



Important Athlete Information



Jax Olympic & Sprint Triathlon Series:

We were unable to change the Start time for Race #2 – Official Start will be at 7:30am

We welcome you to the beautiful Amelia Island for the Jax Triathlon Series! **(Located at 99 N. Fletcher Ave. Fernandina Beach, FL)**
Please read the Athlete Information provided below very carefully for what's expected prior to and on race day.

Entry Fees Are Non-Refundable – NO Exception

In *extremely* unusual circumstances, an athlete may request to defer their registration to next year's race. Please direct requests to the race director no later than 14 days before the event. info@drcsports.com There are **NO** deferments permitted **within 14 days** of an event, for **ANY** reason.

DRC Sports reserves the right in the event of inclement weather, emergency, or natural disaster to cancel the race and move to a later time. In the event of a cancellation, there will be no refund of entry fees. However, the USAT fee, if pre-paid, will be refunded.

USA Triathlon

The Jax Triathlon Series is sanctioned by USA Triathlon. You must be a current USAT member to participate or you may purchase a one-day license at packet pick-up. An annual license may be purchased online at www.usatriathlon.org. All USAT rules will be in effect during the event. Protest of penalties assessed for rule infractions must be filed with the USAT Head Official immediately after the protesting individual finishes the race.

Packet Pick-Up/Athlete Check-In

Packet pick-up will be available on Friday, prior to the race, at the **Endurance House**, located at **3562 St. John's Ave. Jacksonville, FL 32205 (904) 374-4725**, from **1:00pm – 6:30pm**. Save the stress of race day and get your packet! We encourage everyone to come to packet pick-up on Friday, but you can also pick up your packet on race day at 5:45am.

Proof of current USAT membership must be presented or a new one-day license must be purchased (\$15). **Photo ID *must*** also be presented – no exceptions.

If you cannot pick up your race packet, you may have a friend or family member pick it up for you (they will need to present a signed waiver, a copy of your photo ID and your USAT Card). You will need to fill out the waiver ahead of time and have your friend/family member bring it with them when they pick up your packet. You can download the waiver [HERE](#).

[DRC Sports Packet Pickup Waiver \(This MUST be a Hard Copy – No Photos\)](#)

Relay Teams

Each relay team member must be present for packet pick-up and each must show proof of USAT membership or provide the signed waiver. Substitution of a relay team member will not be permitted.

NO ID – NO RACE – NO EXCEPTIONS!

Mandatory Bike Check-In

Bike check-in is 5:45am-7:15am, Saturday morning. If you arrive after 7:15am, **you will not be allowed to check in your bike**. Please consider driving time to Main Beach. Transition will close at 7:15am. No exceptions.

Race Day Parking

Race day parking is not available at the Main Beach parking lot. Parking is available at the Atlantic Recreation Center (2 Blocks West of Main Beach) and along Atlantic Avenue. Please arrive early and do not park in any private areas to avoid being towed.

Race Numbers

There are 3 types of race numbers provided at check-in that are required to be displayed by the athletes during the event:

*Bicycle Frame Number: Must be attached to bike with number clearly visible on both sides.

*Helmet Number: Must be applied to front of your helmet and worn during the event.

*Bib Number: During the run portion, bib number must be displayed. Bib numbers are pinned to the **front** of shirt or attached to a race belt. Safety pins are provided at check-in. Bib numbers **MUST** always be in front for identification, photo, and safety purposes.

Body Markings

Body marking will take place on Saturday from 5:45am – 7:15am in the designated area. **YOU MAY BODY MARK YOURSELF BUT YOU MUST FOLLOW THE DIRECTIONS BELOW.** Competitors will not be permitted into the transition area without proper body marking. Please verify that body marking matches race number printed on bib, bike, and helmet. In order to enter and exit transition area, all numbers must be visible.

Transition Area Access

The transition area will be open on race day from 5:45am – 7:15am only. Any athlete including relay team members, who arrives after 7:15am will not have access to the transition area. At the end of the race, you must wait until the last athlete has started his/her run to enter the transition area. No one is permitted to claim bikes and gear until the open transition announcement has been made (approximately 9:30 am)...NOT BEFORE. Sprint Athletes will be permitted to remove bikes from their area after the last Sprint Bike has returned – *Wait for the announcement.*

Relay Team Transition Area Access

To reduce congestion, only the relay team cyclist will have access to the Bike Rack. Relay teams must pass the timing chip to their teammates in the holding areas just inside the transition area following each segment. Relay Team Cyclist may secure all personal items belonging to the swimmer and runner at the relay team's bike rack.

AquaBike Finish Procedure

All AquaBike Athletes will only participate in the Swim and Cycling portions of the event. Once you have completed your cycling portion, you will need to enter transition, re-rack your bike and run out of transition to the Finish Line. Your Official Time Stops at the Finish Line.

Timing Chips

All athletes are required to pick-up timing chips the morning of the race before entering the transition area. Do not lose your chip. Each chip is encoded with specific registration data so no chip trading is permitted. Chips must be affixed to the left ankle prior to the swim start and must be worn during the entire triathlon event. Athletes are responsible for crossing the timing mats at the end of each segment (e.g. swim finish) and are responsible for the safe return of the chip at the finish line. Relay team members must pass the chip to teammates after completing their segment of the race. Crossing the timing mats as you re-enter transition to reclaim your gear with your chip in place will alter your transition times. Lost chips will incur a replacement charge of \$30.

Swim Cap

The swim cap is distributed at packet pick-up and must be worn during the swim. Do not trade swim caps with other athletes, as caps are color coded to assist in the organization of the swim start. Each of the swim waves leave by age group, Clydesdale & Athena categories...everyone must leave in the correct age group. Refer to the Swim Wave information provided.

Swim Course

The swim begins by heading towards the first set of buoys. Proceed around the buoys, keeping all buoys on your left. Athletes who cut any portion of the swim course will be assessed a penalty. Certified Water Safety Personnel will monitor the course throughout the swim. Athletes needing assistance should raise hands above your head and safety personnel will assist.

Transition Area

Per USAT regulations (for the safety of everyone) athletes will not be permitted to ride bikes in or out of the transition area. Athletes must walk or run while in the transition area. Please watch out for other competitors and follow instructions of race officials as you move through transition. Mount & Dismount your bikes within the designated areas.

Leaving Transition (After Event Has Concluded)

To remove bikes and gear from the transition area, all athletes must show their race number (body marking or bib). Race Officials will monitor all equipment removal.

Bike Course

Approved helmets are required during the bike segment. Athletes must have helmets securely fastened before mounting and dismounting bikes. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. USAT officials will monitor the bike course and strictly enforce rules. Please check your bike and make sure you have bar end plugs before bringing your bike into transition area Saturday morning. Athletes will exit transition and mount at mount line. Remember the bike course is open to traffic; Law Enforcement Officers will staff all intersections but it is up to the athlete to know the course and yield to any traffic. Your safety is our key goal.

Run Course

The Run Course will be on North Fletcher Ave. Water Stations are located along the course. Each station will have water, Gatorade, Sponges, and Hammer gel packs. Please drink early and often. Each mile is marked. Runners please give leeway to oncoming runners. You must have your race bib on in the front.

Finish

The run course officially closes at 11:30 am. A race vehicle will sweep the course and pick you up if needed. The finish clock will remain on and times will be recorded until 11:30am.

Dropping Out

If you fail to complete the entire triathlon course, please notify a race official and return your timing chip to the finish line area.

Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during the pre-race or post-race activities will result in immediate disqualification and reported to the USAT.

Timing & Results

Race results will be posted prior to the awards presentation. Please report any discrepancy to a race official prior to the start of the awards presentation. Athletes who do not wear the timing chip during the entire event will not be scored. Note: Penalties will be posted after the first round of results.

Medical Care

EMS will provide medical care for any injuries.

The greatest risk to athletes during the race is the potential of heat-related injuries associated with inadequate hydration prior to and during the event. Be sure to drink plenty of fluids throughout the race.

USAT Rules

As a USAT Sanctioned Event, USAT rules will be enforced by USAT Race Marshalls. Athletes should familiarize themselves with these rules. Rules are available at www.usatriathlon.org.

Age Requirements

Participants in the triathlon must be 14 years or older on December 31, 2017. However, exceptions are made for seasoned youth athletes (per Race Director approval following consultation with athletes parents).

Final Results & Awards

Race results will be posted online www.DRCSports.com following the race. The top five participants in each age category will receive an award. There are also separate Clydesdale, Athena, Military, Fat Tire, Relay Team, and Novice Awards.

Results will be sent to USAT for points rankings. Please have a safe race and we look forward to seeing you at future events.

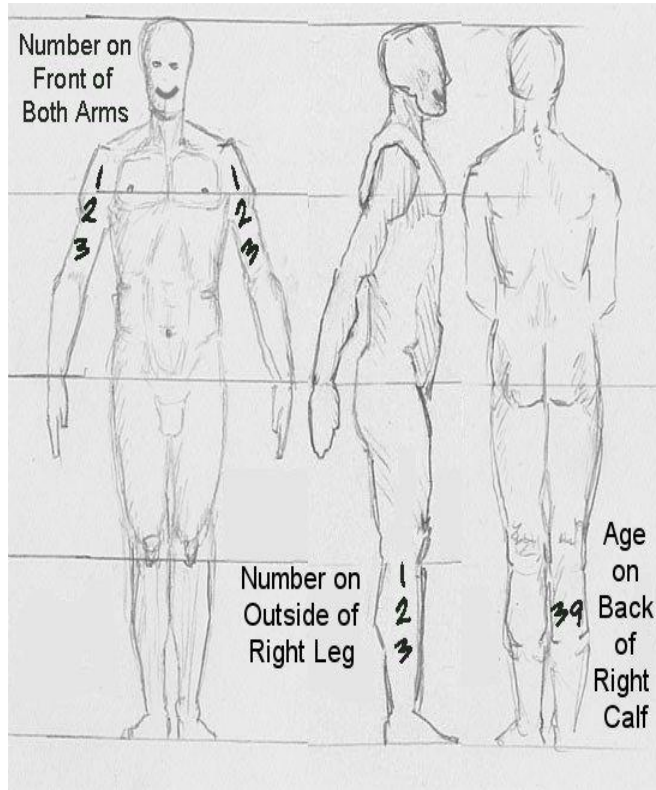
Awards Party

The Awards Ceremony begins at approximately 10am. The Awards *Party* begins as soon as YOU cross the finish line! Be sure to stick around for Great Food, fruit, snacks, etc. Also, please check out our sponsors for this great event.

BODY MARKING



DO IT YOURSELF BODY MARKING INSTRUCTIONS



Unknown Athlete



PREPARATION FOR ADHERING

For best results, make sure that the areas of your body that you will mark are **dry** and **clean from dirt and lotion**.

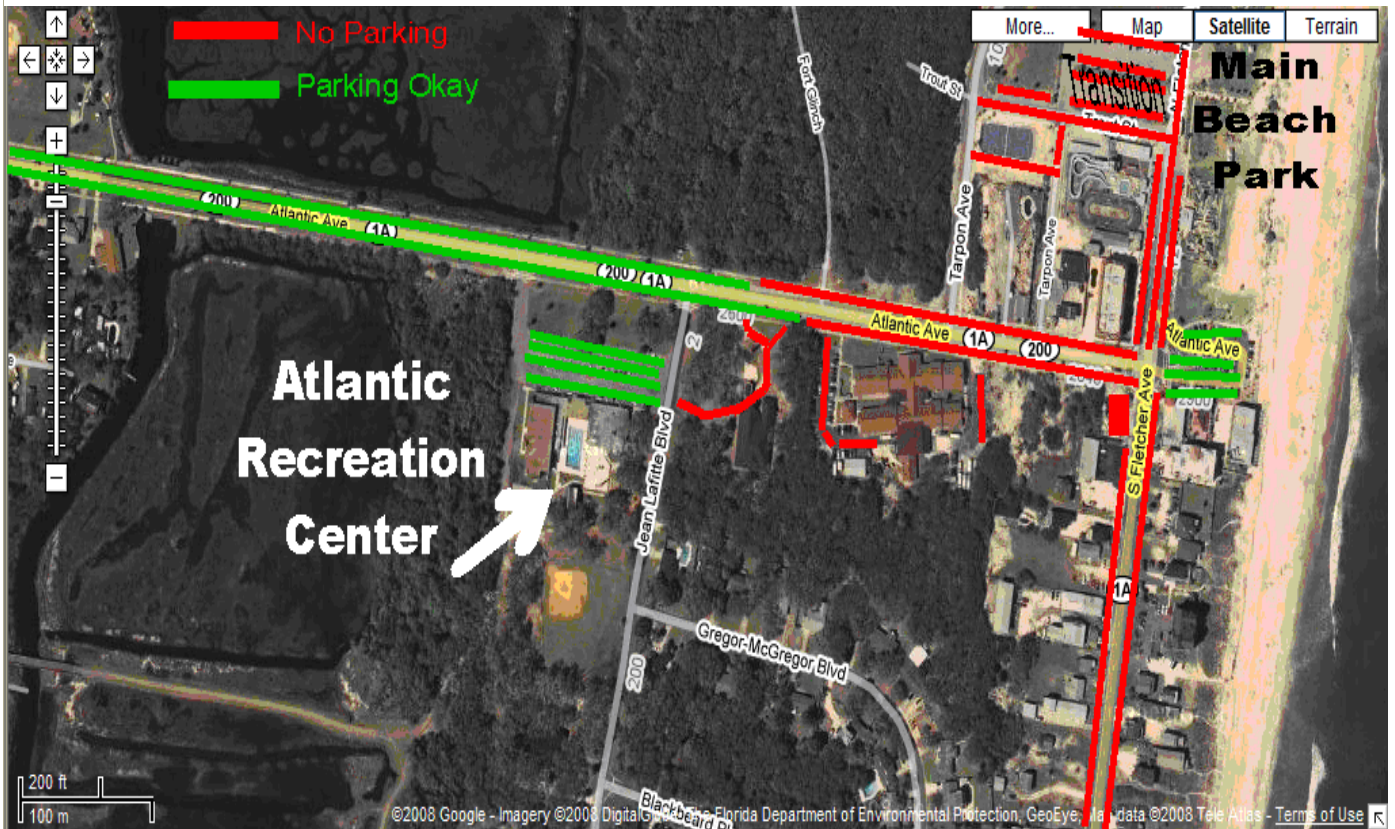
PLACEMENT

- NUMBERS SHOULD BE **2" HIGH**. (EACH)
- USE BLOCK NUMBERS, NOT *SCRIPT*.
- WRITE THEM VERTICALLY, WHENEVER POSSIBLE.
- OBJECT IS TO MAKE THEM VISIBLE AT A DISTANCE, WITHOUT BEING RIDICULOUS.
- **THINK ABOUT WHAT SHORTS YOU WILL BE WEARING DURING THE RACE**, SO YOU CAN PUT THE RACE NUMBER BELOW THE SHORTS. (DON'T PULL YOUR SHORTS UP FOR THE NUMBER, THEN PULL THEM BACK DOWN AND COVER IT)
- AGE GOES ON ONLY ONE LEG. **IF YOU ARE IN A SPECIAL CATEGORY** PUT A "C" FOR CLYDESDALE, "A" FOR ATHENA, "F" FOR FAT TIRE, "N" FOR NOVICE, "M" FOR MILITARY, AND "R" FOR RELAY TEAM.

SWIM WAVES

OLYMPIC: # 773-1000			
	Wave	Swim Cap	Start
Age Group Male (44 and under)	1	FLO YELLOW	7:42
Age Group Male (45 and over)	2	FLO GREEN	7:45
Age Group Female (ALL)	3	LT BLUE	7:48
Athena	4	RED	7:51
Clydesdale	4	RED	7:51
Fat Tire	4	RED	7:51
Military/PSO/LEO	4	RED	7:51
Relay Teams	4	RED	7:51
AquaBike	4	RED	7:51
Physically Challenged	1	GREY	7:30
SPRINT: # 101-550			
	Wave	Swim Cap	Start
Age Group Male (44 and under)	1	BLUE	7:30
Age Group Male (45 and over)	2	PURPLE	7:34
Age Group Female (39 and under)	3	PINK	7:38
Age Group Female (40 and over)	4	WHITE	7:42
Athena	5	GREEN	7:46
Clydesdale	5	GREEN	7:46
Fat Tire	5	GREEN	7:46
Military/PSO/LEO	5	GREEN	7:46
Relay Teams	5	GREEN	7:46
AquaBike	5	GREEN	7:46
Novice	6	ORANGE	7:50
Physically Challenged	1	GREY	TBD

Parking Information



PARKING NOTICE:

Parking is available at the Atlantic Recreation Center and Municipal parking lot at the end of Atlantic Avenue. There are over 100 Parallel parking spots available along Atlantic Avenue.



Do Not Park on Private Property or outside of designated areas or you are subject to being towed.

ALL PARKING LOTS within the Main Beach Park area will be **CLOSED Saturday** for the event.



Swim Course



Olympic Course Buoy (1500M or .93 Mile Swim)

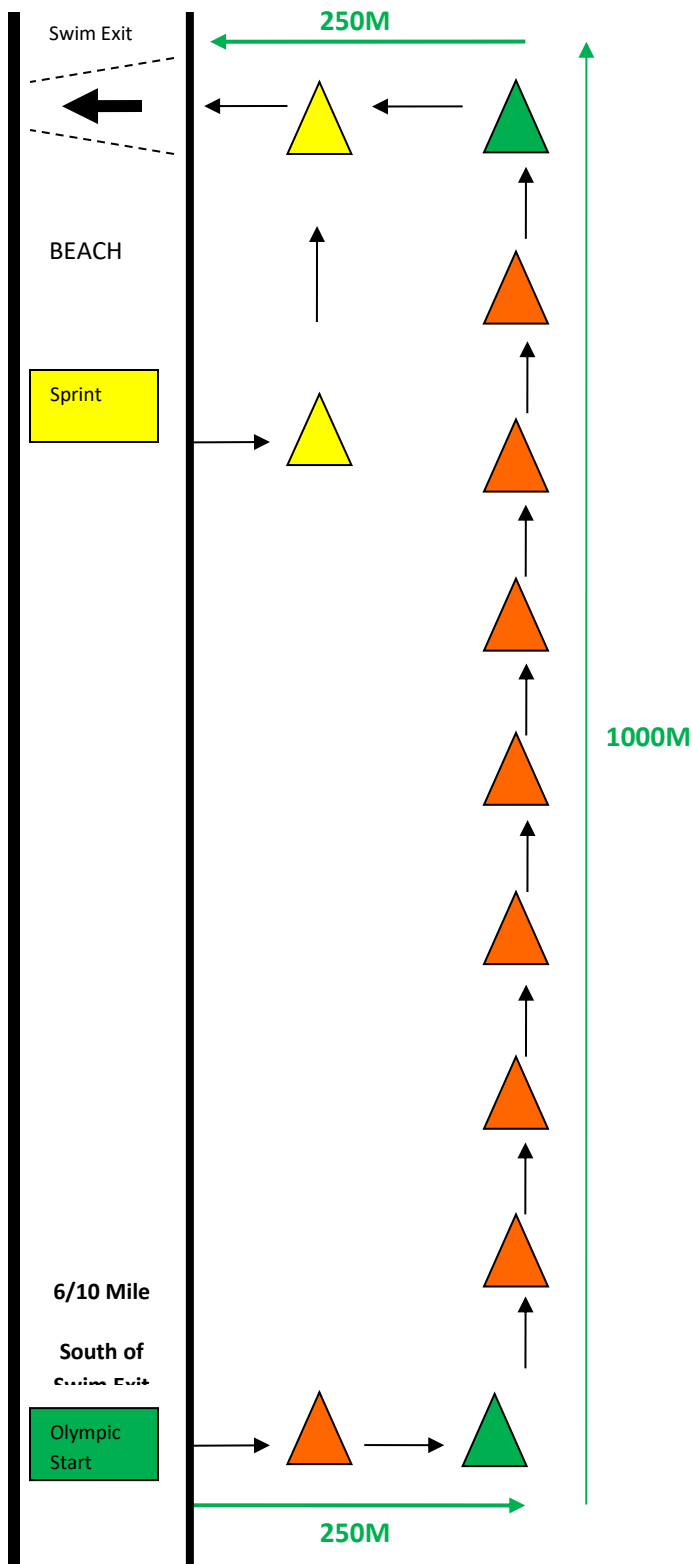
Olympic Swim follows all Orange Buoys Start to Finish



Turn at Green Buoys

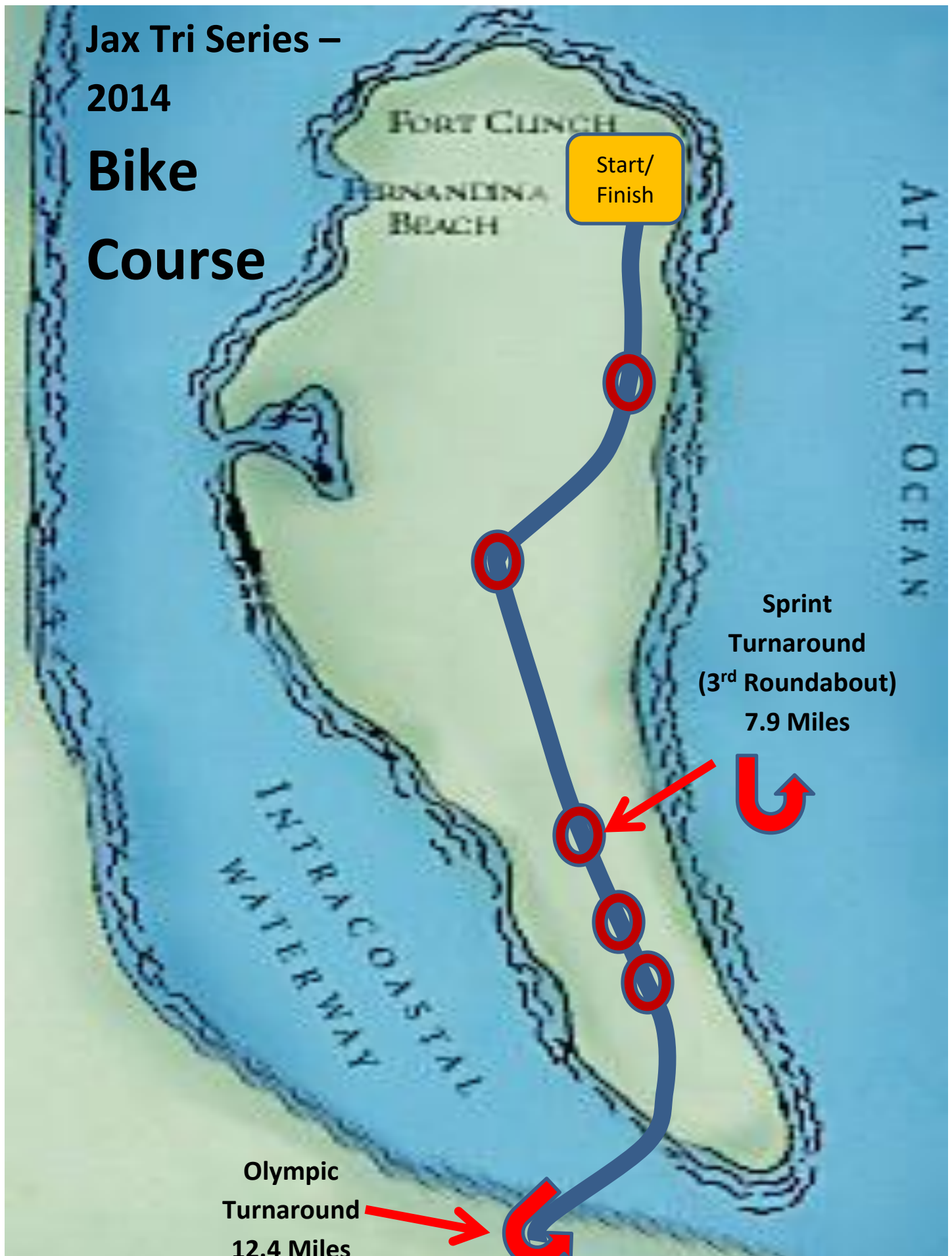
Sprint Course Buoys (.25 Mile Swim)

Sprint Swim follows 2 Yellow Buoys to Finish



**Jax Tri Series –
2014**

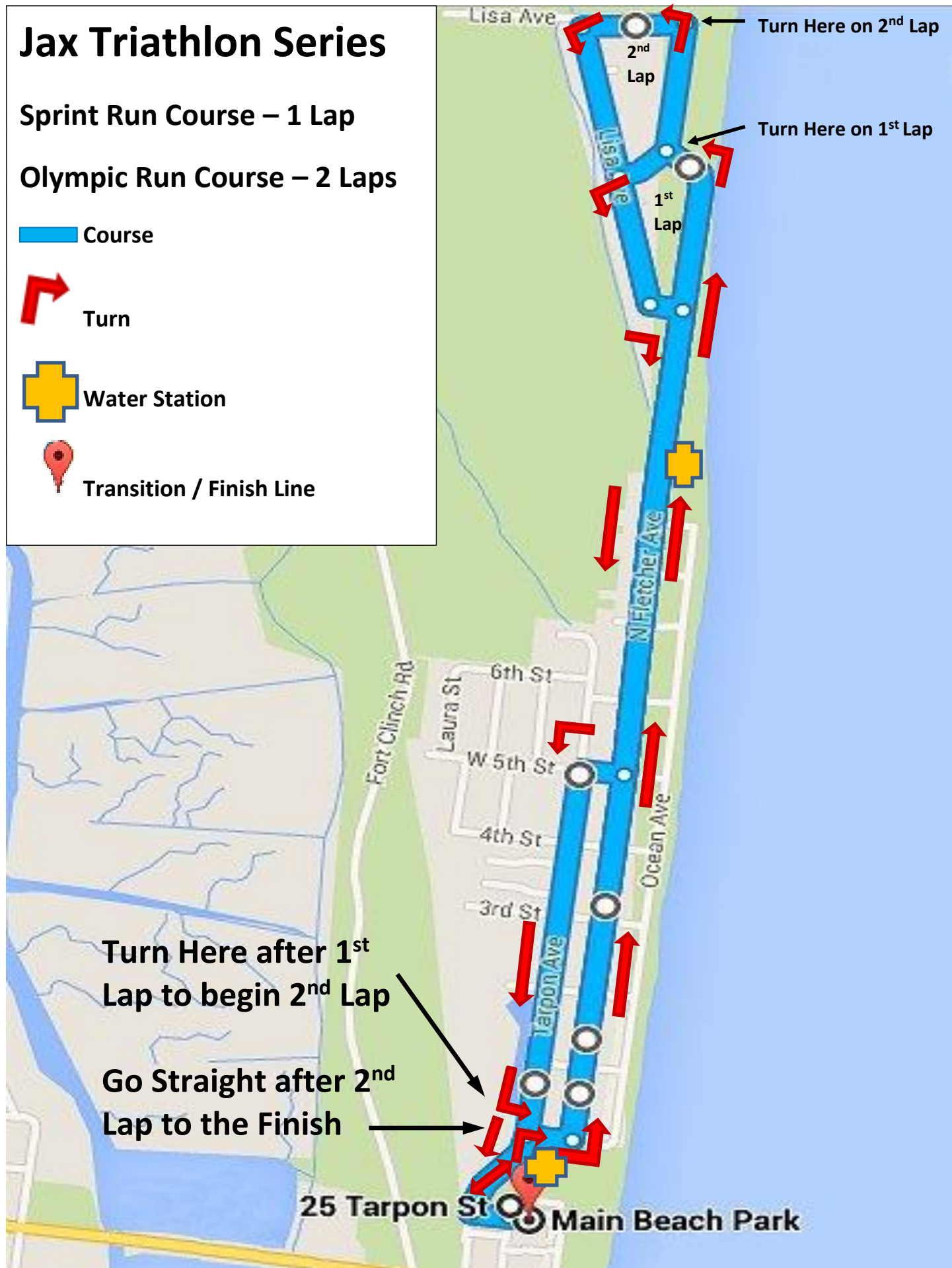
Bike Course



Jax Triathlon Series

Sprint Run Course – 1 Lap

Olympic Run Course – 2 Laps



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