



Arrival Time: Arrive at event site no later than 5:45 am. **EVENT START-7:00 am.** Packet pick up line will close at 6:30 am. If you are not in line by this time you will not be allowed to get your packet!

Packet Pick-Up: Saturday (8/10) – 12:30 pm – 5:00 pm @ Rex Wellness Center - Raleigh, NC
**Participant meeting at 4pm at race site to cover last minute questions!*
Sunday (8/11) - 5:30 am – 6:30 am @ Rex Wellness Center - Raleigh, NC

Non-USAT Annual Members: If you are not a USA Triathlon annual member you will have to pay \$15 to race in this sanctioned event by filling out a waiver and paying by cash or check.

Parking: Please follow all parking signs so you don't get towed. We will have plenty of parking near the facility so you will have a short walk to the transition area. ***NO PARKING WILL BE ALLOWED IN FRONT OF THE REX WELLNESS CENTER.*** **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 6:45 am.

ULTRA RFID Chip Timing: You will receive your timing chip on race morning. All chips should be secured to your LEFT ANKLE with the Velcro strap provided and not hidden under heavy clothing. 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 \$50.00 replacement fee. THERE WILL BE NO EXCEPTIONS TO THIS RULE!

- **NOTE: You must have your run number with you on race morning to pick up your timing chip.**
- **NOTE: Do not cross any timing mats between 7am-10:30am on race day unless you are racing.**

Pre-Event Instructions/Meeting: A short pre-race briefing with important information and instructions will be given at 6:50 am at the swim start location. Please plan to be there.

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. The estimated time for the awards ceremony is 10:30am. *Awards will not be mailed out.* Have someone pickup your award if you are not present!

Results: Results will be posted throughout the race. Complete results will be posted on www.fsseries.com by Sunday (8/11) at 9:00 pm.

Transition Area:

- All participants will have a bike rack location. **If you are #1, place your bike anywhere on the rack with #1-12!**
- No bike storage the night before the race.
- Participants only in the transition area, you are the only one that can 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 will be seeded from fastest to slowest, please see the swim start times on the website.
- It will be a 250-yard snaked swim in the Rex Wellness pool.

Bike:

- 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 of the bike near the handlebars.
- Bike frame numbers will look like your helmet #.
- 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.

Bike Course - 10 miles

- **Exit Transition area and follow cones down Pope Creek.**
- **TL on Common Oaks Drive**
- **TR on Forest Pines Drive**
- **Follow until you enter roundabout at 6 o'clock, exit at 9 o'clock to Wakefield Plantation Dr.**
- **Cross over Falls of Neuse Road, road name changes to Wakefalls Drive on Estates side.**
- **Continue until cul-de-sac on Wakefalls Drive (bike turnaround sign/cone) ~5 mile mark.**
- **Cross over Falls of Neuse Road, road name changes to Wakefield Plantation Dr.**
- **Follow until you enter roundabout at 6 o'clock, exit at 3 o'clock to Forest Pines Dr.**
- **TL on Common Oaks Drive (STAY IN THE FAR RIGHT LANE AND RIGHT OF CONES as traffic will be forced into left lane and controlled by Wake County Sheriff so you can make the LEFT turn)**
- **TR on Pope Creek and back to transition area**

Run:

- Run course map is available on the Rex Wellness Sprint Triathlon webpage. Please print and bring your own maps to the race!
- Run course will be marked with #1, #2 in orange paint. There will also be run course signs about 10 yards from the turns with directional arrows.
- A cone and aid station will be located at the 1-mile mark to serve as the turnaround spot.

Run Course – 2 miles (out-and-back):

- **Exit Transition area and follow cones down Pope Creek.**
- **TR on Common Oaks Drive**
- **TL on Green Elm Lane**
- **TR on Forest Pines Drive and continue to the aid station at the turnaround.**
- **PLEASE BE SURE TO RUN INSIDE THE CONED LANE OR ON THE SIDEWALK!**

Run Course Aid Stations:

- 2 aid stations will be on the run course. The first (near TA) and second (1 mile) aid station will have water and Hoist. Please throw your cups in the blue buckets after the aid station!

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!**

Directions to Rex Wellness Center:

- From Capital Blvd. US 1 North, make a left on New Falls of the Neuse (about 5 miles north of 540)
Take the first right on Forest Pines
Take the first right on John Rex Blvd.
Turn left on Galleria Avenue, this will put you at the Wellness Center

2019 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