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2022

Athlete Guide

Sunday, May 22, 2022

Fort Worth, TX



2022 CERTIFIED RACE DIRECTOR



2022 SANCTIONED EVENT

Content

USA Triathlon	4
How To Avoid Penalty	5
Packet Pickup Procedures	6
Event Schedule	7
Parking	8
Body Marking	9
Race Numbers	10
Timing Chip Instructions	11
Swim Course	12
Run-Bike-Run 1 st Run	13
Bike Course	15
Run Course	16
Aid Stations/ Post Race	17
General Advice	18
Race Day Checklist	19
Weather Contingency Plan	20

Event contact Events@Playtri.com



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USA Triathlon

USA Triathlon is the national governing body for the multisport disciplines of triathlon, duathlon, aquathlon and winter triathlon in the United States. USA Triathlon is a member federation of the U.S. Olympic Committee and the International Triathlon Union. Its headquarters are in Colorado Springs, Colorado.

USA Triathlon's 140,000-strong membership is comprised of athletes of all ages, coaches, officials, parents and fans striving to strengthen multisport. As an athlete, we know your focus is to swim, bike and run to the best of your ability - here are the resources to help you reach your multisport goals.

USA Triathlon Competitive Rules

It is important for all athletes competing in USA Triathlon sanctioned events to have a basic understanding of the USA Triathlon Competitive Rules. USA Triathlon has issued a set of rules to maintain consistency and order from race to race across the country, keeping competition safe and fair.

[Learn more about the USA Triathlon Competitive Rules.](#)

USA Triathlon's [race rules video briefing](#).

The Most Common Rules Violations In Triathlon

[Please learn about Most Common Rules Violations here.](#)

USAT regulation for Athena and Clydesdale weight class divisions. The qualifying weight for the Athena division is 165 pounds; for the Clydesdale division the weight is 220 pounds.

USA Triathlon's membership program

Annual members of USA Triathlon receive information to take their training to the next level, access to great discounts on products and services, and the satisfaction of providing support for programs designed to promote and grow multisport throughout the country.



How to Avoid Penalty

Headphones:

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

Penalty: Time penalty – WEARING HEADPHONES OR EARBUDS OF ANY KIND = 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 distracting manner during the competition. A “distracting 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.

Helmet

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.

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

Transition Area

All bar ends must be solidly plugged.

No participant shall bring ANY glass containers into the transition area.

Penalty: Disqualification

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

Resource: [USAT Competitive Rules](#), [Race Rule Video Briefing](#) and [Most Common Rules Violation](#).

Packet Pickup Guidelines

Packet pickup procedures are regulated by [USA Triathlon](#) and the logistics of race timing and liability. Please plan accordingly. There are no exceptions.

USA Triathlon is temporarily allowing athletes to pick up packets for other participants. The person picking up a packet for someone else must present to the event staff a picture of a Driver License of the athlete they're picking up for. The person picking up will also present their ID to event staff.

NO CHANGES TO REGISTRATION DETAILS WILL BE DONE AT PACKET PICKUP.
Request to change registration details must be emailed to Events@Playtri.com.

USAT regulation for Athena and Clydesdale weight class divisions. The qualifying weight for the Athena division is 165 pounds; for the Clydesdale division the weight is 220 pounds.

While **late registration** will be available at the packet pickup (except race day morning), please note that no cash will be accepted for new registrations, and all new registrations must be completed on your mobile device using a credit card. Registering prior to heading to the packet pickup helps keep line shorter and cuts everyone's waiting time.



Event Schedule

Packet Pickup

Tuesday, 5/17 [Rockwall Cycling](#) 4:00pm-6:30pm

Wednesday 5/18 [Playtri The Colony](#) 12:00pm-6:30pm

Thursday, 5/29 [Playtri Colleyville](#) 12:00pm-6:30pm

Friday, 5/20 [Playtri Dallas](#) 12:00pm-6:30pm (free pre-race clinic at 6pm)

Saturday, 5/21 [Playtri Fort Worth](#) 10:00am-4:30pm

USA Triathlon is temporarily allowing athletes to pick up packets for other individuals. **ID will be required to pick up any packet.**

*****Race day packet pickup** will be available for an additional charge of \$20 per athlete. Only exact cash will be accepted. Please be prepared accordingly for this option if you plan to take advantage of it.

Race Day Schedule

5:30am Transition Area opens

5:30-7:00am Timing Chip Pickup Table is open. Bring your bib to receive the correct timing chip

6:45am Parking lot closes - no cars will be allowed to enter after that

7:00am Olympic Triathlon starts

7:00am Transition Area closes

7:30am Sprint Triathlon starts

7:35am Run-Bike-Run starts

9:00am Pizza Party starts

10:00am Awards Tent opens (please pick up your award, awards will not be mailed)

Event Parking

VIP parking options for the Playtri Fort Worth Triathlon & Run-Bike-Run

VIP parking spots may be purchased on the event registration page at Playtri.com.

Number of spots available is limited.



Athletes are encouraged to come to the race pre-body marked.
For those are unable to get body marked beforehand, self-body marking stations
will be available. Please follow these instructions for body marking:

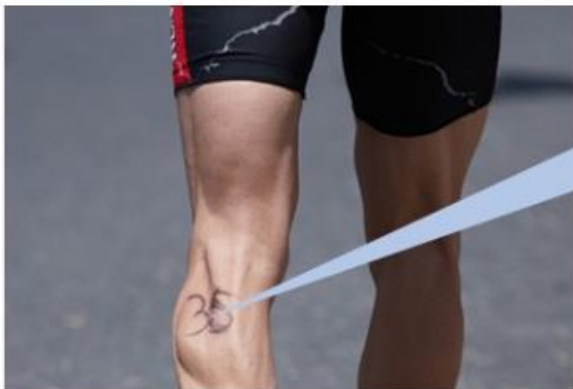
Triathlon Body Marking



**Your Bib #
on your left arm**



**Your Bib #
on your left leg**



**Your race age
(age on 12/31 of this year)
on your left calf**

Race Numbers

Your packet will include your race number, which you **MUST** have to race. Please follow the below instructions to make sure you and your equipment are properly marked on race day. Please note that body marking will take place on race day when you check into transition.



Please mark both of your arms and legs before you enter in transition. Have your number ready.



Bike numbers should be folded over either the top tube of your bicycle or around the seat post and fastening securely using the adhesive backing. The number should be visible on both side of the bicycle.



Helmet numbers should be stuck on the front of the participants helmet using the sticker adhesive.



The run or bib number must be worn on the front of your body during the run portion of the event. It can be attached to the athlete's garment with safety pins or worn on a race belt.

How to wear your timing chip

Pick up your timing chip at the race site on race morning. **You will need to show your bib number to receive your timing chip.**

You must wear the TRI Tag timing chip around your ankle. Put the Tri Tag on at least 15 minutes before your race. Make sure the Tri Tag Velcro is secure around your ankle.

Please be sure to return the timing chips and Velcro band into provided bibs after finishing your race. Missing timing chips will be subject to a \$49 charge.

Timing chip and strap application

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the **outside** of your ankle and press the Velcro to ensure a solid clasp.



Swim Course - triathlon

7:00am Olympic Triathlon start, 7:30am Sprint Triathlon start.

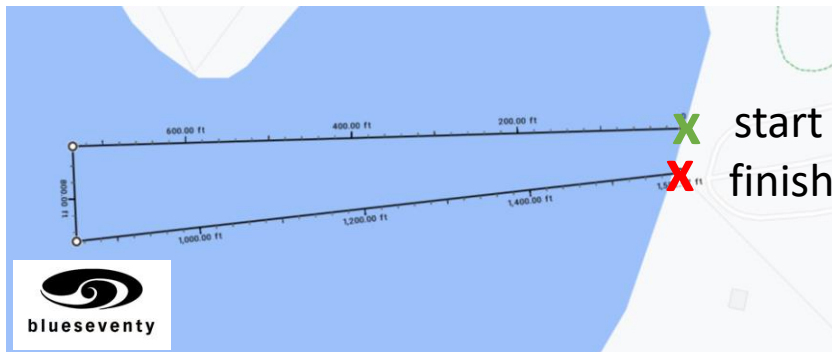
Swimmers will **line up in corrals accordingly to their estimated swim time.**

Example: if your estimated swim time is 23 minutes; you will line up in a starting corral marked 20-25 minutes.

Athletes will be provided a swim cap. This cap is required to be worn during the swim portion of the race.

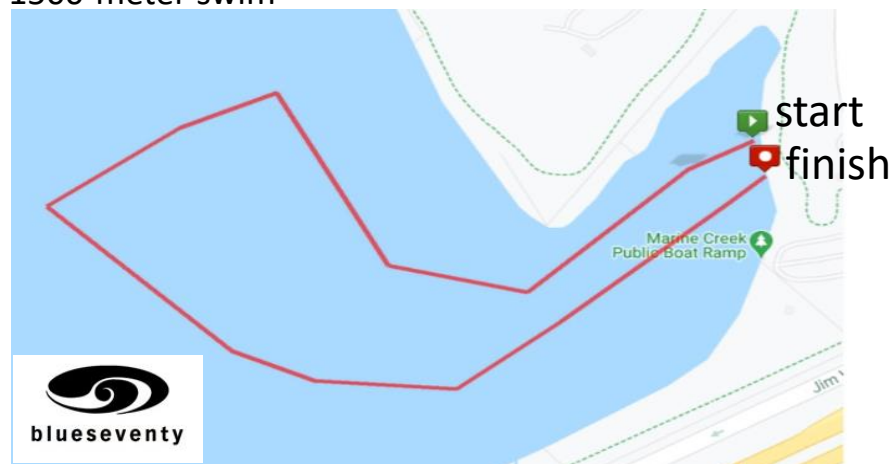
SPRINT TRIATHLON

500-meter swim



OLYMPIC TRIATHLON

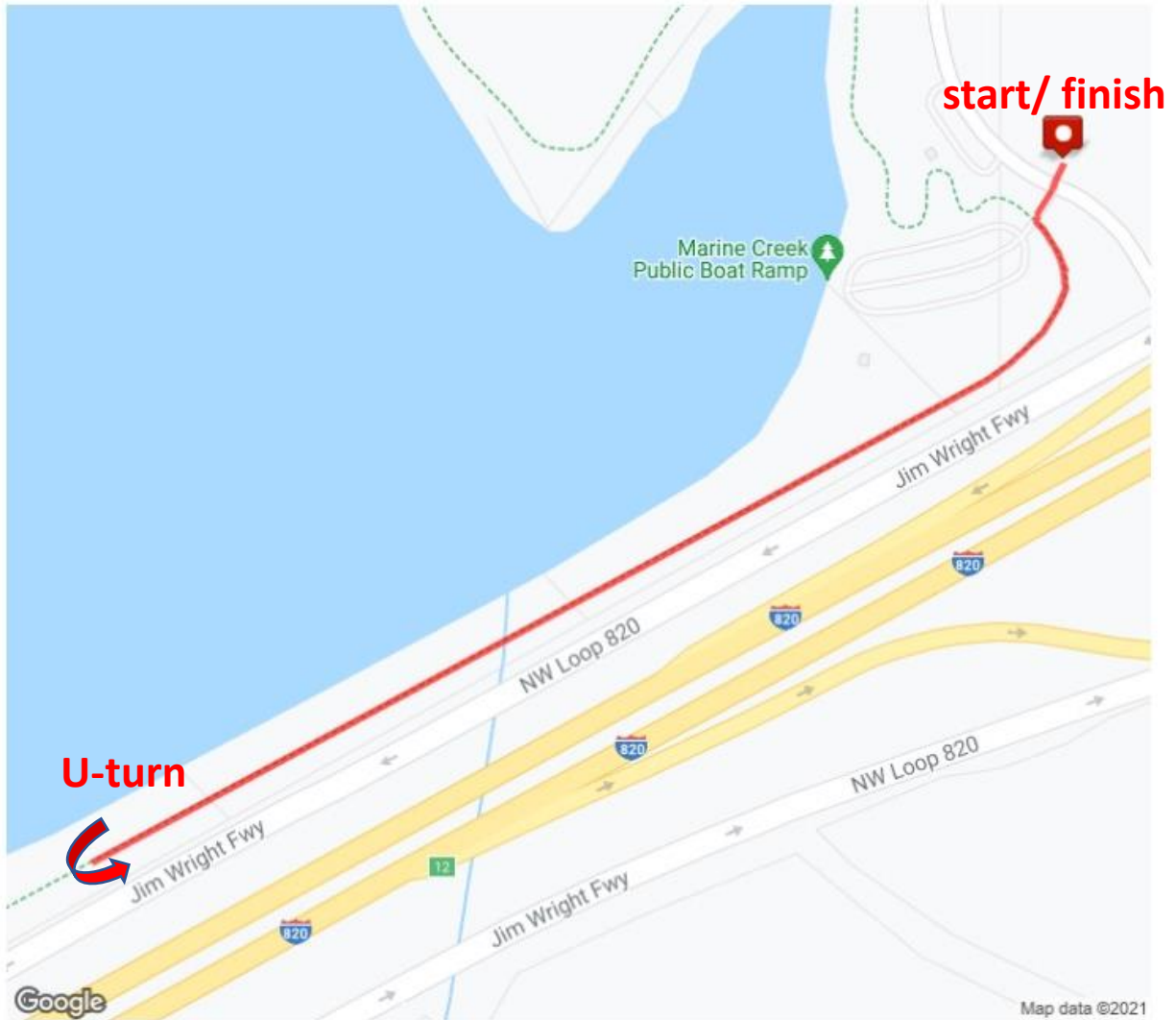
1500-meter swim



1 Mile

Playtri FW Run-Bike-Run

First Run (R/B/R only)





May race finisher medal



October race finisher medal

To receive a double finisher medal, you must be registered for the October race (after completing the May race) by midnight of August 14, 2022. Medals must be ordered on August 15, 2022, first thing in the morning and for that reason, athletes who register for the October race after August 14th cannot be guaranteed a double finisher medal.



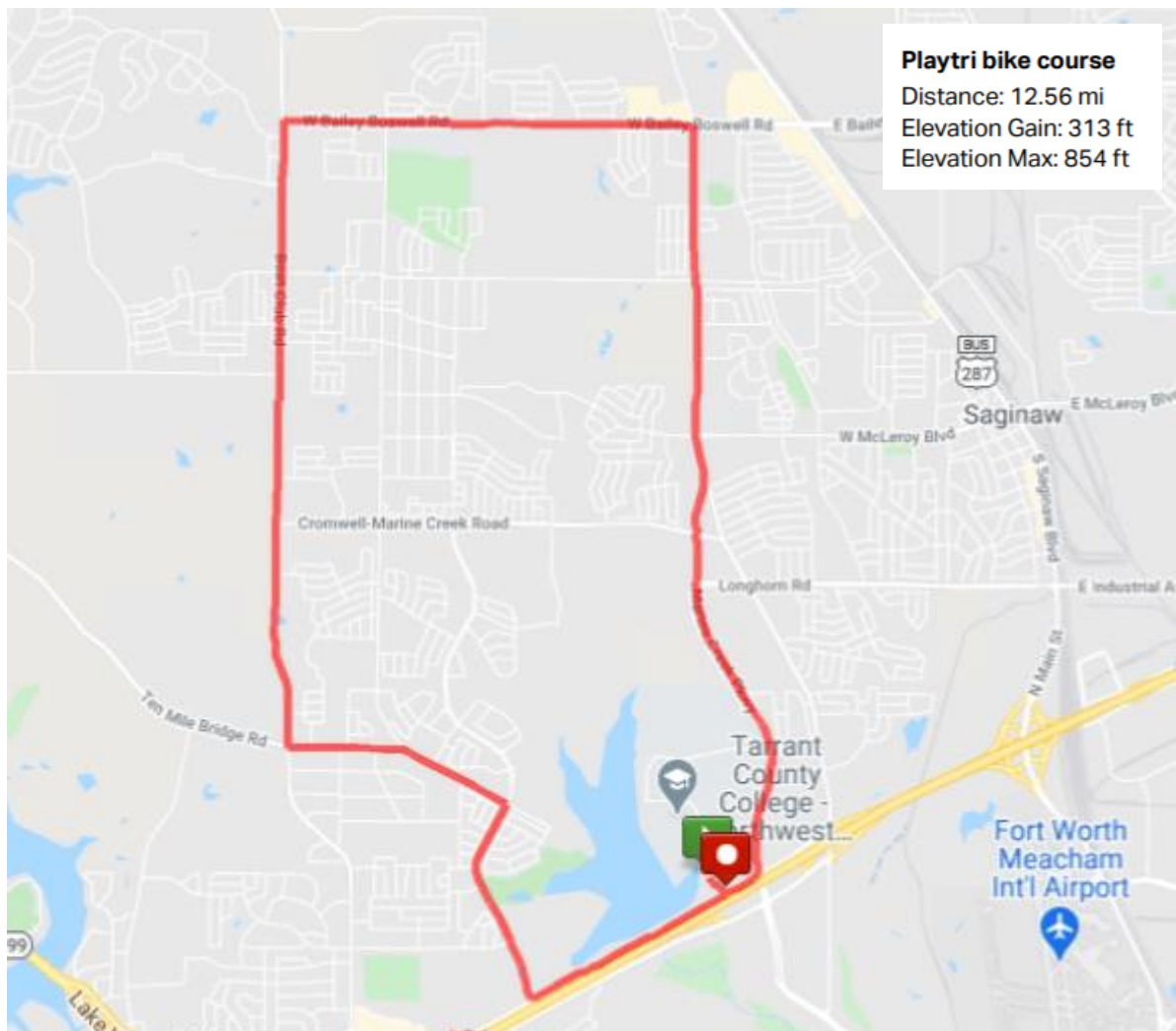
DOUBLE FINISHER medal

Bike Course

The bike course is a 12.5-mile loop for the SPRINT TRI and R/B/R races and 2 loops - 25 miles total for the OLYMPIC Race.

Athletes signed up for the OLYMPIC race who complete only 1 loop will be disqualified. Please pay attention to signage and directions as you come back for the second loop or finish.

Be sure to mount and dismount your bike on the visible line, do not ride your bike inside the transition area.



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Run Course

fw tri run

Distance: 3.10 mi
Elevation Gain: 67 ft
Elevation Max: 728 ft

Notes



fw tri 10k

Distance: 6.02 mi
Elevation Gain: 170 ft
Elevation Max: 738 ft

Notes



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Aid Stations

Athletes are encouraged to bring their own nutrition as aid stations will be self-served and minimally staffed.

Please plan on grabbing water off the table yourself as opposed to the cups being handed out.



Post Race Party

Finally – post race party is back!

While we ask you to keep your distance from fellow participants and wear face coverings when social distancing is not possible, we are happy to invite you to a pizza party after the race!

Be courteous. Have a good time and allow others to do the same.



General Advice

Triathlons can be tough, but they should also be fun. The best way for that to happen is for you, the athlete, to be prepared! Along with the training that leads up to an event of this nature, there are some general tips for race day that can make your experience more enjoyable.

1. Have everything needed for race day ready the night before - use the checklist provided in this guide to make sure you have everything. To make transportation into transition easy, place everything needed into one bag. Make sure you affix the bike and helmet numbers before entering transition. You will not be allowed to race without these.
2. The earlier you show up, the better. The last thing you want to be is worrying about whether you're going to make it in time. Make you sure have time to find parking, self-body mark or be body marked, set up your transition, get your timing chip, use the restroom, warm up, etc.
3. Mentally prepare yourself. Use techniques like positive self-talk and visualization to remind yourself of the positive experience that you are going to have. Remember that we will do all we can to support you. Medical staff will be on site, as well as volunteers and safety officials throughout the course. Remember the preparation that you have done for this event and be confident in your abilities as an athlete.
4. Last, remember to have fun! This event should be a positive experience for you and everyone else. A positive attitude will go a long way!

Race Day Checklist



- ___ HELMET AND SUNGLASSES
- ___ RACE NUMBER AND RACE BELT
- ___ NUMBER YOUR BIKE THE NIGHT BEFORE THE RACE
- ___ SWIMSUIT, SWIM CAP AND GOGGLES
- ___ TRISUIT
- ___ CYCLING SHOES, RUNNING SHOES AND SOCKS
- ___ TRANSITION GEAR: TOWEL, WATER BOTTLE, GEL PACK OR QUICK FOOD
- ___ REMEMBER TO RESET SPEEDOMETER AND/OR RACE WATCH
- ___ PUT YOUR BIKE IN THE GEAR YOU WANT TO EXIT TRANSITION
- ___ FOOD AND WATER FOR THE BIKE
- ___ FILL WATER BOTTLES AND MAKE SURE THE TOP IS OPEN!
- ___ SUNSCREEN AND OPTIONAL TOILET PAPER
- ___ FLASHLIGHT FOR EARLY MORNING RACES
- ___ BIKE PUMP
- ___ PREPARE PRE-RACE MEAL FOR MORNING OF RACE
- ___ RUNNING CAP
- ___ A SOLID PLAYTRI ATTITUDE!

Say NO to safety pins with a race belt



Weather Contingency Plan

In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the even course may be shortened or altered to protect the participants. If conditions turn unsafe, the event may be cancelled. Event changes and cancellations are at the discretion of the Race Director.

We always strive to produce a full and safe multi sport event, but sometimes the weather conditions can affect those plans.

Considerable amount of work, time and money goes into planning a multisport event and we do so with the best intentions. Unfortunately, no one can control the weather and race directors are not the exceptions.

Our goal is to always produce a full event as scheduled and only modify these plans due to safety concerns some of which can be caused by weather conditions. Thank you for your understanding of these policies and we appreciate your participation.



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