



## Dear Triathlon Participants,

We are excited to have you join us for the fourth Annual TriSumter Triathlon. Below is a schedule for the Friday check-in and Saturday race.

### **Friday night 4:00-8:00 pm at the City of Sumter Aquatics Center, 1115 South Lafayette Dr. Participants and Family members are welcome:**

- Pick up your registration packet
- Register if needed
- View transition lay-out sample
- Study a large map of the route – Red flags and signs on turns, signs along entire route & mile markers
- Walk thru Aquatics Center and view pool (no Swimming at this time)
- Ask questions of Committee Staff, Police Representative, and USAT Official made available for Triathletes

### **Saturday 6:00-7:30 am at the Aquatics Center: (Pool Green Room and Bike Transition Area Open-Participants Only)**

- Pick up packet in front entrance of Aquatics Center
- Late registration in front entrance of Aquatics Center
- Arm & Leg Marking and Chip pick up in front entrance of Aquatics Center
- Equipment drop off around South Hope Circle (No Parking)
- South Hope Center open for families & restrooms
- Parking area is on either side of road down Red Bay Road adjacent to the South Hope Center
- Parking is available across the street in the Zimco Parking Lot (minimal space)
- **NO PARKING NEXT DOOR AT SUBURBAN PROPANE (Towing is enforced)**

#### **6:30-7:30 am**

- Warm-ups in the pool (**Participants only allowed in the pool area**)

#### **6:45-7:45 am**

- Bike mechanic will be available for bike adjustments or minor repair near transition area

#### **7:55 am**

- All Participants report to pool

#### **8:00 am**

- ALL Transition areas close

#### **8:10-8:25 am**

- Pre-race announcements
- Participants line up by race bib number

**\*LIMELITE PHOTOGRAPHY WILL BE ON SITE TAKING PHOTOS OF PARTICIPANTS AND AVAILABLE FOR PURCHASE ONLINE AFTER THE EVENT IS COMPLETE. <http://www.limeliteonline.com>**

**8:30 am Race begins with 1<sup>st</sup> swimmer in the pool (a slide in entry), 16 mile bike course and 5K run. TIPS: Must have I.D., Bar End Plugs, 2 sets of brakes on bike, CPSI approved helmets, No headphones, Tap foot of swimmer if passing in pool, 3 bike lengths unless passing, have a 3 to 5 gallon bucket for clothes in transition area so you can tip over and use to sit on. Have fun!**

**11:00 am** Transition Area will be open for equipment removal and pick up – Participants Only!

**11:30 am Awards will be presented near the finish line – Presentations will start if all awarded slots are in.**

***Post race food & water will be provided by Agape-Hospice!***