

UNC Health Sprint Triathlon – Knightdale

Arrival Time: Arrive at event site no later than 6:00 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. *This includes everyone, even if your swim start time is 8:00am!*

Packet Pick-Up: Saturday (7/13) – 3-5pm – UNC Health Center - 6602 Knightdale Blvd - Knightdale, NC 27545
Sunday (7/14) - 5:30-6:30am – UNC Health Center - 6602 Knightdale Blvd - Knightdale, NC 27545

Non-USAT Annual Members: If you have not paid the one day \$15.00 USAT fee, be prepared to pay this at the race site. If you paid online this fee has been covered!

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 UNC HEALTH CENTER, IF YOU PLAN ON LEAVING BEFORE THE EVENT IS OVER - DO NOT PARK IN THE HEALTHCARE PARKING LOTS – PARK ACROSS THE STREET IN THE SHOPPING 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 our timing chip 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 7:00am-10:00am 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 10:00am. **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.fseries.com by Sunday (7/14) at 5:00 pm.

Transition Area:

- **If you are bib#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.
- **If you will not be able to finish the race in 1 hour 40 minutes, you are allowed to start in the early swim wave that will kick off around 6:50am.**
- It will be a 250-yard snaked swim in the UNC Health Center 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.
- 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

**Put on your helmet, buckle chin strap, put on your shoes and push your bike to the mount line.
Mount your bike after the mount line sign!**

- Mount your bike outside the Transition Area after the mount line.
- Exit UNC Health Center parking lot and turn RIGHT on Flatrock Park Dr.
- LEFT on Hinton Oaks Blvd.
- Enter roundabout at 6 and exit at 12 and proceed to Lynnwood Rd.
- LEFT on Hodge Rd.
- Stay straight on Hodge Rd for ~ 3.15 miles.
- **TURNAROUND at Hodge Rd and Sidecreek Dr (you will see orange arrows on road, marked with a cone and volunteer)**
- Stay straight on Hodge Rd for ~ 3 miles.
- RIGHT on Lynnwood Estates Dr.
- RIGHT on Lynnwood Rd (keep the cones on your left side).
- Enter roundabout at 6 and exit at 12 and proceed to Hinton Oaks Blvd.
- RIGHT on Flatrock Park Dr.
- LEFT into UNC Health Center parking lot and dismount before the mount line outside the Transition Area.

Dismount before the mount line sign and push your bike back to the TA to your bike rack position before starting the run!

Run:

- Run course map is available on the race website. Please print and bring your own maps to the race!
- Run course will be marked with a 1-mile sign at the turnaround. 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.
- **Be sure to grab your race number and have it facing forward as you cross the finish line!**

Run Course - 2 miles (out-and-back):

- Exit the Transition Area and head up the small hill towards Knightdale Blvd.
- LEFT on sidewalk heading towards the light at Knightdale Blvd/Hinton Oaks Blvd.
- LEFT on sidewalk down Hinton Oaks Blvd towards Flatrock Park Dr.
- At this intersection you will cross the street diagonally and get on the sidewalk.
- Enter roundabout at 6 and exit at 12 and proceed to Lynnwood Rd on sidewalk.
- Continue down until you see the 1-mile mark, aid station and turnaround sign.
- Once you make the turnaround you will retrace your steps on the out and back run course.
- As you turn RIGHT back into the UNC Health Center lot you will be directed towards the finish line.
- **Finish by running through the FS Series arch!**

Run Course Aid Stations:

- 2 aid stations will be on the run course. The first (outside the TA) and second (1 mile at the run turnaround) aid station will have water and an electrolyte drink. Please throw your cups in the trash cans 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!**

2024 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