When: Sunday August 30, 2020 7:30am

Limited to the first 600 entries!

Where: Redondo Beach Pier/Veteran's Park

309 Esplanade Avenue Redondo Beach, California 90277

USAT membership required: If you are not a member of USAT, you will be required to pay a $15 one-day adult license or a $10 Annual Youth License (17 & Under) while registering online or on Saturday, August 29th at the "Packet Pick-Up"

Refund/Transfer Policy:

Sorry but No Refunds

8/16/20 is the last date for possible transfer to next year's race.

There is a $15.00 transfer fee.

Mail request to transfer and payment to:

TCTP, LLC

19333 Entradero Avenue

Torrance, CA 90503

Schedule of Events:

Saturday, August 29th, 2020

Packet Pick Up from 12-4pm

• 	Packet consists of: race number, swim cap, timing chip and t-shirt

• 	Location: Triathlon LAB:1512 Aviation Blvd, Redondo Beach, CA 90278

• 	Remember to bring your ID in order to pick up your packet. No ID, No Packet

• You must pick up your packet in person. Minors may have an Adult pick up for them.

• Athletes must have a USAT membership card to show or have purchased a One-Day membership online at time of registration, otherwise you will be required to purchase one at time of pick up. Adult One day-$15, Youth One-day $10

• Cash or check only NO CREDIT CARDS, unless paying for an Annual USAT membership Youth Annual-$15, Adult Annual $45

Sunday August 30th, 2020

Redondo Beach Pier/Veteran's Park

309 Esplanade Avenue Redondo Beach, California 90277

5:45a.m: Transition Opens/Late Packet Pick Up

Athletes only may enter the Transition area. Minors may be accompanied by an Adult to help with set up.

Late packets need to be picked up near white tents before 6:45. No race day registration.

No glass allowed inside transition

Rack bikes according to wave signs

7:00a.m: Transition Closes/Athletes will be asked to leave transition area

7:05a.m: Pre-race talk down the stairs and onto the beach, beyond public bike path (Caution bike path is open to the public) Please do not block bike path

7:15a.m: Walk to Swim Start and line up by the appropriate wave sign on beach.

7:30a.m: Race Start

10:30a.m.: Awards

Wave Start Categories:

Wave start categories will also be posted at Saturday's packet pick up. First wave will start at 7:30. Each wave is scheduled approx. 5 minutes apart with the Mini-Sprint starting first.

Wave1: Mini Sprint, Mini Sprint relays

Wave2: Male 34 & Under

Wave3: Male 35-49

Wave4: Female 39 & Under

Wave5: Male 50+, Clydes

Wave6: Female 40+, Athena, Sprint Relays

Awards

Commemorative awards to the top 3 in each age division.

Top 3 relays

Age Divisions:

Mini Sprint: 10, 11-12

Sprint: 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 50-54, 55-59, 60-64,65-69, 70+

Sprint Swim:

Starts just South of the long steps to the beach from Veteran's Park. Turn right at the first yellow buoy and head north towards the Pier. Keep all yellow buoys on your right shoulder. Make a right at second yellow buoy and head into shore.

Super Sprint Swim:

Swimmers head diagonally from the beach towards the Sprint Swim's 2nd yellow buoy. Make a right at that 2nd yellow buoy and head into shore.

Sprint Bike (Closed to traffic):

(Three loops - 9 miles): Walk your bike out of transition, mount your bike, turn left onto Esplanade, then right onto Catalina Avenue. After 4 blocks, turn right on Knob Hill, then a quick left onto Esplanade. Ride to Avenue I then make a U-turn. Backtrack to Torrance Blvd. where you will turn left and head down towards the pier on the Torrance Loop. Looping back up the hill remember to stay to the left of the cones if you are doing a second and third loop continuing on Catalina. Stay to the right of the cones if you are finishing the bike, merging right off of Catalina and onto the road in front of the Elks Lodge. Just pass the Elks Lodge be prepared to dismount, walking your bike into the transition area to rack your bike and start your run.

Super Sprint: One loop, 3 miles.

Sprint/Super Sprint Run course

From out of the transition area turn right and run down George Freeth Way (GFW) towards the pier. Just before the end of GFW run onto the bike path continuing towards the pier. At that point veer left onto the side walk then right. Stay on sidewalk (ocean/pier on your left and parking structure on your right) until you pass Kincaid's Restaurant.   Turn left at Kincaid's Restaurant, onto the pier. Run about 100 yards then make a U-turn back towards Kincaid's. Keeping left, head down the ramp to the International Board Walk (IBW). Stay on IBW until you pass R10 Restaurant (At this point this is where the Super Sprint turns right). Head to the breakwater wall and turn right onto the sidewalk. Run pass Seaside Lagoon and make a right at alley running towards Portofino Way.   Turn right onto Portofino Way. Passing the entrance to Seaside Lagoon make a right turn at the tollbooth into a large parking lot. Run pass Ruby's Diner and towards

Samba Steakhouse. Just before Sambas Steakhouse turn left heading across the parking lot passing between Captain Kid's and R10 Restaurant towards the bike path, then right on the walking path. Just before the parking structure go up the stairs (yes…stairs) running through Pier Plaza. Pass Mini-Police station at the end of the plaza and follow ramp down.

Sprint Run course: ***<u>Merge back onto run course for second loop</u>***.. Remember to make the right hand turn at R-10 restaurant (following the Super-Sprint run course then right hand turn between R-10 and Captain Kids merging back on the main run course.

Sprint/Super-Sprint run finish:

Once you pass the small police station and head down the ramp go left and stay on sidewalk and run up Torrance Loop hill. Just before the top of the hill make a right into Veteran's Park. Stay on sidewalk passing in front of Redondo Beach Old Library and head to the finish line.