

theTPI.com Fall Triathlon

Race Instructions--Please Read!!!

PACKET PICKUP: Sunday Oct 9th, 6:30–7:15am in front of the pool building at Cheyenne Mt High School

DIRECTIONS TO VENUE: From I–25, take exit 141 and take Hwy 24 West 1.5 miles. Left on 21st St. 21st Becomes Cresta Rd. Drive 2.7 miles from Hwy 24. The high school is on the right, at 1200 Cresta Rd. Enter the high school at the 2nd entrance (keep going past the first high school entrance with the traffic light) and park anywhere. The transition area is above the track on the SW side.

GENERAL NOTES:

- ◆ USAT members **MUST** bring their USAT card and a photo ID to packet pick-up. **NO EXCEPTIONS!!** If you forget your USAT card you pay the \$9 one-day fee.
- ◆ Non-members will fill out and sign the one-day USAT form at packet pick-up
- ◆ 7:40am start–males. 8:00am start Females. Late entrants will be put in an available lane in the 7:40 or 8:00 waves, or will be put in a third wave at 8:20 if needed

SWIM INSTRUCTIONS:

Each participant will be assigned a swim wave and lane. Before your start time you will need to check in with the swim coordinator at the pool. You will be swimming 3 people to a lane, circling counter-clockwise. Talk to your lane-mates before the start to determine start order. If you need to pass during the swim, tap the feet of the swimmer you need to pass. If you get tapped, pull over at the end of the lane to let the swimmer by! It is your responsibility to count your laps. The swim is 10 laps (20 lengths) of the pool. Your swim time will be recorded when you exit the pool building on the way to the transition area. Tell the volunteer what your number is so your split time can be recorded!!

TRANSITION AREA INSTRUCTIONS:

Please have all your equipment in the transition area by 7:20am so the transition area will be clear for the first swim wave. You will leave the pool and run along the grass on the **W** side of the transition area and enter at the North end. Grab your bike and exit the South end. After the bike course enter the same way you did after the swim. For the run use the same South exit you used heading out on the bike.

BIKE COUSE INSTRUCTIONS:

All participants must wear a helmet, and your chinstrap must be fastened. You will complete 3 loops of the bike course. The bike course is marked with small orange flags and pink and orange tape. Keep the markings to your **RIGHT** at all times. Do not cut the course. After 3 laps dismount your bike at the curb and run on the grass to the **N** entrance of the transition area.

RUN COURSE INSTRUCTIONS:

As you exit the transition area please tell the volunteer your race number so we can calculate splits. The run course is 8 laps on the track. You will run one full lap in the outside lane before moving in 1 lane, then run one full lap before moving in 1 lane, etc. When you complete your lap in the innermost lane you are done! (The track has 8 lanes) **Wear your bib number on the front of your body while running**

IN CASE OF ACCIDENT: If you witness an accident during the race, **STOP** and assist the athlete! Send someone to get help–be sure to remember the location of the athlete and the nature of the injury (we will have a doctor on site for minor injuries, 911 for major injuries)

RESULTS/AWARDS: The awards will begin soon after the last finisher (10:00 or so). The results will be posted on the website later on race day.