

# RACE INSTRUCTIONS

## THERE WILL BE NINE WAVES:

- Wave 1: Open/ Elite Division Men & Women – Silver Swim Caps Start 7:15am
- Wave 2: Age Group Men 55 & Over – Navy Blue Caps Start 7:17am
- Wave 3: Age Group Men 50-54, Clydesdale Division – Red Swim Caps Start 7:21am
- Wave 4: Age Group Women 34 & Under – Pink Swim Caps Start 7:25am
- Wave 5: Age Group Women 35-49 – Yellow Swim Caps Start 7:29am
- Wave 6: Age Group Women 50 & Over, Athena Division – Green Swim Caps Start 7:33am
- Wave 7: Age Group Men 40-49 – Light Blue Swim Caps Start 7:37am
- Wave 8: Age Group Men 30-39 – White Swim Caps Start 7:41am
- Wave 9: Age Group Men 29 & Under – Purple Swim Caps Start 7:45am

1. All participants must be body marked in the following manner: a. Right shoulder – Race# b. Right front thigh – Race# c. Back of right calf – Your age; “O” for Open/Elite division, “C” for Clydesdale Division, “CM” for Masters Clydesdale (age 40 and over), “A” for Athena Division
2. On race day each participant will be given their individualized computer chip for scoring. The chip will be attached to a velcro ankle strap. The ankle strap must be in place before swim check in and must remain on participant for duration of the Triathlon.
3. Each participant will be issued and required to wear a color coded swim cap during the swim. THIS CAP SHOULD BE USED FOR EACH RACE IN THE SERIES.
4. The swim will be an in-the-water start and will be in a clockwise direction on the outside of the buoys.
5. All participants are required to wear a helmet, with chin strap buckled, at all times while on bike. Helmet must be on head and buckled BEFORE mounting bike to leave Transition Area. Please review the Bike Course Map & Important Information posted in the packet pick-up area. **BE AWARE: NO ROADS ARE CLOSED TO VEHICULAR TRAFFIC, INCLUDING INSIDE THE PARK.** Each cyclist is ultimately responsible for one’s own biking safety.
6. All participants are **REQUIRED** to wear their paper race # on the entire run portion of the Triathlon. It must be worn on the front and clearly displayed. **NO HEADPHONES OF ANY TYPE ALLOWED DURING TRIATHLON.**
7. **Drafting on the bike is cheating. Anyone considered to be drafting at any time on the Bike Course will be DQ’d. No warning. No appeal.**
8. The first loop of the run is on the main roadway in the park. Don’t cross onto the bike path until directed.
9. On the run course there are water stations at the end of the fencing leaving the Transition Area, at .75 mile, 1.5 miles and 2.3 miles.
10. The finish chute is on the far right of the finish area. Finishers should remain in order in chute until finish order is established by finish line team and computer chip has been collected.
11. Immediately after finishing, staff will remove chip. If a participant drops out of race they must report to finish team to relinquish their chip. Any participant who does not turn in their chip will be assessed a \$30 “missing” chip fee.
12. After finishing, please stay clear of the finish line area and the bike path as others will be finishing after you. Please remove bikes and transition equipment through the “swim to transition” chute.
13. The awards Ceremony will begin at 9:45am. Results will be posted after the awards ceremony.
14. For race results and information – [CharlestonCountyParks.com/CSTS](http://CharlestonCountyParks.com/CSTS) or [Facebook.com/CharlestonSprintTriathlon](https://www.facebook.com/CharlestonSprintTriathlon)