

J-HAWK LATEBIRD TRIATHLON

RACE DAY REMINDERS

PLEASE READ!!

1. **MAKE SURE YOUR RACE NUMBER MATCHES YOUR CHIP!!**
2. DO NOT REMOVE ANY PART OF YOUR RACE NUMBER.
3. Write your race number on your left upper arm and right lower leg. The numbers need to be **VERTICAL**. The number seven, must have a line through it (7) and the number four (4), must be open at the top.
4. Place your bike on the rack that's listed on your bag label (listing is also posted on pool walls by registration)
5. **Olympic Distance Racers** – Please attend the OLYMPIC TRI general meetings (7:40am) – it's specifically for you!
6. **Olympic Distance Racers** – the race is starting at 8am!!
7. The waves can run ahead of schedule, so listen for the wave announcements.
8. All athletes start based on their race number, with the lower number going first, in the lane. The next athlete will start approx. 10 seconds later.
9. You **MUST** run/walk over the chip timing mats. Chip mat locations (there are 5): outside of pool door; at the end of the parking lot BEFORE you get on your bike; coming back into the transition AFTER you get off your bike; going out to run; and the finish line.
10. All bikers **MUST** have their helmets on, from the time they remove their bike, to the time they put it back on the rack. You will not be allowed out of the transition area until your helmet is on. Otherwise, it is a DQ.
11. The team exchange will take place at the bike rack. Pass the timing chip to your teammate.
12. All runners **MUST** wear their paper race numbers. Have it on the front of your body.
13. Stay in the order of finish until you exit the finish chute.
14. All athletes **MUST** return their timing chip once they exit the finish chute. There is a \$20 charge for each missing chip.
15. Bathrooms and showers are available inside Williams Center.
16. If you are in the pool area, and not competing soon, please sit in the balcony area.
17. Please shower before you swim.
18. The adult awards will be done in the lobby area. The child awards will be done in the pool area.
19. General meetings will be held, by lane 1 (under the scoreboard). Course maps and general information will be discussed here. Try to make a meeting: Olympic - 7:40am; Sprint – 9am, 10:30am, 11:30am
20. No athlete is allowed to start over.
21. Awards will **NOT** be mailed (except overall awards, which are fit to size).
22. A table will be setup for the Olympic racers to pick up their medals (approx. 1pm) Overall winners will be posted. This will be setup, in the lobby area, 3 hours after the last Olympic Tri athlete starts.
23. Adult raffle winners will be posted by the glass doors (coming in from finish line are). You can come into the pool office to select your prize (must show your race number). Any unclaimed prizes will be redrawn when the Adult Sprint awards are presented. All athletes are automatically entered.
24. Any swearing at a volunteer is automatic **DISQUALIFICATION**

GOOD LUCK!!

WE HOPE YOU HAVE AN ENJOYABLE AND CHALLENGING EXPERIENCE!

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