



Athlete Guide



October 15, 2023
Little Elm, TX



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Event contact Events@Playtri.com



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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'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.



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 allowing athletes to pick up race packets for other individuals. The person picking up the packet must have a copy of the athlete's ID and written verification from the athlete that the individual picking up the packet is authorized to do so. Smartphones can also be used to show both a photo of another athlete's ID and a digital copy of their race confirmation.

One person may pick up up to 4 packets at one time to ensure fairness to others standing in line. Should one person be picking up more than the mentioned 4 packets, he or she is welcome to join the packet pickup line again as if they just entered the location.

ALL athletes are required to show photo ID at the time of packet pickup. 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. If an athlete/ parent does not bring a photo ID to packet pickup, there are two options: 1 Go home to get it 2 Have someone email/text them a copy of their photo ID.

Wednesday Race Week

4pm-6:00pm [Playtri Colleyville](#)

Thursday Race Week

12:00:pm-2:30pm [Playtri Rockwall](#)

4:00-6:00 [Playtri Cycling The Colony](#)

Friday Race Week

12pm-6:00pm [Playtri Dallas](#)

Saturday

race site: 135 Lighthouse Beach Dr, Little Elm, TX 75068

6:00-7:00am

NO CHANGES TO REGISTRATION DETAILS WILL BE DONE AT PACKET PICKUP.

Request to change registration details must be emailed to Events@Playtri.com.

PLAYTRI

JUNIOR TRIATHLON TEAMS

Convenient to Allen / McKinney / Plano / Frisco / Dallas



What is triathlon?

Triathlon is a swim-bike-run race with local and national competition opportunities for young athletes, as well as being an Olympic sport, and an NCAA Women's Emerging Sport.

At Playtri we develop triathletes ages 6-19 for local, national and international competition, and support athletes of all ability levels in improving their health and fitness.

Our teams practice 2-4 times a week year-round with our experienced coaches.

LEARN MORE AT:

www.playtri.com/youth

www.playtri.com/mckinneyallen-youth-programs



Event Schedule

Packet Pickup

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Race Day Schedule

6:00am - 7:00am Transition Area opens, body marking, timing chip pickup

7:15am Transition area closes

Hustlers ~7:30am start

Thunders ~7:35am start

Parking & Site



Sitemap



Swim



Playtri Little Elm Youth Triathlon
200 y swim
11-15 years

blueseventy

Start

Finish

Little Elm Beach Volleyball Courts

Lakefront Grill

RepairSTAN Bicycle Repair Station

Little Elm Park Amphitheater

135 Lighthouse Beach Dr, Little Elm, TX 75068

PLAYTRI
SWIM BIKE RUN

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**

Luck of the Irish Triathlon, Run-Bike-Run & 5K 2024

Sprint Triathlon, Super Sprint Triathlon,
Run-Bike-Run



SUNDAY, MARCH 17, 2024

Lewisville ISD Aquatic Center,
5729 Memorial Drive, The Colony, TX,

playtri.com/all-races/luckoftheirishtriathlon

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.



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.



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

OWN YOUR OWN TRIATHLON STORE!

Through steady franchise expansion and the acquisition of Endurance House Stores, Playtri has created the largest chain of multisport focused retail stores in the United States with 14 locations in 6 states. Learn how you can OWN YOUR PASSION by becoming a PLAYTRI franchisee. Please read the details below and reach out if you have any questions: [Request Additional Information](#)

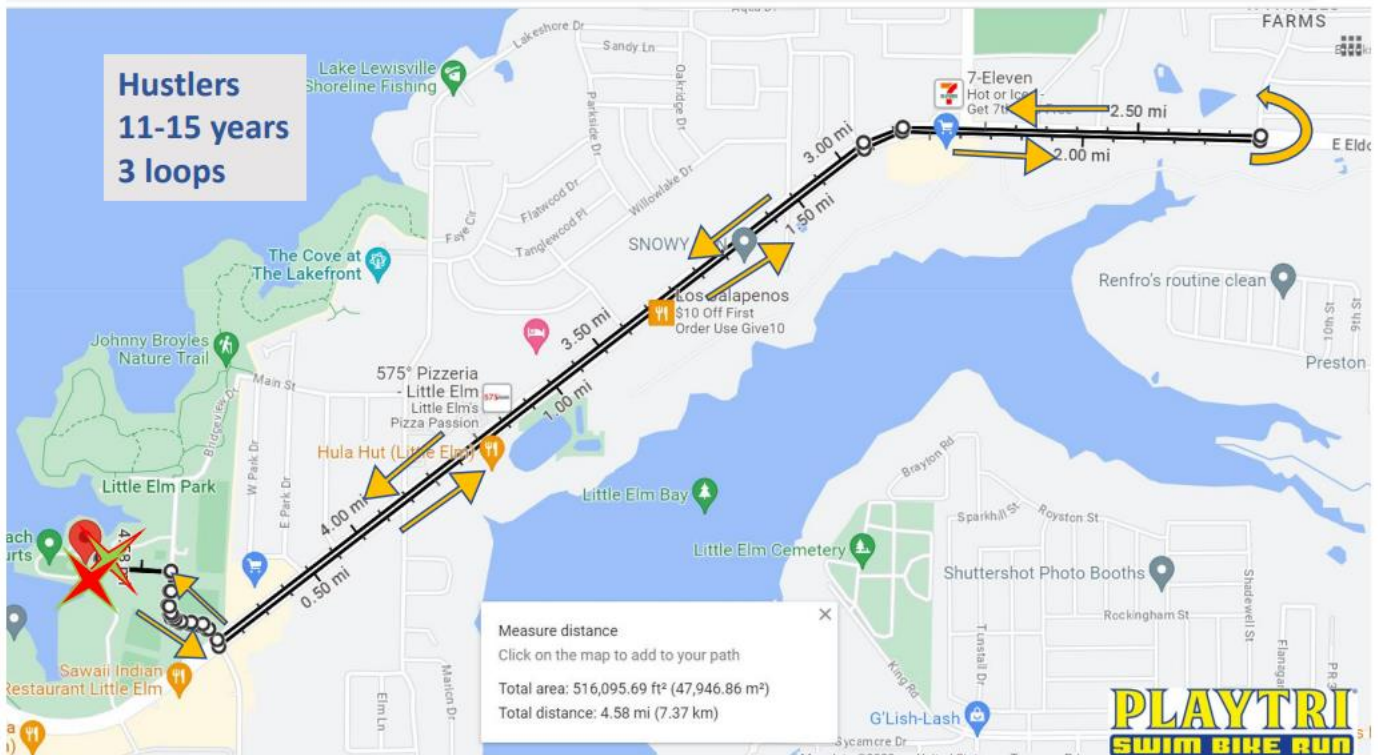


“PLAYTRI Franchising LLC plans to actively expand; with the goal of operating in all 50 U.S. States; training and equipping athletes to reach their fitness goals in the most well-rounded athletic endeavor ever conceived. To get there, we are looking to add capable business operators as Franchisees, with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

Stephan C. Brown, CEO

Bike Course

Playtri Little Elm Youth Triathlon 4.5-mile bike



Run Course



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 fun, complete and safe 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.

