.
- Swim caps are required to be worn during race and will be distributed at packet pickup.
- Wetsuit rules will follow the USAT guidelines. See the FAQ section on webpage for complete wetsuit rules. Water Temperature will be posted by Thursday (8/17) by 9:00 pm. An official water temperature will be taken on race morning.
- There will be a variety of water craft on the swim course during the race. If you feel like you need some assistance, wave your hand above your head, so the water safety personnel can spot you.
- The swim will be a mass start. Please Check the Swim Waves to see your exact starting time.

## **Bike:**

- ◆ Bike course map is available on the Washington Triathlon webpage. Please print and bring your own maps to the race.
- ◆ Water bottle handoff is located on the start of 2<sup>nd</sup> lap on Riverside Drive (water only)
- ◆ Bike course will be marked with 3 orange arrows and either a TR (turn right) or TL (turn left). There will also be bike course signs about 25 yards from the turns with directional arrows.
- ◆ Hard shell helmets must be worn.
- ◆ Helmets must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Provided bike frame numbers must be attached to the top tube or seat post of the bike on the left side. Bike frame numbers will look like your helmet #. Please attach the night before, so they will stick.
- ◆ Helmet numbers that are provided must be worn on the front of the helmet.
- ◆ 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.
- ◆ No drafting – please make sure you are at least 3 bike lengths behind the person in front of you.

## **Run:**

- ◆ Run course map is available on the Washington Triathlon Weekend webpage. Please print and bring your own maps to the race for turn by turn directions.
- ◆ Run course miles will be marked in orange paint on the road. There will also be run course signs about 10 yards from the turns with directional arrows.

## **Relay Teams:**

- Swimmers will tag bikers at the bike rack location and exchange chip bands.
- Bikers will tag runners at the bike rack location and exchange chip bands.
- **Runners - Please do not pin your BIB number on your back. Have it facing forward at the finish line!**

# 2017 Most Commonly Violated Rules and 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 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.

## 3. Outside Assistance:

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

**Penalty:** Variable 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:** Variable time penalty

## 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.

**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

**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

## 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:

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

**Penalty:** Variable time penalty

## 9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers 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.

## 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:** Variable time penalty