**SPI SPRINT TRI Instructions**

Saturday, March 27, 2021

**Race Instructions**

Please read these instructions carefully and review maps to prepare yourself for the race.

**PACKET PICK UP:** Packet Pick up will be held Friday, March 26 from 5-7:30 PM at Parrot EyesRestaurant and Water Sports. ALL athletes are required to show photo ID. NO ID, NO RACE, NO EXCEPTIONS.  Every single participant in must have a photo ID, this includes all relay participants. Annual members are required to bring their membership card every time they compete in a USAT sanctioned event. If your card has been lost, you can download and print out a temporary one by logging into your membership account. There will be packet pickup race morning from 5:45 AM – 6:45 AM; however, we advise that you pick up your packet the night before to avoid delays race morning. Athletes MUST WEAR A MASK at packet pick up. No mask, no packet.

**PARKING:** Parking will be available across the street from Parrot Eyes Restaurant in the strip mall parking lot and further north in the larger parking lot.

**BODY MARKING:** There will be no body marking before the race. You will receive tattoos in your packet and will be responsible for marking your arms and legs.

**WETSUITS:** USAT rules state that competitors may wear wetsuits if the water temperature is 78 degrees or lower. USAT rules also state that if the water temperature is between 78.1 – 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards. Those athletes who choose to wear a wetsuit will not be reflected in the overall results. If the water temperature is 84 degrees or above, participants may NOT wear wetsuits. The water is projected to be between 74-78 degrees. We will notify participants of the water temperature as the event approaches.

6:15 am: Transition area opens. We will be checking athletes’ temperatures before entering transition. Any athlete with a temperature over 100 degrees F will not be allowed to race. Masks are required while in the transition area and while on the Parrot Eyes premises. Failure to comply may lead to disqualification. You must have numbers on your bike helmet and bike as well as on your arms and legs.

7:15 AM: Transition closes. Athletes will receive final instructions.

7:30 AM: Race begins with a rolling swim start. Please line up according to your projected 100 yard swim pace. If you are a new swimmer, or tentative about swimming in open water, please wait until all other swimmers have entered the water before you enter. Remember that this race is chip-timed so your time begins as you enter the water.

**POST-RACE:** Immediately after the race, please grab a medal and facemask from the tables at the finish line. Awards will be displayed on tables in the covered outside area but there will be no awards ceremony. Post-race food will be provided (grab and go). Please wear your mask while getting the post-race food and before sitting down to eat.

**SPECTATORS:** Spectators are discouraged to attend; however, those attending must adhere to proper social distancing and wear masks. NO SPECTATORS WILL BE ALLOWED IN THE SWIM START AREA OR IN TRANSITION. Spectators will be able to cheer on the athletes from Padre Boulevard.

**TRANSITION AREA** – The transition area will be in the Parrot Eyes parking lot. There will be a designated area for relay participants so please pay attention to signs and the volunteers. **Only competitors with masks are allowed in the transition area. No exceptions!**

Rack your bikes-- please only put five bikes per rack (to help social distance), alternating with three on one side and two on the other side. Gear goes next to front wheel which should be down. Stage your equipment & leave room for your neighbors. Please keep your mask on before the start of the race. We encourage you to spread out throughout the starting area and do not gather in groups. We ask that you spread out under the covered area for athlete instructions before the race. Once the transition area is cleared for the race start, no one will be allowed back in until all cyclists have finished the bike leg. Please do not ask for exceptions.

**TIMING:** Timing is provided by Athlete Guild. All athletes will receive a timing chip to be worn on the left ankle and a bib number to be worn on the run and as the athlete crosses the finish line. Participants must cross the timing mats for accurate results. Live race day results will be posted at Athlete Guild.

**BATHROOMS:** There will be four porta-potties on site and a hand washing station. Restrooms inside of Parrot Eyes will not be available before the race.

**STARTING LINE:** To ensure the safety of all athletes, we will be starting the swim with a rolling start. This means that swimmers (possibly in twos) will be entering the boat ramp and starting the swim as soon as they enter the water. The swim will be a self-seeded swim (COVID protocols). Cones will be placed 6 feet apart along the walkway to the boat ramp from transition to assist with social distancing. PLEASE LINE UP IN THE AREA MARKED BY YOUR APPROXIMATE 100 YARD SWIM PACE. You MUST wear a swim cap – your cap has your number on it. In the event that we will have a wetsuit legal race, wetsuit strippers will NOT be provided (due to COVID protocols), it is a short run (with wetsuit) to transition area. The swim entrance and exit is a boat ramp. Depending upon the tide, the boat ramp can be slippery with algae. Please be careful on the boat ramp – it is recommended that you begin swimming away from the ramp as soon as possible (rather than walking) and please swim as far as you can before standing up to exit. Due to COVID protocols there may not be volunteers to assist you out. Lifeguards, boats, and kayaks are in the water.

Prior to crossing the starting line, there will be a trash bin where you can throw disposable masks. PLEASE KEEP YOUR MASK ON AS YOU APPROACH THE SWIM START.

**SWIM COURSE:** The swim course is a 750 meter out and back course and will begin at the boat ramp. Swimmers will head west throughthe Fiesta Isles channel KEEPING BUOYS TO THEIR LEFT. Please stay on the right side of the buoys. Swimmers will turn left at the large orange buoy in the deep channel and head south until they reach the large yellow buoy which is the turn around. Keep buoys to the left on the return until you reach a large orange buoy where you will turn right back into the Fiesta Isles channel. PLEASE SEE MAP

**BIKE COURSE-** The bike course is a 20 kilometer course (roughly 12.4 miles) that is out and back. Cyclists will exit transition on the north end and head north on State Highway 100 to the turn around which will be marked with cones. Walk your bike in and out of the transition area to the mount/dismount line. Securely fasten helmet chin strap before un-racking and re-racking your bike (helmets must be worn). Ride on the right side of your lane and stay inside the cones. ABSOLUTELY NO DRAFTING. Pass on the left, never on the right, and complete pass within 15 seconds. Keep more than THREE bike lengths between yourself and cyclist in front of you. The turn around point will be marked by volunteer and cones. Cyclists will return to transition through the north end. Please adhere to the mount/dismount lines and keep your helmet strapped until your bike is racked. Properly rack your bike before exiting on the run! PLEASE SEE MAP

**RUN COURSE:** The run is a 5 kilometer course. Runners will exit transition on the south end of transition, cross Padre Boulevard and north briefly to Sunset Drive. Runners will run east on Sunset to Gulf Boulevard where they will turn south and run to Mesquite Street. Runners turn right on Mesquite Street, cross Padre Boulevard and then run to Laguna Boulevard and turn north. Once on Laguna, runners will run to Morningside Drive and take a quick right turn back to Padre Boulevard then north to the finish. Please follow the signs, cones and volunteer instructions. Be alert. Traffic always has the right of way. Water stations are located at about the first and second miles. Water in cups, will be placed on tables for you to pick up (COVID protocols). People pouring water will be wearing masks and gloves. No pacing is allowed by friends outside the race, per USAT rules. Any course cutting will result in disqualification. Make certain your race number is in the front BEFORE you cross finish line. At the finish, participants are expected to put on a mask immediately (provided on tables). Please pick up your medal as you cross the finish line. PLEASE SEE MAP

**RELAY TEAMS:** Relay team members will each have their own timing chip and number. Please return the chip as soon as you finish your leg. There will be a special entrance to transition so that relay members do not cross or come near the timing mats before and after their portion of the race. Teammates must wait with mask on until it is time to do their portion of the race. The cyclist must wait for the swimmer to come into transition and get to the designated bike race before the cyclist un-racks the bike. When cyclist returns, he/she must rack the bike before the runner may leave transition. At the start of the race, all relay members other than the swimmer must be inside of transition. Please do not go across the timing mats until it is your turn to bike or run.

**Medals and Awards:** Due to COVID precautions, medals will NOT be handed to participants. Please pick up a medal which will be available on a table at the finish line. Each finishing participant may take ONE medal. Each relay member from a finishing relay will receive a medal. Awards will be announced. Individuals will pick up their award from a table (the award will not be handed to them). There will be no podium, but you may take an individual photo. Please adhere to at least 6 feet of distance between you and others. Remember to thank the volunteers-they are crucial to the success of your event!

For your convenience, the following are the most violated USAT rules. Please familiarize yourself with the rules prior to the race.

**1. Helmets:**

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn securely fastened at all times while in possession of your bike. This means before, during, and after the event.

**Penalty:**Disqualification

**2. Chin Straps:**

Chin straps must be fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg. 

**Penalty:** Disqualification on the course; Variable time penalty in transition area only.

**3. Outside Assistance:**

No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Time Penalty

Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires, inner tubes and puncture repair kits; Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. A participant shall not physically assist the forward progress of another participant on any part of the course

**Penalty:**Disqualification of both participants

**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.

**Penalty:**Time penalty

No person shall interfere with another participant's equipment or impede the progress of another participant.

**Penalty**: Time penalty or disqualification

All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty**: Disqualification

**5. Bike Position Rules:**

**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 complete your pass within 15 seconds

**Position-** keep to the right-hand side of the lane of travel unless passing

**Illegal Pass-**cyclists must pass on the left, not on the right

**Blocking-**riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass

**Overtaken**- once passed, you must immediately make reaward progress out of the draft zone of the passing cyclist and move completely out of the  draft zone within 15 seconds.

**Penalty:**Time penalty

**6. Course:**

All competitors are required to follow the prescribed course, complete the course in its entirety, 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:** Officials discretion (judgement call), time penalty or disqualification

**7. Unsportsmanlike-Like Conduct:**

Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators.

**Penalty:** Disqualification

**8. Headphones:**

Headphones, headset, radio, or a personal audio device may not be carried or worn during competition.

**Penalty:**Time penalty

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition. A “distractive manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking  photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.

**9. Race numbers:**

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in  any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:**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 wet suit in any event sanctioned by USA Triathlon, governed by the following table**:**

**Age Group Athletes**(all swim lengths):

|  |  |  |  |
| --- | --- | --- | --- |
| **Below**    **60.8° F** | **60.9°F-78°F** | **78.1°F-83.9°F** | **84°F or Above** |
| Mandatory\* | Permitted | Permitted  Participatory only ineligible for awards/rankings | Forbidden |

\*when wet suits are mandatory, the wet suit must cover at least the torso and back

**Penalty:**Disqualification

**11. Abandonment:**

No participant shall dispose of trash or discard any equipment or personal gear on or around the race course, except at clearly identified disposal  points, such as aid stations.

**Penalty:**Time penalty