

## 2019 Endurance House Sprint Tri Athlete Information

It's almost time for the Inaugural Endurance House Sprint Triathlon, partnered with Castaway Cove Waterpark! We are so excited that you have chosen to participate in what we hope is a great event. Here is the all of the information that you will need to make this a successful event.

### PACKET PICK-UP

It would be best if you could pick up your packet in advance. The packet pickup will be on May 30, and 31, 10:00 am-7:00 pm at Endurance House Wichita Falls. We are located at 5007 Taft, just behind Chicken Express at the corner of Taft and Southwest Parkway. If you can't pick up your packet in advance, you will also be able to pick them up Saturday at Castaway Cove Waterpark, 1000 Central Fwy E, 6:00-6:30 am. At packet pick-up you will be asked to show some form of I.D and you USAT membership.

Online registration will remain open up until May 31st. There will be no registration on the day of the event.

### SCHEDULE OF EVENTS FOR SATURDAY, JUNE 1ST

Day of Packet Pickup 6:00-6:30 am

Transition open 6:00-7:00

Timing Chip Pick-up 6:00-7:00 am

Body Marking to be during transition time 6:00-7:00 am

Transition closes, all bikes and gear must be in transition by 7:00, there will be no going back into transition until you enter after your swim before your bike

Mandatory Athlete Briefing 7:15 am

Swim to start as close to 7:30 am as possible

Kids' race transition area open 9:00-9:30 am

Kids' race not to start before 10:00 am

Age Group Awards to be given out as soon as possible after races finished

### OTHER IMPORTANT INFORMATION

The only stipulation on equipment is that you must have a DOT related helmet for the bike portion, which will be checked when you are setting up your transition area.

All registered athletes will be given free admission for the rest of the day into Castaway Cove Waterpark, family members will receive 1/2 price admission.

There will be ample opportunities for spectators to watch their racers along the course, anywhere along the racing paths, as long as they do not cross into the racing lines.

### WEATHER

We will do EVERYTHING in our power to hold the triathlon as scheduled... however in the case of excessive wind or rain, we may be forced to modify the event. Participant safety is our highest priority. Stay tuned to your email and the Endurance House Sprint Facebook and website for ongoing update

## PACKING LIST

- ✓ Cash for food/beverages
- ✓ Change of Clothes or bathing suit/supplies for Castaway Cove, if planning to stay
- ✓ Swimsuit, tri suit, or something to swim in
- ✓ Goggles and swim cap
- ✓ Towel
- ✓ Tri suit, cycling shorts, or whatever you plan to bike in
- ✓ Cycling shoes (if desired)
- ✓ Socks
- ✓ Bicycle
- ✓ DOT regulated helmet
- ✓ Water bottle and nutrition for the bike
- ✓ Tri suit or whatever you plan to run in
- ✓ Running shoes
- ✓ Hat or visor (if desired)
- ✓ Race belt for race bib (if desired)
- ✓ Sunscreen
- ✓ Sunglasses

## PARKING

Parking will be available on a first come first service basis in the Castaway Cove parking lot. NO PARKING ON THE GRASS is allowed for this event!

## TRANSITION AREA

The transition area will be in the east portion of the Castaway Cove parking lot. It will be a secured, so only athletes will be allowed into this area. There will be ample racks for you to hang your bike from. It will be important to remember where you have placed your bike and other belongings, as you will go back to it when you enter the bike transition, both from the swim and before the run. Other items to set up in your transition area are a towel, bike helmet, cycling shoes, socks, running shoes, hat/visor, sunscreen. If you have never been to a triathlon before, and cannot/did not make the transition clinic at Endurance House, it would be beneficial to look up videos on the internet of transition area set-up. Your time in transition, which occurs between the swim and bike and again between the bike and run, count towards your total race time, so it is best to have your items organized so that you can access them quickly. It might also help to practice the transition.

## AWARDS

All participants will receive a Finisher's Medal when they finish the event. The top two finishers in each age group will receive a medal. YOUR AGE IS THE AGE THAT YOU WILL BE ON DECEMBER 31, 2019. The age groups are as follows:

Kids: 7-8 years  
9-10 years  
11-12 years  
13-15 years

Adult 16-19 years  
20-29 years  
30-39 years  
40-49 years  
50-59 years  
60+ years

## SWIM START

Participants will line up in corrals near the swim start, based on the amount of time in which they expect to finish the swim. If possible, please find time to swim 250 meters before the event as a time trial. Within corrals, swimmers will be ushered into the water every 10 seconds.

## RULES AND SAFETY

All participants in USA Triathlon sanctioned events must adhere to the rules in this Section 3.4:

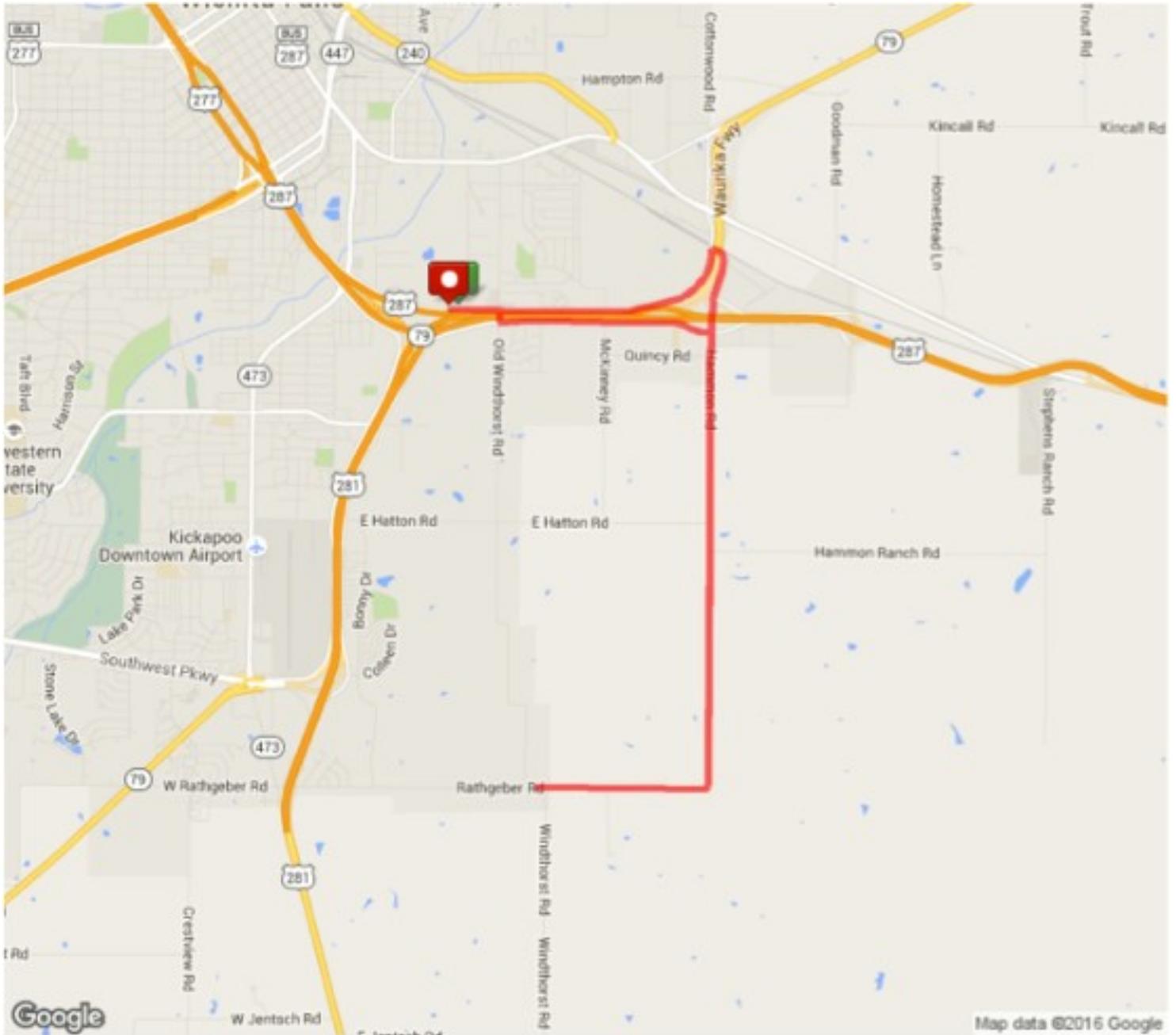
- a. Entire Course. Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l). In the event the Head Referee makes such a determination, the penalty shall be disqualification.
- b. Unsportsmanlike Conduct. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.
- c. Obstruction. Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.
- d. Unauthorized Assistance. No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by USA Triathlon. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.
- e. Re-entry. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l), in which case the penalty shall be disqualification.
- f. Race Numbers. Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.
- g. Unfair Advantage. No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.
- h. Abandoned Equipment. No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.

- i. Unauthorized Accessories. No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Any violation of this Section shall result in a variable time penalty.
- j. Glass Containers. No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section 3.4(l), in which case the penalty shall be disqualification.
- k. Unauthorized Equipment. No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.
- l. Endangerment. No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.
- m. Wave Starts. When the beginning of any event is commenced by starting designated "waves" or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an open or elite wave in an event with age group waves shall be ineligible for age group awards.
- n. Indecent Exposure. Public nudity at any time during the event is prohibited. Any violation of this Section shall result in a variable time penalty.

## SWIM COURSE



# BIKE COURSE



# Run Course

