

Schedule of Events

Pre-Race: - Friday, July 9, 2010

5pm-7:30pm: Race packet pick-up at American Legion building for both events

Race Day-Pohanka Cadillac/YMCA Sprint Triathlon-Saturday, July 10, 2010

5:30am-6:30am: Race day packet pick-up at American Legion Building

5:30am-6:30am: Body marking at Day's Inn Parking Lot

5:30am-6:50am: Transition Area opens

6:40am-All participants report to swim starting area for final instructions

6:50am: Race start 3-4 waves with 3 minutes intervals

8:00am-10am: Refreshments at American Legion Building

9:00am-10am: Awards ceremony at American Legion Building

Pre-race:-Saturday, July 10, 2010

4pm-7pm: Packet pick-up at American legion building for Olympic Distance

Race Day – Pohanka Cadillac Olympic Distance Triathlon – Sunday, July 11, 2010 at 6:50am

5:30am – 6:30am: Race Day packet pick-up at American Legion Building

5:30am – 6:45am: Body marking at Day's Inn parking lot

5:30am – 6:50am: Transition opens

6:40am – All Participants report to swim starting area for final instruction

6:50am - Race start 3-4 waves with 3 minutes intervals

9:00am – 11:00am: Refreshments at American Legion Building

10:00am – 11:00am Awards at American Legion Building

Pre-race

- . Body marking will be done on Saturday and Sunday at Day's Inn Parking Lot
- . Please be familiar with the 10 most commonly violation rules and penalties? We will have USAT officials at both events.
- . All participants will be issued a rental timing chip at Saturday's and Sunday's bike transaction area. Please show your bib numbers to the volunteers to pick-up your rental chip?
- . All rental chips must be returned. There is a \$30.00 fee for nonreturned chip.
- . We usually do advise that participants wear their chip on the left ankle to avoid the potential for getting any part of the strap caught in the drive train. This also helps your chip removal volunteers get to them easier.
- . Results and Penalties will be posted at the American Legion Building.
- . Water temperatures will be announced at the packet pick-up area on Friday, Saturday and Sunday.
- . All Participants must report to the swim starting area for final instructions.

Transition Area

- . No riding inside the transition area—Please walk or run your bike in and out of the transition area.
- . **Spectators are not allowed in the transition area.**
- . Please do not remove bike until notification from volunteers?
- . Please no glass containers in the transition area?
- . Participants will not be allowed to mount bikes inside transition area and will be made to dismount before entering the transition area following the bike segment.

Relay teams for Olympic Distance event on Sunday

- . Swimmers will exchange chip and strap to the cyclist at their designated bike rack located in the transition area.
- . Cyclists will exchange chips and strap to the runners at the same location—your designated bike rack located in the transition area.

Swim Course

- . Please notify race officials immediately, if you choose not to swim?
- . Competitors will receive swim caps at packet pick-up area
- . Swim waves will be posted at the packet pick –up area on Friday, Saturday, and Sunday.
- . Warm-up ends at 6:40am.
- . Heats on the beach—Follow instructions of the race officials

The Sprint triathlon will complete 1 triangular loop of the course --- 700 meters

The Olympic distance will complete two triangular loops of the course and they must run across the mats after completing the first loop of the course and there will be a finishing chute for the 2nd loop. Please follow the directions of the race officials?

- . Both swim will start in the water. Both races will start at 6:50am
- . Swimmers keep to the outside of all floats. Floats should always be to your right.
- . If you have trouble swimming, swim to the canoe or kayakers.

Bike Course

No Drafting!!! USAT officials will be on the course and drafting rules will be enforced.

- . No bike inspections. Competitors are responsible for their own equipment.
- . "Heads Up" Bike Course – **Course is not closed to Traffic. Chin Straps must be bucked at all times on a bicycle.**
- . Bike number must be tied to your bike frame and will be in your race packet.
- . Hard shell helmets must be worn.
- . Please **WALK or RUN – do not ride in the transition area.**
- . We will have two sag wagons on the bike course?
- . Stay to the right to allow faster cyclists to pass on the left.
- . All Participants must walk or run their bicycle across the mats to ensure the chip has registered your time. This must be done before the start of the bike race and before the bike finish.

The course for the Sprint Triathlon will be a loop course and a map will be provided in your race packet or please go to the website at www.ymcaracing.com

The course for the Olympic Distance is an out and back and will have a check point at the turnaround.

All major intersections will be patrolled by the local police department.

RUN COURSE

- . Both course will be out and back, flat with plenty of water stations.
- . All Participants must wear their race number on the front.
- . **Absolutely No headphones, earphones, or any radio – type device will be allowed, this is an USAT rule and violators will be disqualified.**
- . **Three water stations for the Sprint Triathlon and seven water stations for the Olympic distance on Sunday.**
- . **Course is open to traffic.**
- . **All major intersection will be controlled by police officers.**

POST EVENT REFRESHMENTS

SPRINT TRIATHLON ON SATURDAY, JULY 10, 2010

Refreshments will be held at the American Legion Building at 8am – **Pizzas, cookies sodas, chips water, beer to all Participants**

Awards Ceremony at the American Legion Building at 9AM

OLYMPIC TRIATHLON ON SUNDAY, JULY 10, 2010

Refreshments will be held at the American Legion Building at 9am-11am – **Pizzas, cookies, beer sodas, water and chips to all participants.**

Awards Ceremony at the American Legion building at 10am

