



Athlete Guide

Sunday, March 19, 2023

The Colony, TX



Content

USA Triathlon	4
How To Avoid Penalty	5
Event Schedule	6
8 Commonly Violated USAT Rules	7
Packet Pickup	9
Parking Guide	10
Race Site Guide	11
Body Marking	12
Race Numbers	13
Timing Chip Instructions	15
Bikes & Transition Area	16
Swim Course	17
Bike Course	19
Run Course	20
Run Course II	22
Aid Stations	23
Post Race Party	23
General Advice	24
Race Day Checklist	25
Weather Contingency Plan	27



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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.](#)

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](#)

Event Schedule

Packet Pickup during the RACE WEEK

WEDNESDAY 4:00PM-6:30PM

[Playtri Rockwall](#)

THURSDAY 4:00PM-6:30PM

[Playtri Colleyville Store](#)

FRIDAY 12:00PM-6:00PM

& FREE Pre-race clinic at 6:00pm

[Playtri Dallas Store](#)

SATURDAY 10:00AM-4:00PM

[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

8:30AM Packet pickup and timing chip pickup CLOSE

9:00AM Super Sprint Triathlon Starts

9:30AM 5K Awards tent opens

10:00AM Triathlon Awards tent opens



Eight Commonly Violated USAT Rules

- 1. Helmets and Chinstraps:** Helmets must be worn and securely 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.
- 2. Unauthorized Assistance:** No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.
- 3. Non-Draft Legal Bike Position Rules:** Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.
- 4. Entire Course:** Athletes must complete the race course in its entirety and as prescribed including in segment order.
- 5. Headphones and Communication devices:** 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 may result in disqualification.
- 6. Glass Containers:** Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.
- 7. 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 clear identification.
- 8. Race number Transferring:** Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.



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Packet Pick Up Guidelines

Packet pickup procedures are regulated by [USA Triathlon](#) and the logistics of the race, timing and liability. Please plan accordingly.

USA TRIATHLON PACKET PICKUP RULES:

Athletes may only pick up their own packets.

Under no circumstances may an athlete pick up a packet for another person.

All relay team members must be present at the same to receive the packet, or you will have to split up the relay packet for each participant.

All athletes are required to show a photo ID. NO ID, NO RACE, NO EXCEPTIONS. Every single participant, including relay participants, must have a photo ID. A Youth athlete without an ID must be accompanied by a parent/guardian with a photo ID.

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.



Event Parking

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

4400 Paige Road The Colony, Texas 75056.

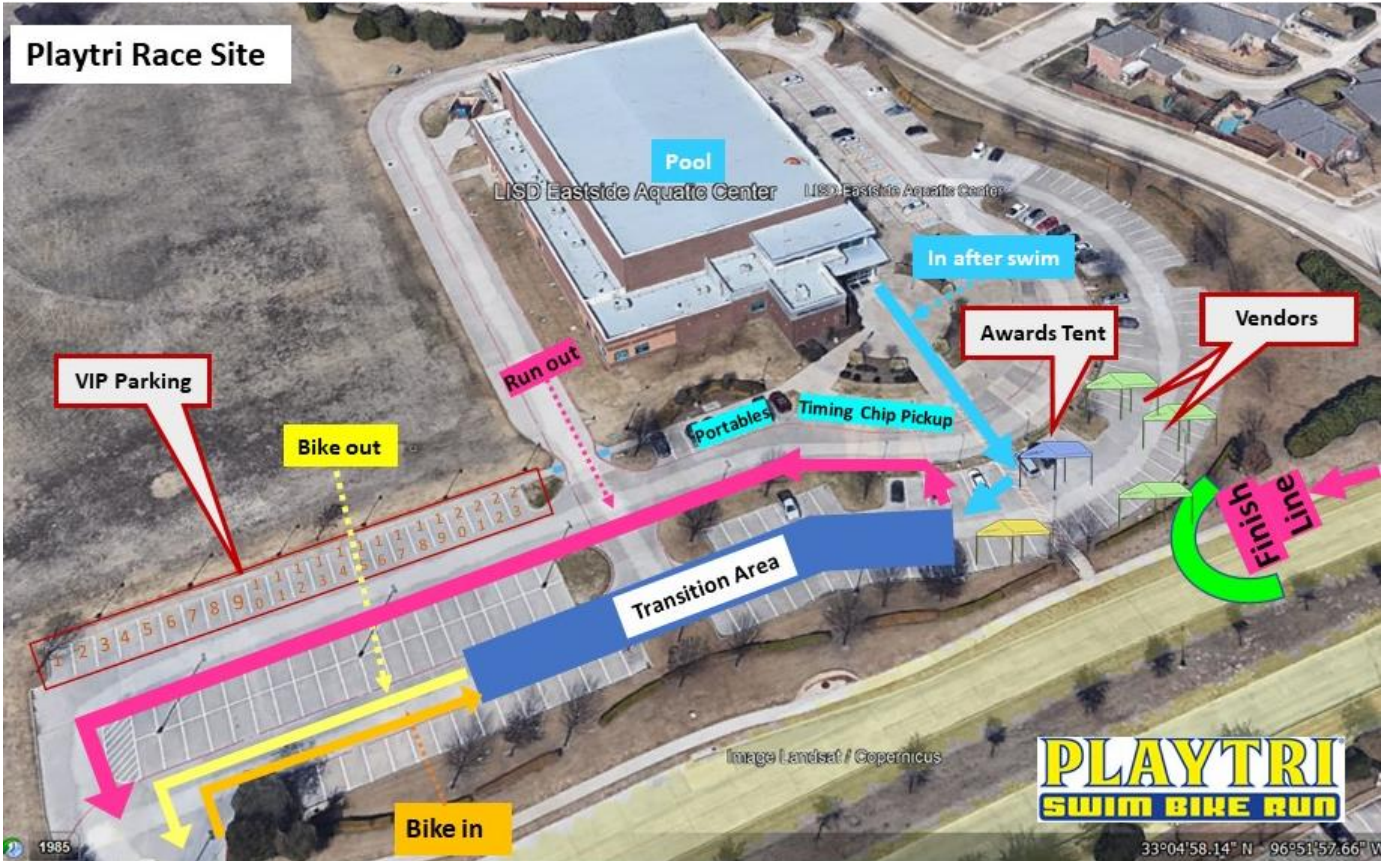
Hawaiian Falls - The Colony is located 1/2 mile north of the Highway 121 and Plano Parkway intersection.

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

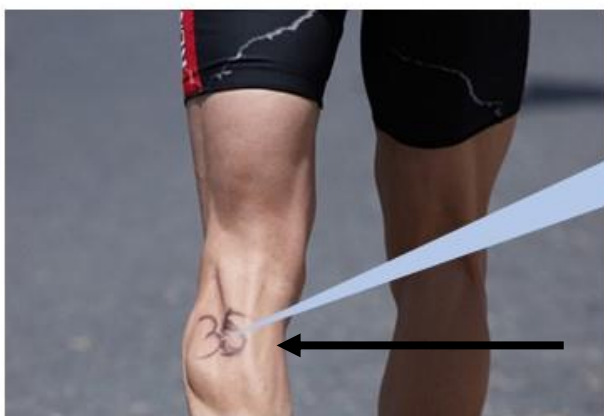
Triathlon Body Marking



**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

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.

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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 bins 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.



Bikes & Transition Area

You must be body marked prior to entering transition area.

When can I bring my bike to the transition?

When the Transition Area opens, you may rack your bike and place other race gear:



Only participants and event staff are allowed in the transition area.

Please advise your family and friends that they will need to remain outside of the transition area.

This protocol exists to protect everyone's bicycle, other gear and ensure a fair and safe environment.

When can I check my bike out of transition?

Transition opens for bike checkout when the final athlete has entered transition from the bike course and then left transition for the run course. You may not remove your bike before this time. Transition Coordinators will monitor the situation.

This protocol exists to ensure a fair and safe transition for all athletes and your cooperation is appreciated.

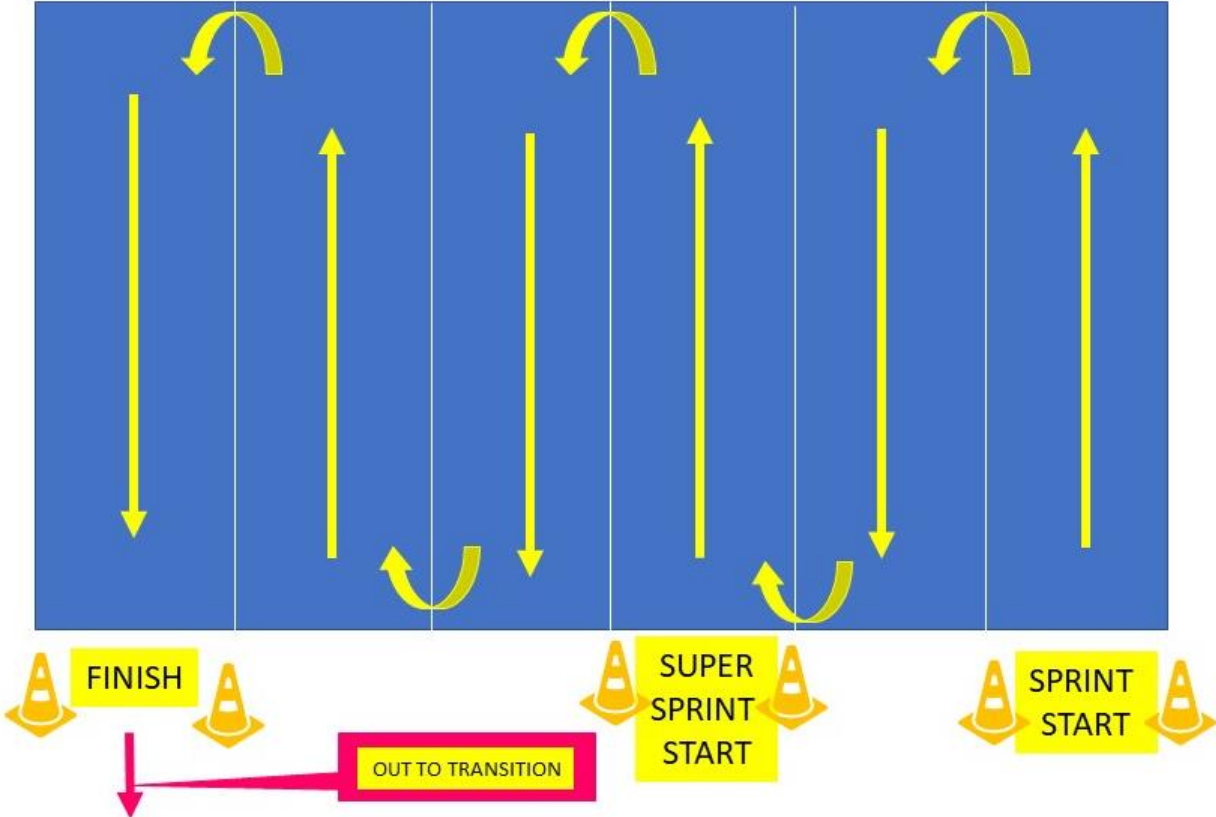
Swim Course - triathlon

This will be a snake swim.

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

Swim Course 50 meter pool

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



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“PLAYTRI Franchising LLC plans to actively expand; with the goal of operating in all 50 U.S. States; training and equipping athletes to reach their fitness goals in the most well-rounded athletic endeavor ever conceived. To get there, we are looking to add capable business operators as Franchisees, with a passion for fitness to become the faces of Playtri in their communities”.

Stephan C. Brown, CEO

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.



SHIMANO®

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.



Playtri Fort Worth Triathlon & Run-Bike-Run I. & Playtri Fort Worth Triathlon & Run-Bike-Run II.



Playtri Little Elm Triathlon Weekend:

Saturday morning: [Playtri Little Elm Kids Triathlon](#)

Saturday afternoon: [Playtri Little Elm Open Water Swim](#)

Sunday morning:

[SPRINT TRIATHLON](#)

500 meter swim, 16 mile bike, 5K run.

[OLYMPIC TRIATHLON](#)

1500 meter swim, 24 mile bike, 10K run.

[RUN-BIKE-RUN \(DUATHLON\)](#)

1 mile run, 16 mile bike, 5K run.



Super Sprint Run Course



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

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

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

SWIM

- Goggles (3 pair for open water races - clear, tinted and mirrored/polarized)
- Swim cap (mandatory for open water races - race will provide one)
- Trisuit or swimsuit
- Wetsuit and/or Swimskin (open water - always bring both if you have them!)
- Body Glide or similar

BIKE

- Bicycle - check tire pressure just before the race (bike number adhered to frame or seatpost)
- Helmet (helmet number on front)
- Cycling Shoes (if you use them)
- Sunglasses
- Socks (if you use them)
- Water Bottle(s)/Nutrition on Bike
- Extra layers for cold races

RUN

- Running Shoes (recommend speed laces)
- Race Belt – with bib number
- Nutrition – handheld or secured to kit or race belt
- Socks (if you use them)
- Visor/hat
- Sunglasses

NUTRITION/HYDRATION

- Pre- and post-race items
- Water and electrolytes on the bike
- Gels or other nutrition for bike and run (if needed)

OTHER/EXTRA

- USAT card + Insurance card + Driver's License
- Sunscreen
- Small hand towel or transition mat
- Post-race clothes



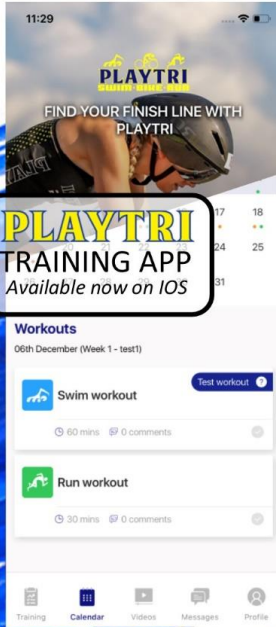
For more detailed list please visit playtristore.com/pages/racedaychecklist

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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 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.

