



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 4:00-7:45 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 6:00-8:00 am at the South HOPE Center: (Pool Green Room and Bike Transition Area-Participants Only)

- Pick up packet and Check in at South HOPE Center
- Race Day Registration in Lobby of South HOPE Center
- Arm & Leg Marking and Chip pick up at South HOPE 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 scheduled to 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

8:05-8:20 am

- Pre-race announcements at MAIN STAGE

8:20-8:30 am

- Participants line up by race bib number along poolside

***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 1st 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!

11:15 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 & Springleaf!