



# Sprint Triathlon

**WELCOME TO THE 2013 BOILING SPRINGS TRIATHLON!**

**THANK YOU FOR PARTICIPATING - PLEASE SUPPORT OUR SPONSORS**

**All participants must abide by these Race Rules or risk disqualification:**

1. All decisions of triathlon officials prevail on race day.
2. Only athletes are permitted in the transition areas. No outside assistance is allowed in the transition or on the course.
3. No unsportsmanlike conduct. No foul, harsh argumentative language or actions directed at officials, volunteers, spectators or fellow athletes.
4. Helmets are required for the bike portion of the race and must be fastened at all times while riding.
5. Drafting is prohibited in the bike portion of the triathlon.
6. No diving is permitted into the shallow end of the pool, and no flip turns will be permitted.
7. Wetsuits and goggles are permitted for the swim portion of the triathlon.
8. NO BACKSTROKE!!
9. It is recommended that each applicant be checked by a physician prior to competing.
10. No headsets or baby carriages are allowed while competing in the triathlon.
11. No glass containers allowed.
12. No alcoholic beverages allowed anywhere!
13. No animals allowed anywhere during race.
14. The bike portion and the run portion of the race will both be on mostly OPEN ROADS. Most roads will not be closed and traffic will not be stopped for athletes. There are railroad tracks to be crossed in the bike portion. All railroad signals must be obeyed. We do have official race timers positioned at the railroad track crossings and time spent stopped at these places will be deducted from your overall time at the end of the race.
15. Athletes are responsible for being familiar with the course beforehand, including all turns and hazards.
16. Each athlete is required to complete the entire course (or portion of the course if registering as part of a team).
17. Swimmers will be given a maximum time of 30 minutes to complete the swim. If the swim is not completed within 30 minutes, the athlete will be asked to exit the pool, and will be disqualified.
18. The race will proceed rain or shine, however, the Race Director reserves the right to cancel or change the event if weather conditions warrant.
19. No nudity is permitted in transition or anywhere on the premises.



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## Valuable Race Day Information

This information is provided to familiarize participants with what to expect on race day. If there are any questions, please plan on picking up your packet the Friday night before the race and we will have race officials available to answer any questions you may have.

1. **Check-in begins at 6:15am on race day and ends at 8am.** All athletes must check in and sign a waiver, Individual athletes and team swimmers must also pick up their timing chip. **If you are assigned a white cap, you must register and set up transition by 6:55am, as that is when your transition area will close. If you are assigned a yellow cap, you must register and set up transition by 8am, which is when the second transition area will close.**
2. **All athletes must be body marked.**
3. **Please be careful about staying away from the timing mats once you have your anklet on.**
4. **There will be no swimming in the pool prior to the start of the race.**
5. **All swimmers must wear the numbered cap provided for them during the swim.**
6. **There will be 10 swimmers in the pool at a time. Since we are using chip timing, as soon as one person gets out of the pool, the next person in line gets in. The race will start with those who submitted the slowest times and will progress to those who submitted the fastest times. We will try to keep 10 people in line, and announcements will be made when the next group of swimmers should report to the start line. It is the athlete's responsibility to listen to the announcements and report to the start line when called. There are no lane lines in the pool. There will be markings on the bottom for you to follow so that swimmers don't interfere with one another. Each swimmer will have his/her own lap counter.**
7. **On race morning, please report to the start line in number order according to the numbers being called. We will be trying to keep roughly 10 people in line in order to keep things moving along.** For ESTIMATED swim start times based on last year's race, see the Swim details below.
8. There are **no dives or flip turns or backstroke** permitted in the pool.
9. When swimmers see the orange block on the lane counter, they are to turn and complete one more length of the pool. **If a swimmer does not complete all 18 lengths, he/she will be disqualified.**
10. **Exit the same side of the pool as you entered. Run the length of the pool on the pool deck, down the steps and through the chute (crossing the mat) into transition.**
11. **All traffic stays left over the bridge out of the transition area. Bikers stay left then mount bike, turn left, and start the course.**
12. **Please remember that the bike course is 2 LOOPS!**
13. **FOR TEAMS:** The same timing chip is used for all 3 participants. The **chip may only be transferred from one athlete to another inside the transition area.** (ie: swimmer must enter transition area, then pass chip



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anklet to biker. Biker must enter transition area, then pass chip anklet to runner. Yes, it needs to be around your ankle!)

14. The **bike and run are OPEN COURSES. Only the roads around the transition area will be closed. All** athletes are expected to follow the rules of the road which includes riding on the right side and running on the left side of the road. Traffic monitors will be placed at select intersections to assist athletes with safe turns.
15. The bike and run **courses will be marked with signs and road paint.** Rt 74 (York Road) is a busy road, so please use caution as you take the soft right from Lutztown Road onto Rt 74. The right from Rt 74 onto Creek Road is a very hard right, so please use caution and watch traffic.
16. **Water** will be provided at the **run turnaround** on Ridge Road.
17. **Awards** will be presented after the last athlete crosses the finish line. Awards will be given for First, Second and Third place males, females and teams, and First and Second males and females in the following age groups: 18-29, 30-39, 40-49, 50+.
18. **If you park in the pool parking lot, please plan to leave your car there for the duration of the race.** If you want to leave in your car after check-in and come back for your start time, please park around town instead of in the pool lot.
19. **Results** will be posted on [www.runhigh.com](http://www.runhigh.com) as soon as possible after the race, usually the day after. If you go to our website, [www.bstriathlon.com](http://www.bstriathlon.com), we will also have a link there.

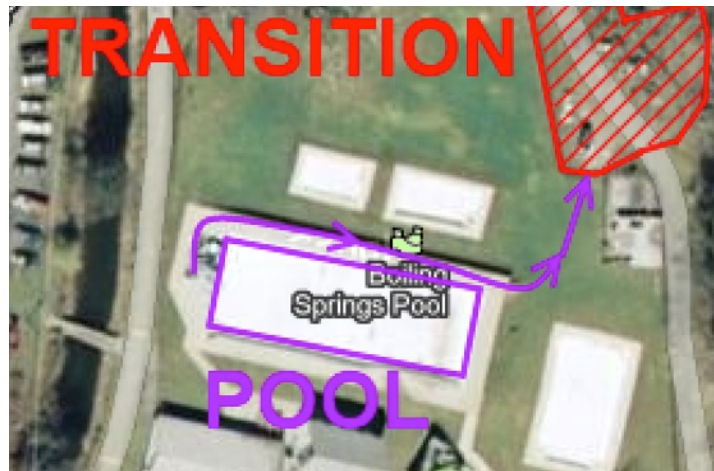


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## The Swim

The swim consists of 18 lengths in the Boiling Springs Pool (approx. 900 yards). 10 participants will be in the pool at a time, staying in their lane which is indicated by a line on the bottom of the pool. The first 10 participants will enter the race at the start, and from there the race will proceed as follows:

- Participants will be placed in line in numerical order.
- As a participant finishes, the next person in line will be told which lane to enter in the pool.
- As the participant approaches the pool, they will cross a timing mat, starting the time for their race.
- A lap counter will be assigned to each participant as they enter the pool and will count laps for the swimmer.
- When the 18 lengths are complete, the swimmer will exit the pool on the west end of the pool, walk around to the east end of the pool, walk down the steps and across the grass to the transition area.



Notes/Rules about the Swim:

- No Flip-turns, Diving, or Backstroke will be permitted during the swim.
- Wetsuits and goggles are permitted for the swim.

The first group of swimmers will start at 7:00 AM. The last swimmer typically starts sometime around 10:00 AM. Following are the times that swimmers started last year based on their race number. (This does not guarantee starting times, but is meant to give participants a rough estimate of starting time based on race number.)

#1 – 7:00 AM  
#20 – 7:30 AM  
#40 – 8:12 AM  
#60 – 8:51 AM  
#80 – 9:27 AM  
#100 – 10:02 AM



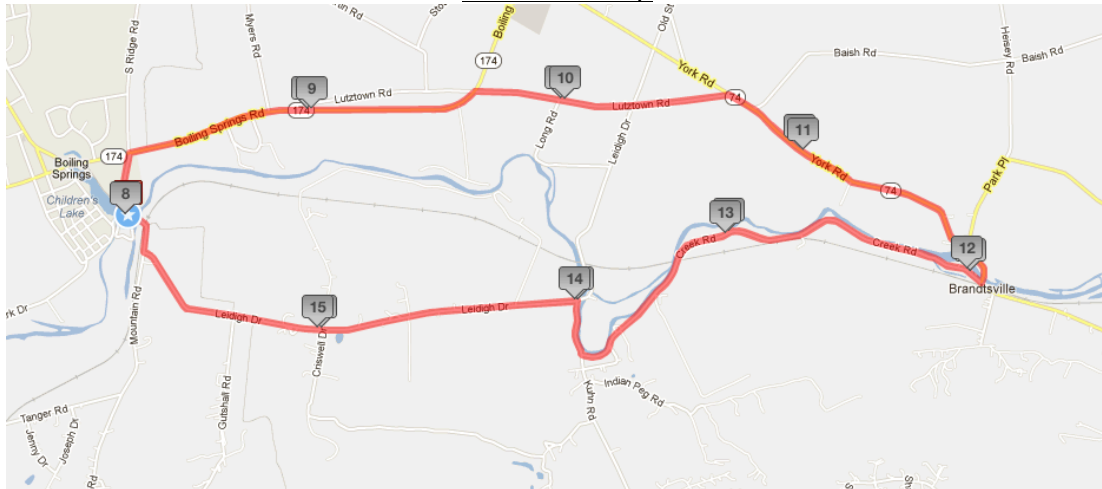
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## The Bike

The bike is 16 miles (2 loops of an 8 mile course) of rolling terrain on open roads.

<http://www.mapmytri.com/routes/view/125335145>

Overview Map



Transition Area Map



### Notes/Rules about the Bike:

- Participants must wear a helmet and it must remain buckled at all times on the bike.
- Participants will exit transition area as shown on the map and complete two laps of the 8 mile course.
- Do not mount your bike until exiting transition area and crossing the MOUNT line.
- Dismount your bike as you come back to transition area prior to crossing the DISMOUNT line.
- There are two railroad crossings on the course. We will have representatives from the timing company at each of these. If you get stopped by a train, they will mark your number and the time stopped at the train and deduct that from your overall time for the race results.



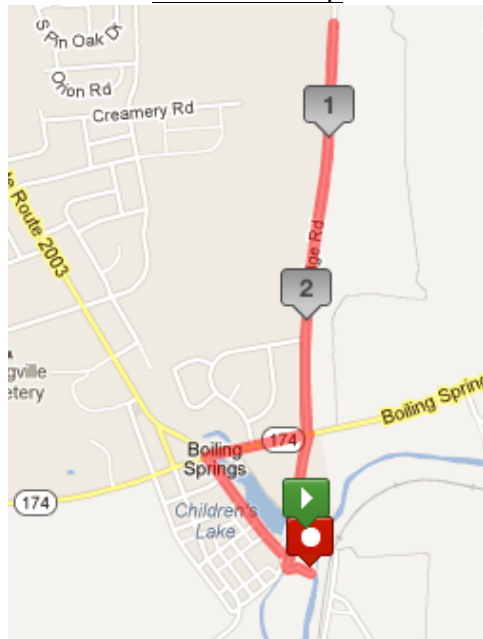
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## The Run

The run is an approximately 3 mile run over rolling terrain starting from the exit of transition and ending at the finish line behind the Boiling Springs Pool House.

<http://www.mapmytri.com/routes/view/124969945>

Overview Map



Transition Area and Finish Map

