

HIGH POINT

SPRINT

TRIATHLON

Saturday, August 13th
2022 Athlete Guide

Race Timeline

- **Schedule of Events:**

- Early Packet Pickup (8/12/2022):
- At High Point Fleet Feet: 2762 NC-68 Unit 111, High Point, NC 27265)
- 3:00 – 6:00 pm

- **Race Day (8/13/2022):**

- 6:15 am – Race-Day Registration and Packet Pick-Up
- 7:30 am – Registration and Packet Pick-Up Closes
- 7:45 am – Race Start – **this will be a rolling start based on reported swim times. This is not a formal time trial start, so the order is just to get people in a place that they won't be in the way of each other based on pace. There will be a timing mat at the swim start for you to step on as you start and record your start time.**
- 9:50 am – Estimated Start of Awards



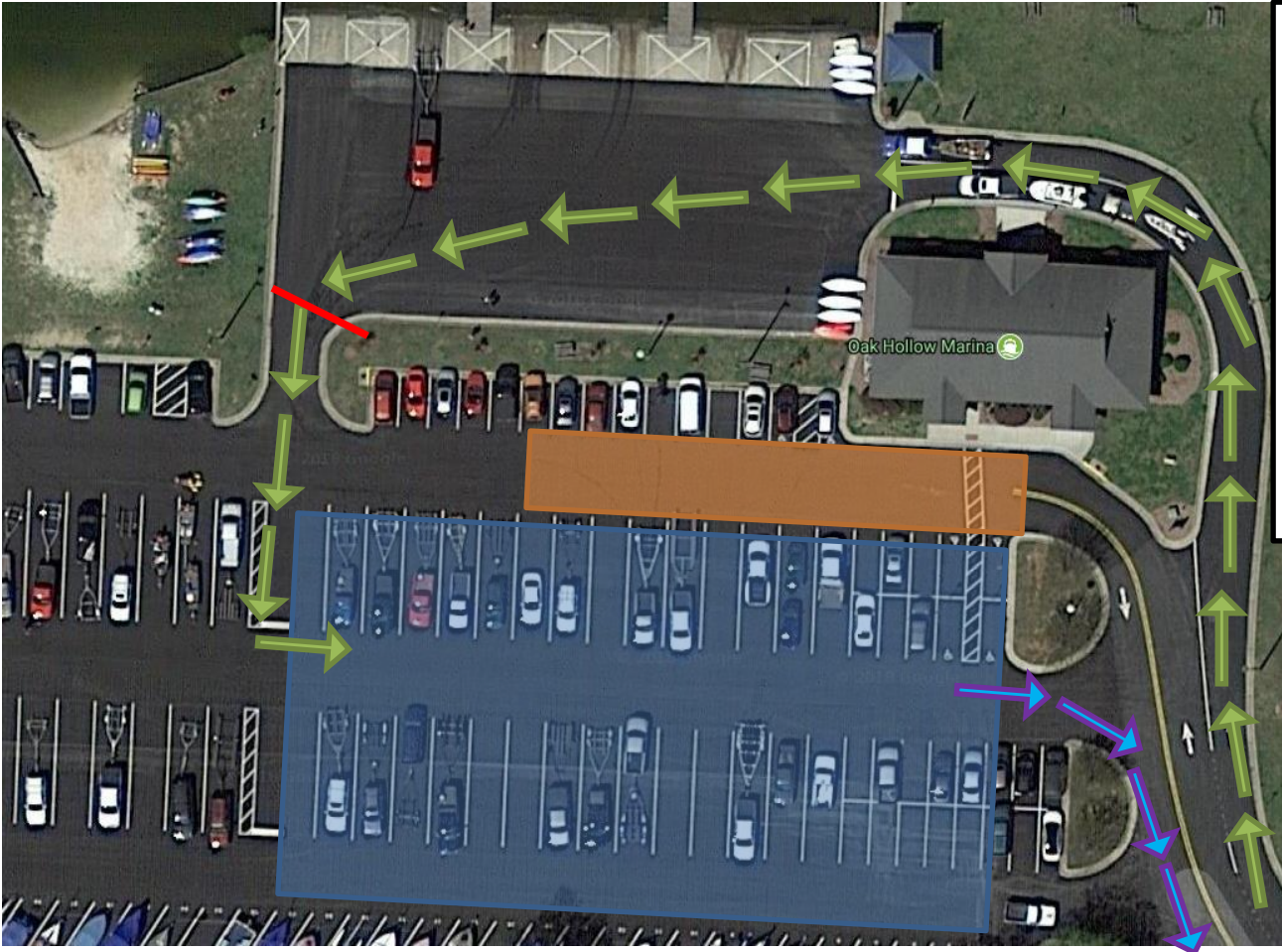
USA Triathlon Requirements


- This is a USA Triathlon (USAT) sanctioned event. All athletes are required to show ID in order to pick up their packet - no exceptions.
- Please familiarize yourself with the [USAT competitive rules](#) to make sure that you are compliant.


Swim In/Bike Out Transition





Bike In/Run Out Transition




Bike In = 

Run Out = 

Bike Dismount = 

Transition area = 

Finish chute = 

How to Rack a Bike Properly

- Take a close look at this picture. Every other bike is racked in the opposite direction with the opposite wheel on the ground. This gives everyone the most space on the rack.
- Place your bike the opposite direction of the bike next to you. Your equipment should go on the side of your bike's down wheel

Bike Support

Get Outdoors
Pedal and Paddle
will be on-site to
provide any bike
support you need
before, during, or
after the race!



Body Marking

Athletes will receive an email with their bib numbers more than 24 hours before the race and may body mark themselves with a black sharpie before arriving on race day.

1. Right Calf – Age on December 31, 2021 or **(C)** Clydesdale, **(A)** Athena, **(CO)** Collegiate, or **(R)** Relay
2. Left and Right Arm – Bib Number written vertically



Timing Tag and Bib Instructions

- After you pick up your bib, you will need to pick up an orange timing tag and Velcro strap in a separate line by showing your bib number. This is how we record your splits during the race.
- Secure the chip to the strap via the instructions on the right.
- **You must have this around your left ankle at all times during the race.**
- **Timing chip must be OUTSIDE a wetsuit.**
- As soon as you cross the finish line, please make sure our volunteer gets your tag and strap back (**there will be a \$20 fee for lost tags**).
- Relay teams will have one tag that is passed between teammates in transition.
- **Your race bib only needs to be worn during the run portion of the race. It must be on the front of your torso when you cross the finish line.**

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.



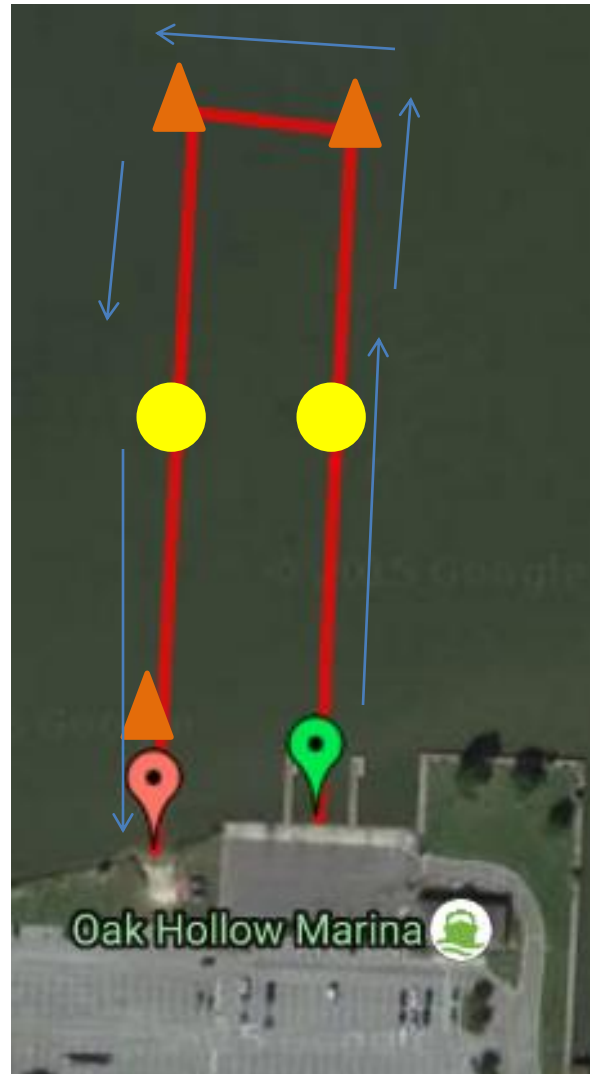
Step 2

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.



Swim Course

- The swim is a counter-clockwise swim of 500 meters. Swimmers will keep the orange buoys on their left (stay to the right of the buoys) and swim the course counterclockwise, exiting the water at the beachhead.
- Current water temperature is 81 degrees.

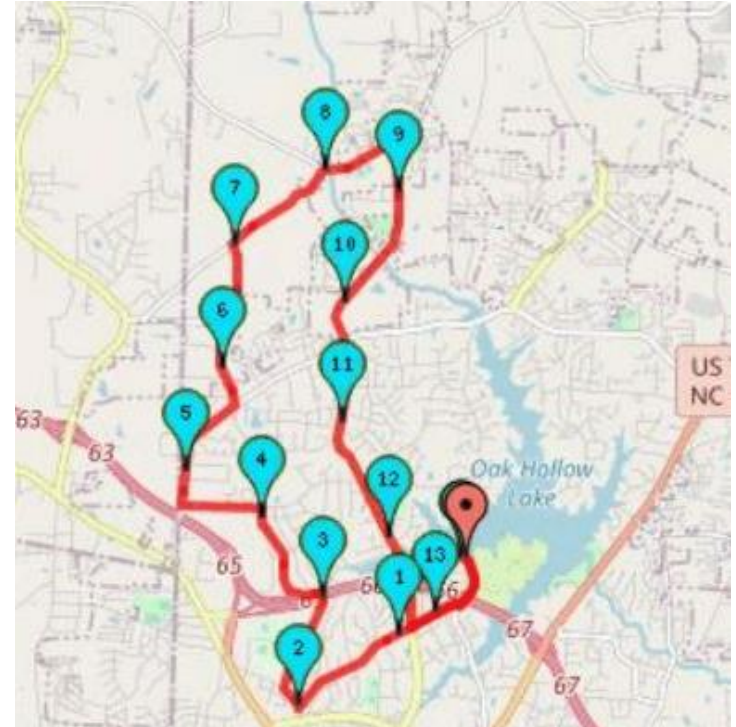


Small yellow circular buoys are sighting buoys (you can swim on either side of them). The Large orange triangular buoys you must keep on your left!

Bike Course

The bike course is new this year and will be a single loop.

[Find The Route Map Here](#)

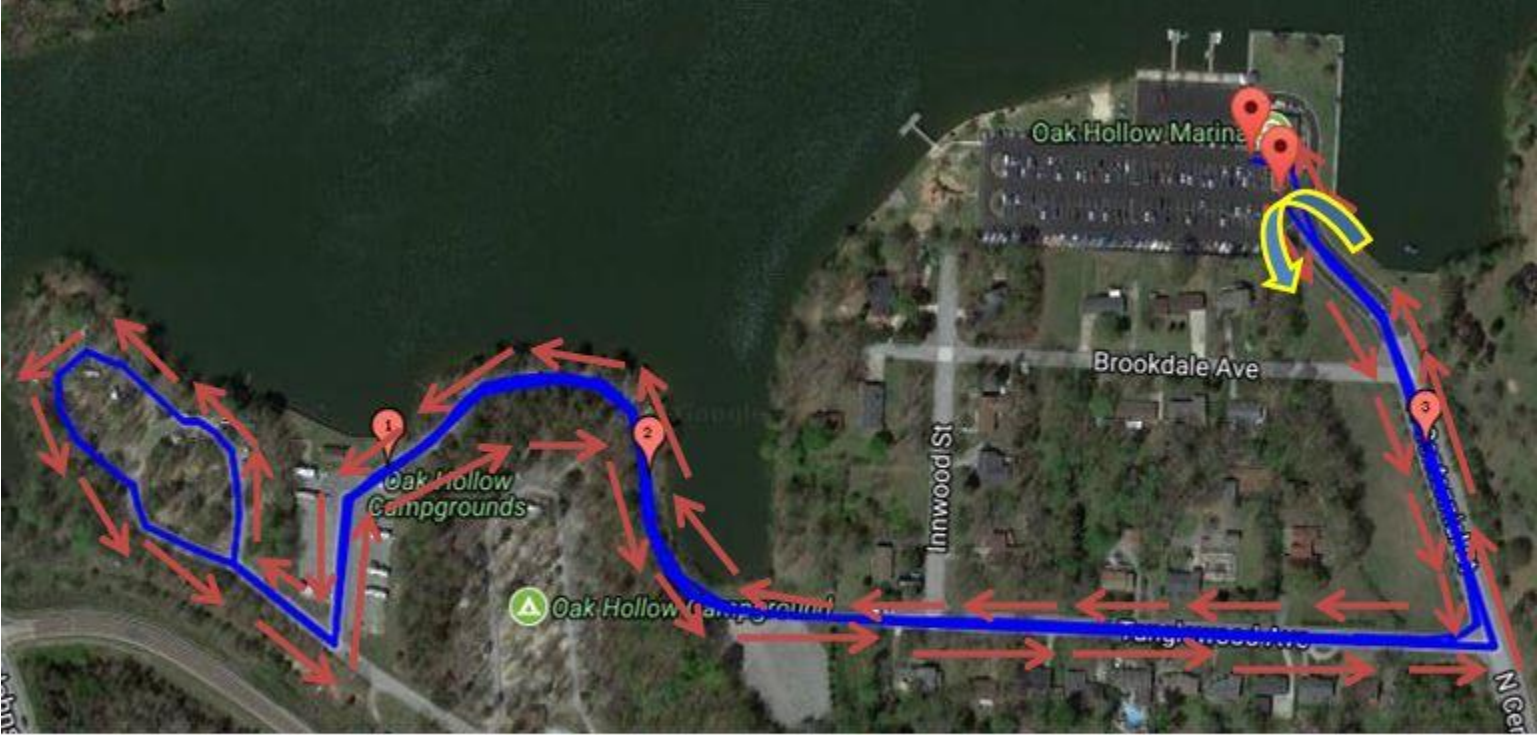


Bike Course Cue Sheet

High Point Triathlon Bike Turn By Turn Directions:

- **Start:** Oak Hollow Marina Parking Lot
- **Right Turn:** onto Oakview Dr.
- **Right Turn:** onto Old Winston Dr.
- **Right Turn:** onto Shadybrook Dr.
- **Left Turn:** onto Aberdeen Dr.
- **Right Turn:** onto Langdale Dr.
- **Left Turn:** onto Old Mill Dr.
- **Right Turn:** onto Skeet Club Rd.
- **Left Turn:** onto Dillwood Dr.
- **Right Turn:** onto Squire Davis Rd.
- **Right Turn:** onto Johnson
- **Left Turn:** onto Oakview Dr.
- **Left Turn:** onto Centennial

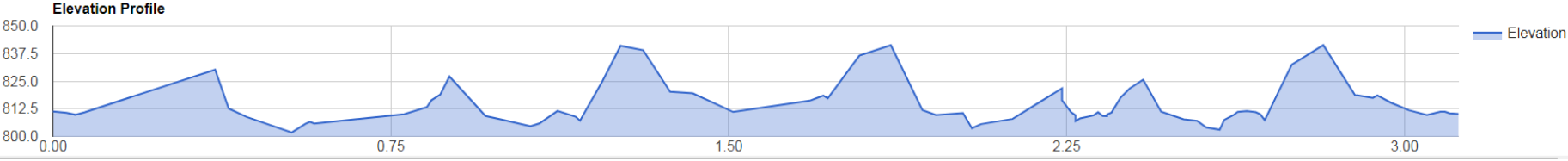
Run Course



Run Route:



First Lap Turn Around to Start Second Lap:



Waterstop

- You will get water and Tailwind electrolyte replacement 4 times on this course!!