



# Athlete Guide

Sunday, March 20, 2022

The Colony, TX



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# USA Triathlon

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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.](#)

## 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

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## **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](#)

# Event Schedule

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## Packet Pickup

**WEDNESDAY, MARCH 16TH 4:00PM-6:30PM**

[Playtri Rockwall](#)

**THURSDAY, MARCH 17TH FROM 12:00PM-2:30PM**

[Playtri Fort Worth Store](#)

**THURSDAY, MARCH 17TH FROM 4:00PM-6:30PM**

[Playtri Colleyville Store](#)

**FRIDAY, MARCH 18TH FROM 12:00PM-6:00PM**

& FREE Pre-race clinic at 6:00pm

[Playtri Dallas Store](#)

**SATURDAY, MARCH 19TH FROM 10:00AM-4:00PM**

& FREE Pre-race clinic at 3:00pm

[Playtri Cycling The Colony/Plano](#)

\*\*\*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

6:30AM Transition area opens – body marking, \*\*\*packet pickup and timing chip pickup begin

7:50AM Transition closes

8:00AM Triathlon starts

8:05AM RBR starts

8:20AM 5K Starts

9:00AM Super Sprint Triathlon Starts

9:30AM 5K Awards tent opens

10:00AM Triathlon Awards tent opens



# Packet Pick Up Guidelines

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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](mailto: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.



# Event Parking

Event parking will be at [the Hawaiian Falls Waterpark](#)

4400 Paige Road The Colony, Texas 75056.

Hawaiian Falls - The Colony is located 1/2 mile north of the Highway 121 and Plano Parkway intersection.

**There will be no parking at the Aquatic Center.**

**With the exception of VIP Parking. Please have your VIP Parking Pass ready for the site security.**





# Race Site Layout



Athletes are encouraged to come to the race pre-body marked.  
For those are unable to get body marked beforehand, self-body marking stations

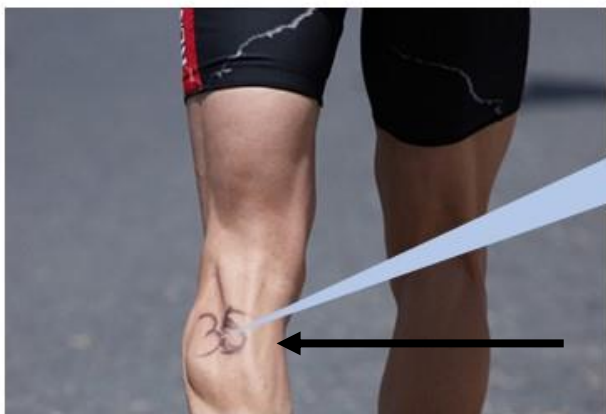
## Triathlon Body Marking



**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**

**AGE OR A** for Athena,  
**C** for Clydesdale,  
**R** for Relay

# Race Numbers

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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 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.**

\*5K Runners will have disposable timing tags on the back of their bibs.

Reusable tags are for TRI and RBR participants only.

## REUSABLE TAG 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

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This will be a snake swim. Swimmers will line up 6FT apart by bib numbers and enter the pool as directed by race staff. Only a limited number of athletes will be allowed inside the building at time so please follow signs and volunteers to form a line outside.

Swimmers will swim down the lane, under the lane rope, down the next lane, under the lane rope, etc. until 11 lanes are completed.

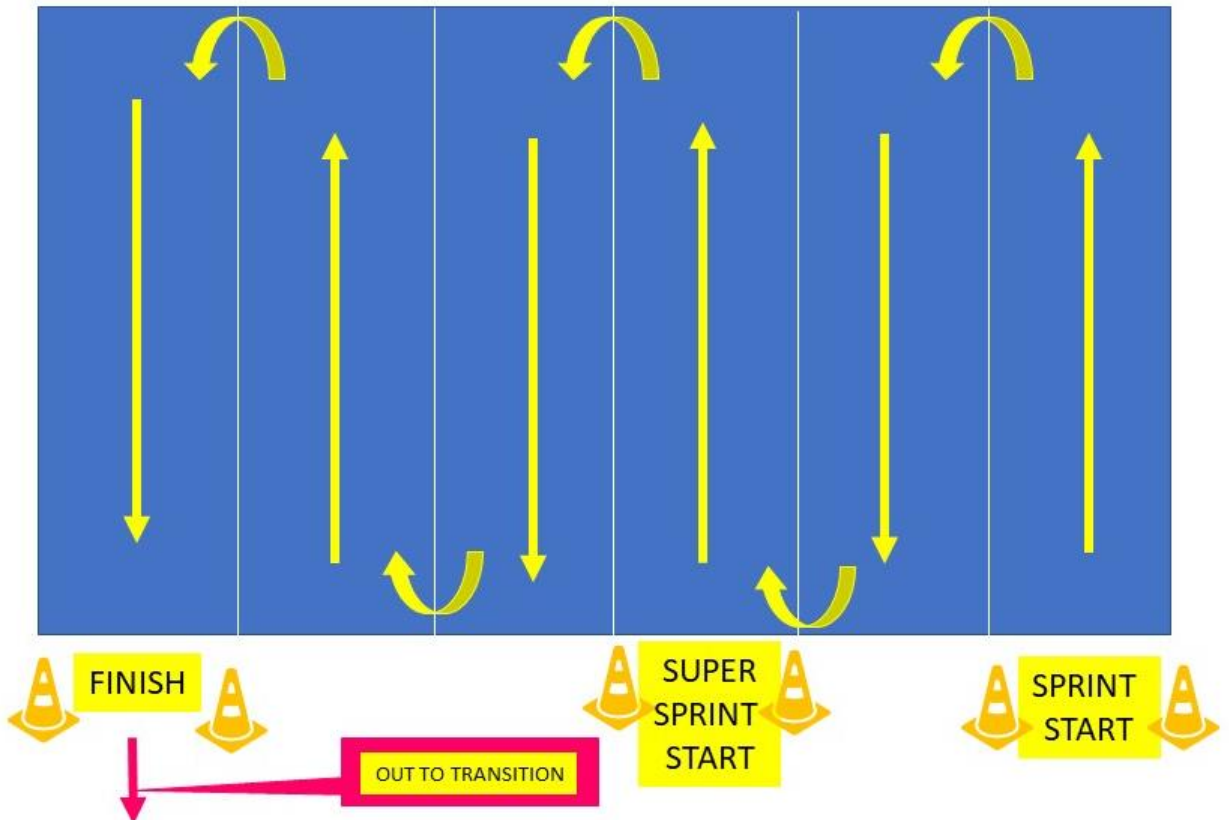


You will have an opportunity to dispose of your face mask or coverings immediately prior entering the pool.

**No warmup in the pool will be available. No spectators inside the building.**

**Swim Course**  
**50 meter pool**

**Sprint 300 meter swim = 6 lanes, Super Sprint 200 meter swim = 4 lanes**







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# Bike Course for TRI and RBR

The bike course is a 4.5 mile loop for the SUPER SPRINT race and 2 loops - 9 miles total for the SPRINT race and Run/Bike/Run.

SPRINT TRI - Don't forget the bike course is **2 loops!** If you only complete 1 loop, you 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.





# Sprint TRI, RBR & 5K Run Course

The run course is a 5K loop, beginning and ending at the LISD Aquatic Center.

The RBR Run #1 is the 1.1 mile run to start the race on the yellow path.



# Super Sprint Run Course



# Aid Stations

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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

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After crossing the finish line, grab your finisher medal, bottle of water and enjoy post race snacks.

Visit vendor tents and enjoy the excitement of the greatest sport!



# General Advice

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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
- \_\_\_ SWIM SUIT, 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

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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 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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