

2017 Silverlake Triathlon Participant Instructions

Participant Instructions – Please Read Carefully You are Responsible for This Information!!!!!!!

Parking:

- Parking is available at 9330 Broadway just past County Rd 90. Please do not park at area elementary schools (church services) OR on the race course for your safety. Also for your safety, please wear your bike helmet if you are riding your bike from your parking area to the race start. **PLEASE ARRIVE BY 5:05 AM TO THE PARKING AREA TO MAKE THE SHORT 10 MINUTE WALK TO THE SOUTHWYCK LAKE PARK.**

Race Site:

- The race site is at the Southwyck Lake Park, 2600 Shelby Drive (at Northfork) in Pearland, TX 77584 (south of FM 518, East of CR 90, west of Morgan Road, and North of Southfork) **Google Map 2600 Shelby Pearland TX 77584.**

Race Day Schedule:

5:05 AM-Arrive at parking area and begin brief walk to Southwyck Lake Park

5:30 AM -Transition OPENS, rack your bike

-PREPAID RACE DAY packet pickup under gazebo ONLY!

6:30 AM - **Transition CLOSSES FOR BOTH RACES!**

6:30 AM- Swim course open for brief practice

6:40 AM -Swim course will be cleared for

Mandatory Athlete Meeting at Swim Start

6:40 AM-**Mandatory Athlete Meeting /Swim Wave Staging**

7:00 AM -First Olympic Wave Departs

-First Sprint Wave to Follow Last Olympic Wave

9:30 AM -Sprint Awards Ceremony (approximate time)

10:30 AM-Olympic Awards ceremony (approximate time)

Chip Timing:

- Individual participants will wear a chip on their ankle during the duration of the event.

- Relays will have one chip that must be transferred from the swimmer to the cyclist and finally to the runner.

- Splits will be: Swim, T1, Bike, T2 and Run.

- No chip, no splits.

-Lost Chip \$10 fee to the participant.

-DISPOSABLE CHIPS WILL BE DISTRIBUTED AT PACKET PICKUP

Race Numbers:

-Please attach your white 2-sided race number over the top tube on your bike, and the rectangular race number to your race belt or to the front of your shirt.

-*NEW THIS YEAR* Please apply your TriTat race numbers PRIOR TO THE RACE. PLEASE REFER TO INSTRUCTION SHEET PROVIDED AT PACKET PICKUP FOR APPLICATION INSTRUCTIONS AND FOR RELAY BODY MARKING INSTRUCTIONS.

-Please make sure that your race bib is positioned over your abdomen as you cross the finish line. If your chip malfunctions, sometimes the timer doing manual entry of race

numbers at the finish line can capture your race number as you cross the finish line.

Swim Courses:

-The Olympic swim course is a 750 meter rectangular course that you will complete **TWICE** in a clockwise manner, totaling 1,500 meters. All Olympic swimmers must exit the swim course after their first loop, **cross a timing mat**, and re-enter the water to begin the second swim loop. Buoys may be various colors (white, red, yellow, orange or green). Smaller buoys will also be present to help define the course.

-The Sprint swim course is a 200 meter out and 200 meter back rectangular shaped course. The single turn buoy on the Sprint course is a **PINK** 5.5 foot tall tetrahedron. Smaller buoys will also be present to help define the course.

-All swimmers will be required to cross timing mats at the start and exit to the swim as part of the missing swimmer plan.

-All swimmers **MUST CROSS THE TIMING MAT AT THE START OF THE RACE AT THE TIME DESIGNATED ON THE WAVE START PLAN ACCORDING TO YOUR RACE CATEGORY.** Note that you will be required to wear the swim cap provided by race management that corresponds to your swim wave start time and race category.

-The lead official will determine if the race is deemed wet suit legal shortly before the race start.

-For your safety, please take a moment to review the Olympic or Sprint swim course maps available at www.silverlaketri.com as well as the Swim Wave Schedule.

Bike Courses:

-The Olympic bike race course is 2 loops of the Sprint bike race course. Sprint racers will make only 1 lap of the bike course. Olympic racers will **cross a timing mat at the start of lap 2 of the bike** which will be located on Northfork at Shelby.

-For your safety, please take a moment to review the bike route course map available at www.silverlaketri.com.

Run Courses:

-The Olympic run race course is 2 loops of the Sprint run race course. Olympic racers will cross a timing mat at the start of lap 2 of the run.

-For your safety, please take a moment to review the run route course map available at www.silverlaketri.com.

Penalty Disputes:

-According to USAT rules, you have 60 minutes to dispute any penalties. The Head Referee will be available at the race results area if you wish to speak to him/her about a penalty.

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Transition Area:

-On race morning, a transition area will be set up for participants to drop off bikes, apparel and gear to complete the bike and run portion of your race. Non-competitors will **NOT** be allowed in the transition area at any time (athletes only).

-Discarding items at the bike and run start and on any part of the race course, including trash, will result in a disqualification. Trash cans will be provided.

-Transition opens at 5:30 AM on race morning and closes promptly at 6:30 am. Participants entering transition after this time **will be assessed a 2 minute penalty**. However, volunteers will be available on a limited basis to help you with gear that you forgot in transition.

-If you arrive late to the race after transition has closed, it is up to the discretion of the transition volunteers as to whether or not they will rack your bike for you. Please arrive on time, but if you are late and need help please ask the transition volunteer to assist you in a courteous manner!

-There is no bike open racking. Please rack your bike **4 BIKES TO A RACK ONLY** by reading the signs posted at the end of each rack. Racks will be marked by RACE CATEGORY (OLYMPIC/SPRINT/RELAY) BUT NOT BY RACE NUMBER. Please be aware that if you rack your bike incorrectly or on the wrong rack, a transition volunteer may move it without notifying you and without your being present.

-Only 1 member of a relay team will be allowed to wait in the transition area at a time. You will pass your chip to the next member of your relay team in the transition area.

-Please be aware that bike mount and dismount lines will be marked at the entry and exit from the transition area.

-You will not be allowed to remove any items from the transition area until the last cyclist has returned and cleared transition to start the run. Participants **ONLY** will be allowed into transition to remove your personal items. **Please be prepared to show the Officer or transition volunteer at the transition exit a race number that matches the race number on your bike.** Thanks for your cooperation! This rule is to reduce bike thefts from the transition area.

Time Limits:

Olympic Race Start is 7 AM; Sprint Race Start to follow

Swim

Sprint - 7:45 am-7:55 am (Maximum time 30 minutes from your wave start time)

Olympic - 8:00 am-8:10 am (Maximum time 1 hour from your wave start time)

Bike

Sprint - 9:15 am-9:25 am (Maximum time 2 hours from your wave start time)

Olympic - 10:30 am-10:40 am (Maximum time 3 hours, 30 minutes from your wave start time)

Run

Sprint - 10:15 am-10:25 am (Maximum time 3 hours from your wave start time)

Olympic - 12:00 pm-12:10 am (Maximum time 5 hours from your wave start time)

Post Race Party:

- A post race party will begin when the first finisher crosses the finish line.

-Pizza, cold beverages, and other snacks will be served to athletes participating in the triathlon.

-Playground equipment is available on-site.

-A moonwalk will be provided for children over 3 years of age. We request that only pull-up diapers be worn if diapers are needed.

A parent must be present when your child is in the moonwalk or on playground equipment.

-Please note you must supervise your own children at all times!

Awards Ceremony:

-All finishers who cross the finish line after the run will receive a 2017 Silverlake Triathlon finisher medal.

-The awards ceremony will take place in the vicinity of the post race party/award tents at approximately 9:30 AM for the Sprint race and approximately 10:30 AM for the Olympic race. The exact start time depends on a number of factors including referee reporting and timing issues. We ask for your patience!

-Awards to individual winners in the Sprint and Olympic Races (3 deep) will be given in 4 year age and gender groups starting with males/females under 15 up through the age group with the oldest competitor. Overall winners in the Sprint and Olympic races will include Overall Male Winner, Overall Female Winner, Overall Male Master's Winner (40+ years) and Overall Female Master's Winner (40+ years). Relay awards in the Sprint and Olympic races include 1st, 2nd and 3rd places.

-Preliminary and final results will also be posted in this area on the side of the white race announcer's van.

Water/Gatorade Stations:

- 6 aid stations will be located on the course: 1 at the swim start, 1 at the swim exit/transition entry point, 1 at the run exit, 2 on the run course at miles 1 and 2 (these repeat at approximately miles 4 and 5 on the Olympic run course), and 1 at the finish line.

Action Race Photos:

Preserve your race memories! John Thames of Spring Action Photos will be taking action photos of athletes during the swim/bike/run portions of the event. Please visit www.springactionphotos.com to view and purchase your 2017 Silverlake Triathlon photos. For more information please refer to the flyer in your race packet.

Thanks to our sponsors and volunteers:

- This event is brought to you by Fitness Solutions. Thanks to our sponsors Spring Action Photos, Powerhouse Racing and to our long term sponsor **Skin and Laser Surgery Associates**. Thanks also to the MUD 2 Board and the Southwyck Community Association for use of this venue.

Last but not least, please take a moment during the event to give a very special thanks to the more than 100 members of this community who have made this event possible through the generous donation of their personal time as volunteers.