



# Important Athlete Information



Jax Olympic & Sprint Triathlon Series – Race #2:

## ***READ THIS – IT'S IMPORTANT!***

***This is a new course, so please take the time to familiarize yourself with these details.***

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***Start time for Race #2 – Official Start will be at 7:00am***

7:30am was for Jax Tri #1 only.

Jax #3 will also Start at 7:00am.

**Please Make a Note of this Change: JAX#2 START TIME IS 7:00AM**

Pre-Race meeting will take place at your Swim Start Area at 6:45am and Transition will close at 6:45am sharp.

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### ***Sprint Run Course has Changed!***

You will exit transition and make a Right Turn directly onto the Riverwalk.

No more short (out & back) Turnaround on Bay Street.

We added the distance with a short loop near the 3<sup>rd</sup> Water Station. Look at the Map!

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### ***Olympic Athletes will have Busses taking them to the Swim Start***

Due to the point-to-point Swim Course, the **Olympic Swim Start** is located 1 Mile West of the Landing at the Riverside Arts Market, at the Fuller Warren Bridge. Olympic Distance will start in waves from the Dock.

***Footwear and articles of clothing left at the swim start will be brought back to transition.***

*However, DRC Sports is not responsible for lost or stolen items.*

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### ***Sprint Swim will be a Time Trial Start***

Due to the very short point-to-point Sprint Swim Course, Athletes will be placed into the water approximately every 5 seconds after crossing a timing mat. The **Sprint Swim Start** is located 1/4 Mile West of the Landing at the Hogan Street Gazebo. You will walk to this point and receive your Pre-Race announcements at 6:45am.

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### ***Race Day Parking is available at Parking Garages***

Parking is available at several Public Parking Garages within a few blocks of the Race Site.

***Please See the Attached Map.***

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### ***We will be Using Disposable Timing Chips!***

Make sure to leave 3 fingers of space between the strap and your leg to avoid chaffing.

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### ***No Bike Check-in on Friday***

We will not have the entire parking lot available until Saturday. Plan to arrive early!

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We welcome you to Downtown Jacksonville for the Jax Triathlon Series! **(Located at the Jacksonville Landing)** 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](mailto: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](http://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 **Jacksonville Landing Courtyard**, located at **2 Independent Dr. Jacksonville, FL 32202, from 1:00pm – 7:00pm**. 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 5:15am.

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 purchased a One-Day USAT License on-line during Registration, you only need your Photo ID at Packet pick-up. If you hold a USAT Annual Membership Card, You **MUST HAVE** both (USAT Card & Photo ID) at Packet pick-up.

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 5:15am-6:45am, Saturday morning. If you arrive after 6:45am, **you will not be allowed to check in your bike**. Please consider driving time and parking distances when planning your arrival. Transition will close at 6:45am. No exceptions. If you are doing the Olympic event, please refer to your Assigned Bus Time to make sure you get your bike into transition and still have time to make your bus.

### **Race Day Parking**

Race day parking is not available at the Jacksonville Landing parking lot. Meter Parking on the streets is FREE on Weekends. Parking is available at a number of Public Parking Garages within a few blocks of the Race Site. ***Please See the Attached Map.*** Please arrive early and do not park in any private or prohibited areas to avoid being towed. If you are staying at a Host Hotel, you will be able to park at the Hotel and walk directly to the Race Site.

## 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 are **REQUIRED** on the Run Portion and **MUST** always be in front for identification, photo, and safety purposes.

## Body Markings

Body marking will take place on Saturday from 5:15am – 6:45am 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 5:15am – 6:45am only. Any athlete including relay team members, who arrives after 6:45am 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. **Your Official Time Stops at the Transition Out.**

## Duathlon Start Procedure

All Duathlon Athletes will Start at the Sprint Swim Area at Hogan Street and the Riverwalk. The first segment will be a 2 Mile Run, entirely on the Riverwalk.

## Timing Chips

All athletes will have your **Disposable Timing Chip** included in your Race Envelope. Simply remove the small tab at the end of the strap to reveal the adhesive. *Make sure to leave 3 fingers of space between the strap and your leg to avoid chaffing.* DO NOT REMOVE THE FOAM PIECES ON THE STRAP. You are required to attach your timing chip before entering the transition area on Race Day. 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). Relay team members will have a Velcro tab and 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. Chips DO NOT need to be returned at the end of the event!

## 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, Relay, Novice, etc categories...everyone must leave in the correct swim group. Refer to the Swim Wave information provided.

## **Olympic Bus Schedule and Swim Start - *DON'T MISS YOUR BUS!***

Olympic Athletes will be transported by Bus to the Swim Start location, at the Riverside Arts Market under the Fuller Warren Bridge. This is over a mile walk from the transition area. Busses will begin running at 6:00am from the front of the Landing and run as soon as they are full. We removed the assigned busses, but if everyone waits until the last bus, there will not be enough room for everyone. If you miss the bus, you will have to find another way to the Swim Start. It is your responsibility to be at the Swim Start in time for your wave.

### **Sprint Swim Start**

Due to the very short point-to-point Sprint Swim Course, Athletes will be placed into the water approximately every 5 seconds after crossing a timing mat. **The Sprint Swim Start is located 1/4 Mile West of the Landing at the Hogan Street Gazebo.** You will walk to this point and receive your Pre-Race announcements at 6:45am. Athletes will be lined up according to your Race Number, so #1 goes first! If you miss your spot, you will be placed at the end of the line for your start.

### **Swim Course *it will help to understand this!***

The swim begins by heading towards the first set of buoys. Both courses are point-to-point. You will be swimming with the current. The current is expected to be around 1 knot so it will be a fast and easy swim. About half the speed of Race #1. Proceed toward the Swim Exit Area, keeping all buoys on your **RIGHT**.

The **Swim Exit** will be a series of docks, indicated by a Red Flag, with both Ladders and a ramp on the downstream side. Swimmers may hold onto the ladder or handrail to assist in guiding them to the exit. The ramp will have a rope to assist you in pulling yourself onto the ramp and standing. There will be Safety Personnel on each dock to assist you.

Due to the fast-moving current, it is important to ***swim toward the Swim Exit Area Docks well ahead of your planned exit.*** If you miss the dock for any reason, there is a safety line in place for you to catch and Water Safety Personnel will bring you to the dock.

Certified Water Safety Personnel will monitor the course throughout the swim in both Kayaks and on Jet Ski's. Athletes needing assistance should raise hands above your head and safety personnel will assist. Athletes who cut any portion of the swim course will be assessed a time penalty. The water temperature is expected to be 82 degrees so Wetsuits will NOT be legal.

### **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 Friday evening or Saturday morning. Athletes will exit transition and mount at mount line. **The bike course is CLOSED 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, should they inadvertently enter the competition area. Your safety is our key goal.

**Sprint Bikes** will exit the Transition Area and proceed in a single lane out toward the Stadium and onto MLK Jr. Pkwy. to the Turnaround at Canal St. and return to the Transition Area. Bikes will travel West/East on MLK (in the Left or "Inside" Lane in both directions)

**Olympic Bikes** will exit the Transition Area and proceed in a single lane out toward the Stadium and onto MLK Jr. Pkwy. to the Turnaround at Canal St. and return to the Begin 2<sup>nd</sup> Lap Turnaround at Gator Bowl Blvd. then proceed back out onto MLK Jr. Pkwy. to

the 2<sup>nd</sup> Lap Turnaround at Fairfax St. and return to the Transition Area. Bikes will travel West/East on MLK (in the Left or “Inside” Lane in both directions)

Due to the Out & Back Course, there are 180° U-Turns at the far end. The Olympic Course consists of 2 loops, so there are a total of three 180° Turnarounds. (See the attached Map) We have done our best to place these in wide areas to allow for an easy and safe turn, however, athletes **MUST SLOW DOWN** and cover their brakes when approaching and executing these turns.

**ALL TURNAROUNDS ARE CONSIDERED NO PASSING ZONES** and penalties will be applied for overtaking another bike in the indicated zone. Please obey ALL Signage.

#### **Run Course** *(Sprint Run Course has changed from Race #1)*

The **Sprint Run Course** will be mostly on the Riverwalk with a short loop. It will exit the Transition to the West (Right) directly onto the Riverwalk and proceed to the Fuller Warren Bridge Turnaround. Runners will exit the Riverwalk at Hogan Street to the Finish Line in the Landing Center Courtyard.

The **Olympic Run Course** will exit the Transition to the East (Left) in a single lane (out & back) toward the Stadium and make a loop at the Talleyrand area. Return to the Riverwalk for the second half of their 10K and proceed to the Fuller Warren Bridge Turnaround. Runners will exit the Riverwalk at Hogan Street to the Finish Line in the Landing Center Courtyard.

Water Stations are located along the course. Each station will have water & Gatorade. Two stations will have Sponges. Please hold onto your sponge as there will be cold water buckets at each station to recharge your sponge. **ONLY dispose of sponges and cups at designated Water Stations.** Littering will be cause for disqualification. 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 11:00 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 11:30pm.

#### **Finisher Medals**

**Every Athlete** will receive a Custom Cast Finisher Medal at the Finish Line. AquaBike athletes will be allowed to cross the finish line after their event to receive their medal.

#### **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. Due to the Time Trial Start, SPRINT RESULTS will be posted as soon as the last athlete finishes. 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](http://www.usatriathlon.org).

## Age Requirements

Participants in the triathlon must be 14 years or older on December 31, 2018. However, exceptions are made for seasoned youth athletes (per Race Director approval following consultation with athlete's parents).

## Final Results & Awards

Race results will be posted online [www.DRCSports.com](http://www.DRCSports.com) following the race. The top three participants in each age category will receive an award. There are also separate Top 3 Clydesdale, Athena, Military, Fat Tire, Relay Team, AquaBike, Duathlon, 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.

## Race Maps are attached.

### Links to more detailed Maps can be viewed here:

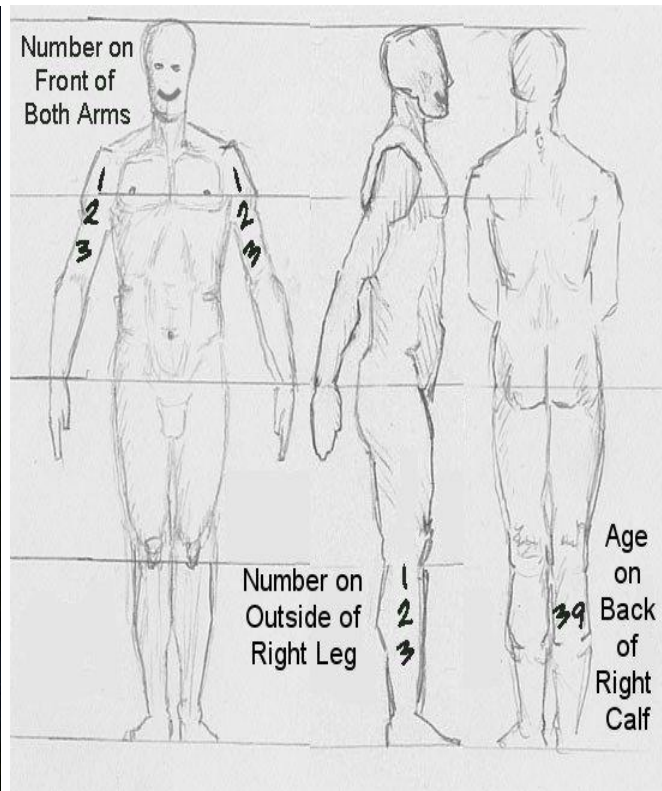
<a href="#">View Map</a>	<b>Swim Course Map</b>
<a href="#">View Map</a>	<b>Swim Exit Map</b>
<a href="#">View Map</a>	<b>Bike Detail Map – Overview</b>
<a href="#">View Map</a>	<b>Bike Detail Map 1</b>
<a href="#">View Map</a>	<b>Bike Detail Map 2</b>
<a href="#">View Map</a>	<b>Bike Detail Map 3</b>
<a href="#">View Map</a>	<b>Bike Detail Map 4</b>
<a href="#">View Map</a>	<b>Bike Detail Map 5</b>
<a href="#">View Map</a>	<b>Duathlon Run #1 Course</b>
<a href="#">View Map</a>	<b>Sprint Run Course</b>
<a href="#">View Map</a>	<b>Olympic Run Course</b>
<a href="#">View Map</a>	<b>Transition Map</b>



# 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

\*\*\*Subject to Change

OLYMPIC: # 701-950			
	Wave	Swim Cap	Start
Age Group Male (33 and under)	1	RED	7:00
Age Group Male (34-44)	2	FLO GREEN	7:04
Age Group Male (45-52)	3	WHITE	7:08
Age Group Male (53 and over)	4	BLUE	7:12
Age Group Female (45 and under)	5	PURPLE	7:16
Age Group Female (46 and over)	6	PINK	7:20
Athena, Clydesdale, Fat Tire, Military	7	GOLD	7:24
Relay Teams, Aquabike	7	GOLD	7:24
Physically Challenged	1	FLO YELLOW	7:00
SPRINT: # 101-550			
	Wave	Swim Cap	Start
Age Group Male & Female	1	FLO YELLOW	7:00 TT
Athena, Clydesdale, Fat Tire, Military	1	FLO YELLOW	7:00 TT
Relay Teams, Aquabike	1	FLO YELLOW	7:00 TT
Novice	1	FLO ORANGE	7:00 TT
Physically Challenged	1	FLO ORANGE	7:00 TT
Duathlon	1	None	7:00 All

***\*Sprint is a Time Trial Start***



# Parking Information



## PARKING NOTICE:

Race day parking is not available at the Jacksonville Landing parking lot. Meter Parking on the streets is **FREE** on Weekends. Parking is available at a number of Public Parking Garages within a few blocks of the Race Site. **Click on the Map for a [Link](#)**. Please arrive early and do not park in any private or prohibited areas to avoid being towed. If you are staying at a Host Hotel, you will be able to park at the Hotel and walk directly to the Race Site.

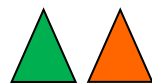


**Do Not Park** on Private Property or outside of designated areas or you are subject to being towed.

**ALL PARKING LOTS** for the Jacksonville Landing will be **CLOSED Friday & Saturday** for the event.



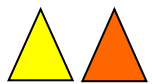
# Swim Course



## Olympic Course Buoy

(1500M or .93 Mile Swim)

*Olympic Swim follows all Orange Buoys Start to Finish and joins the Sprint Course*



## Sprint Course Buoy

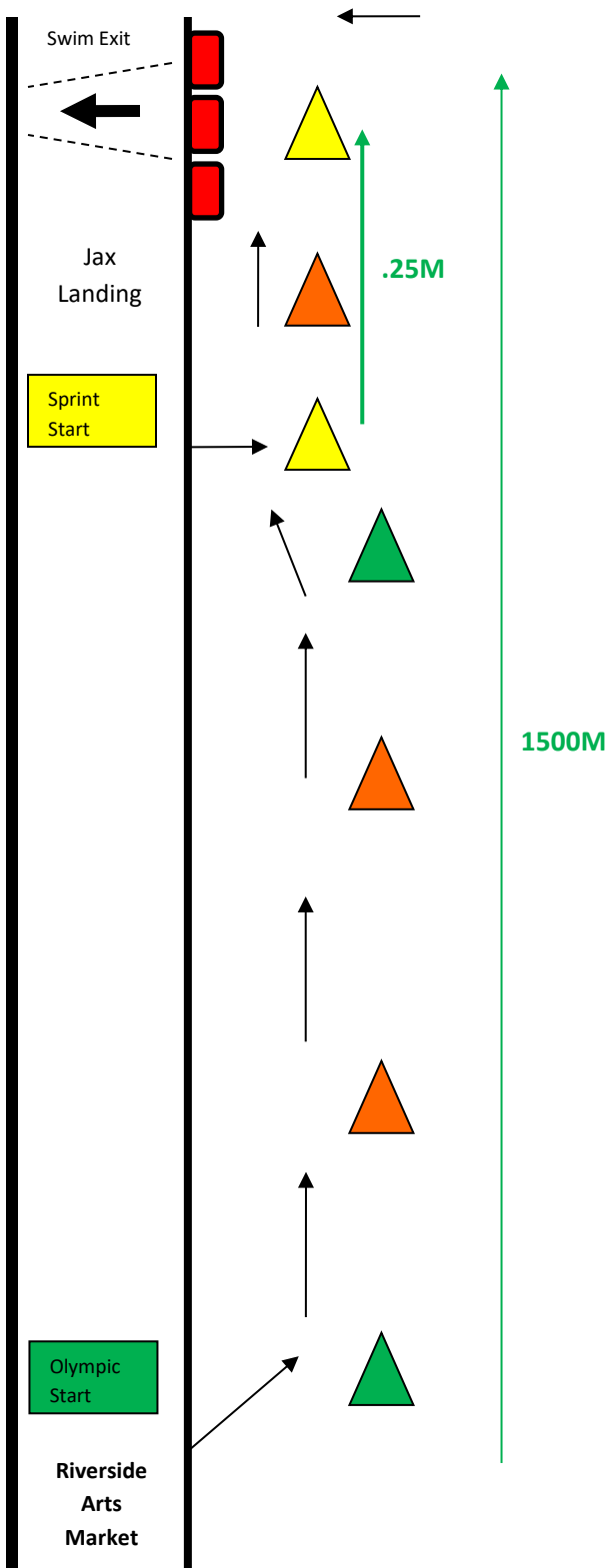
(.25 Mile Swim)

*Sprint Swim follows 2 Yellow Buoys to Finish*

*All Athletes Swim with Buoys on their Right*



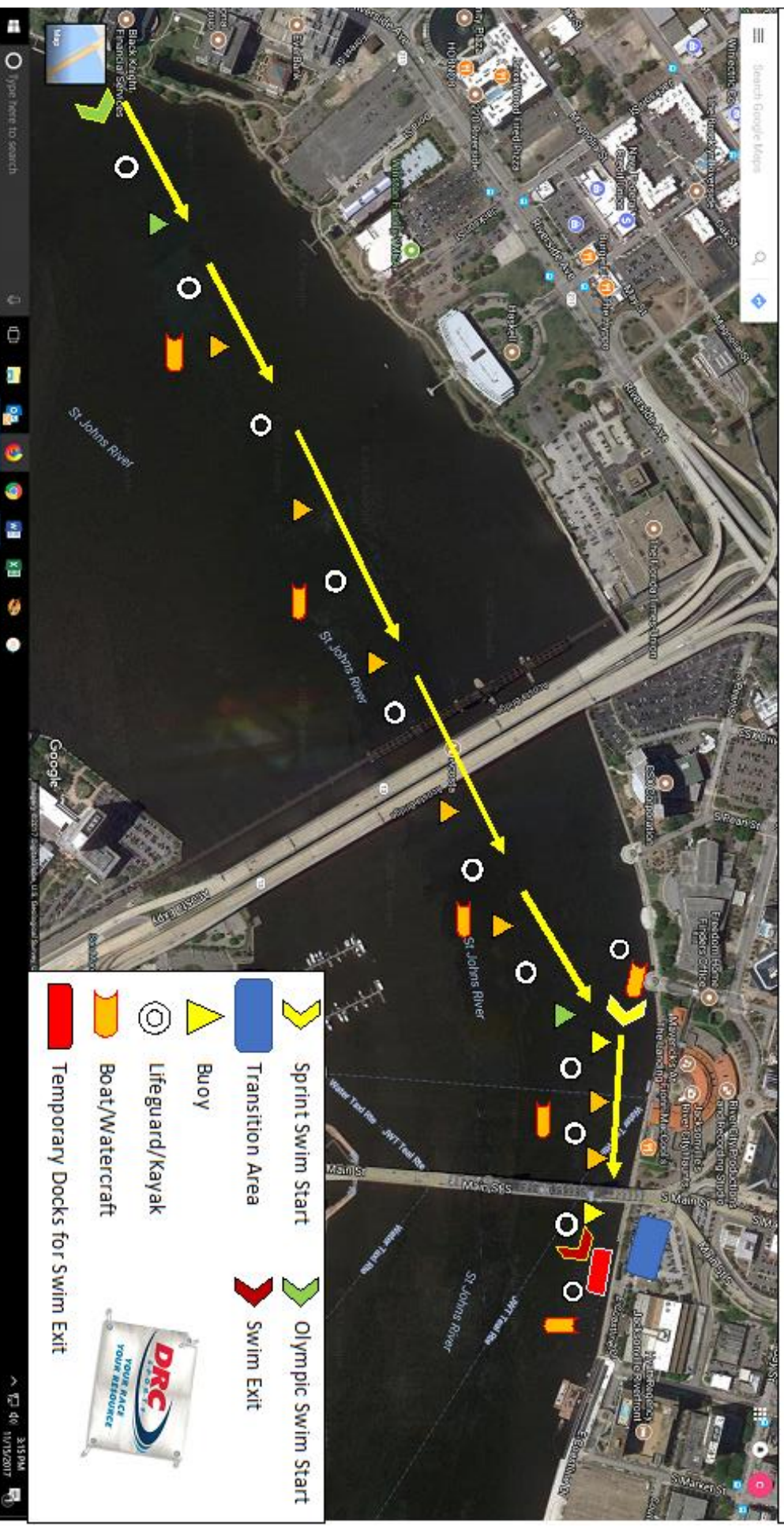
Swim Exit Dock





# Jax Triathlon Series

## Swim Course Map



**Event is scheduled to occur during EBB Tide so swimmers will travel with the current.**

**Sprint Course:** Starts at the Hogan Street Gazebo. Swimmers enter the water one-at-a-time, swim ¼ mile to the Swim Exit.

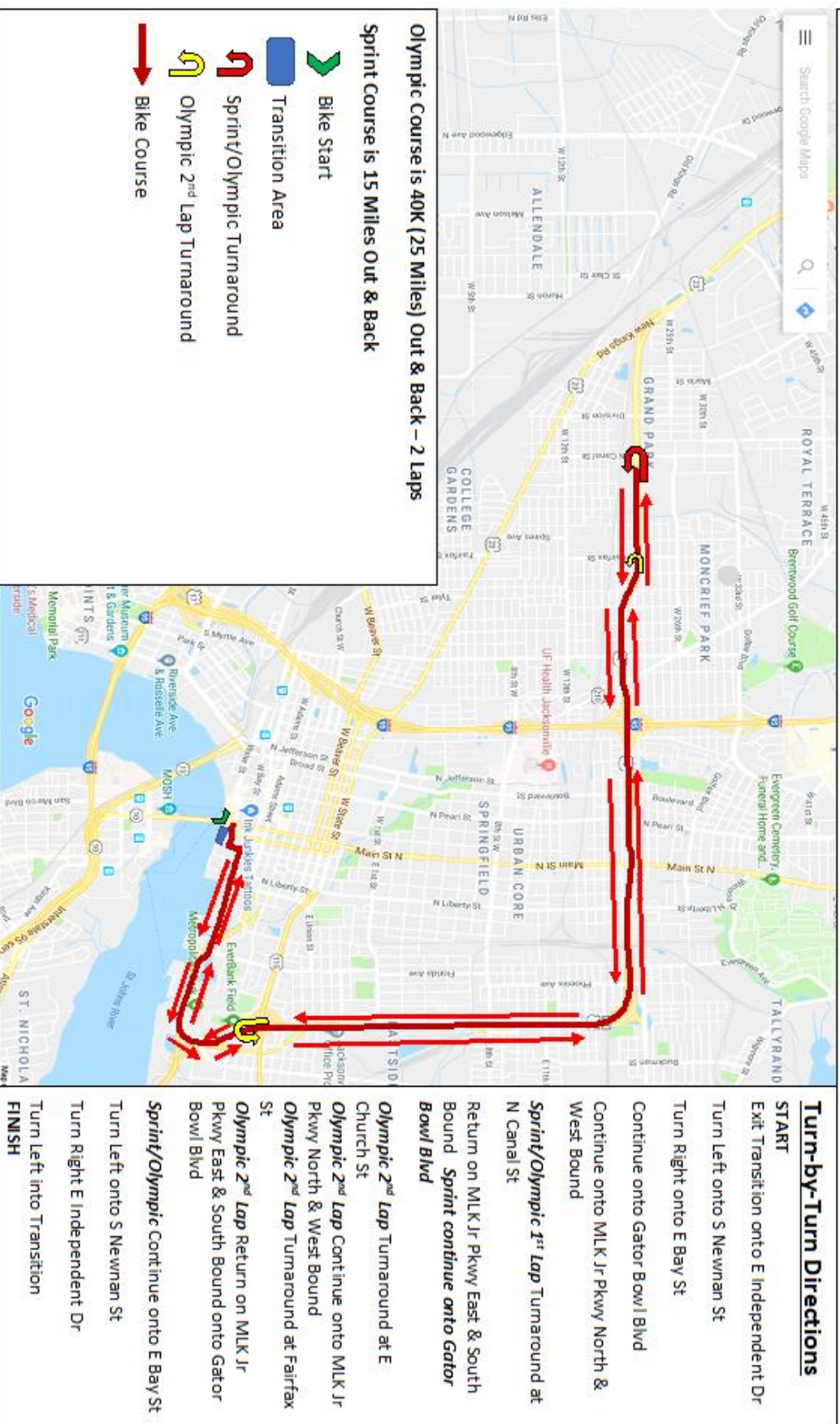
**Olympic Course:** Starts at the Brooklyn Landing Dock East of the Fuller Warren Bridge. Swimmers enter the water 35-50 at a time, swim 1500M, joining the Sprint Course for the last ¼ mile to the Swim Exit.

Kayaks will travel with each group of swimmers to provide Lifeguard Support, Jet-Ski's (PWC) will be utilized to extract swimmers if necessary and take them to Pontoon Boats that will provide EMS and transportation to Ambulance Services.



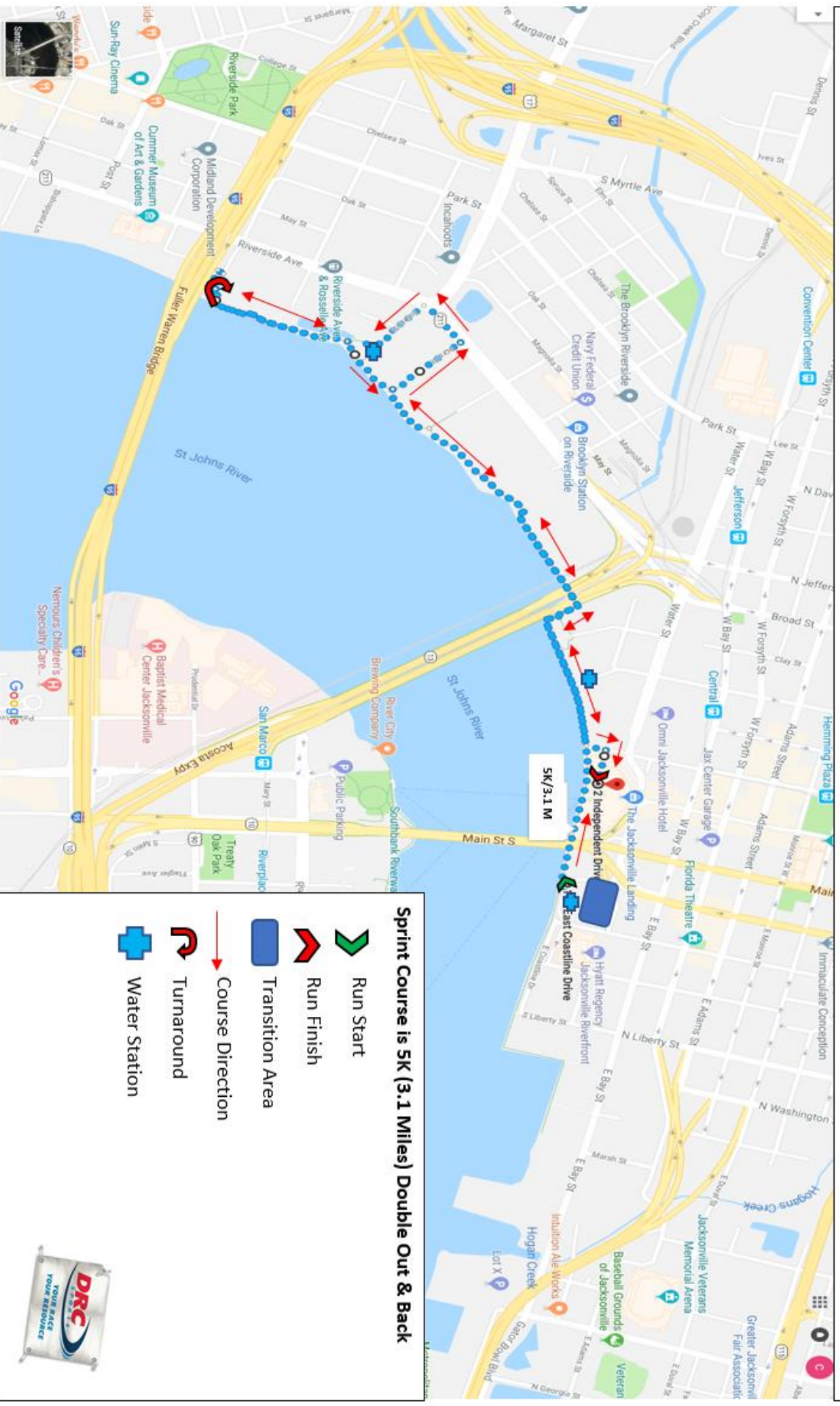
# Jax Triathlon Series      Olympic Bike Course – 40K

## Sprint Bike Course – 15 Miles



# Jax Triathlon Series

## Sprint Run Course – 5K (3.1 Miles)





## Olympic Run Course – 10K (6.2 Miles)

**START**

Exit Transition onto E Coastline Dr

Turn Left onto Newnan St

Turn Right onto E Bay St

Continue onto Gator Bowl Blvd

Turn Right onto Talleyrand Ave

Turn Right onto E. Adams St

Turn Left onto Gator Bowl Blvd

Continue onto E Bay St

Turn Left onto S Newnan St

Turn Right onto Riverwalk

Pass The Jacksonville Landing

Pass Acosta Bridge

Turn Right onto Dora St.

Turn Left onto Riverside Ave.

Turn Left onto Forest St.

Turn Right onto Riverwalk

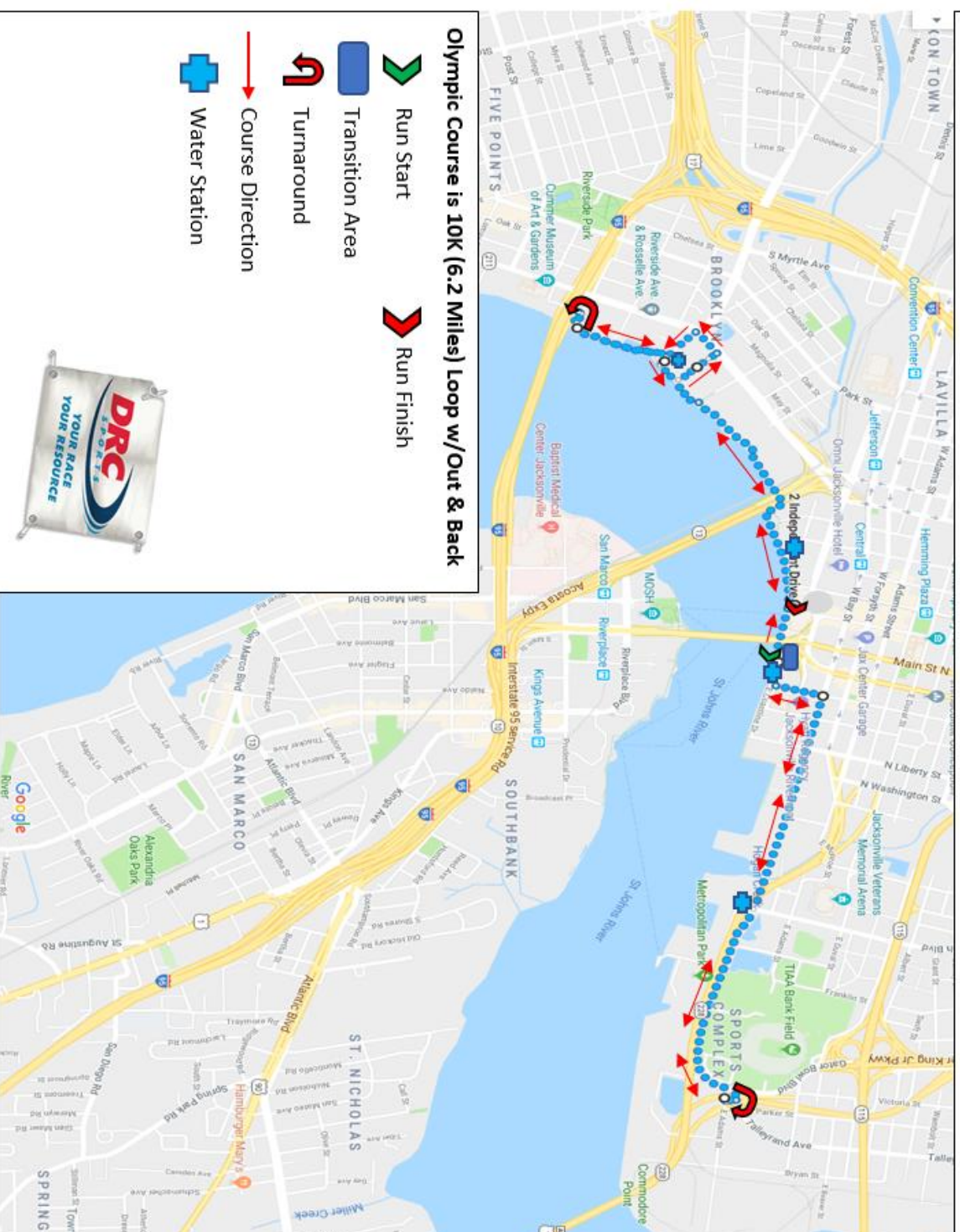
Turnaround at Fuller Warren Bridge

Pass Acosta Bridge

Turn Left onto Hogan St S

Turn Right into the Jacksonville Landing to the Center Court Area

**FINISH**



**Olympic Course is 10K (6.2 Miles) Loop w/Out & Back**



Run Start



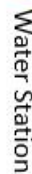
Transition Area



## Turnaround



### Course Direction



Water Station





# Jax Triathlon Series:

# Transition Map



Swim In



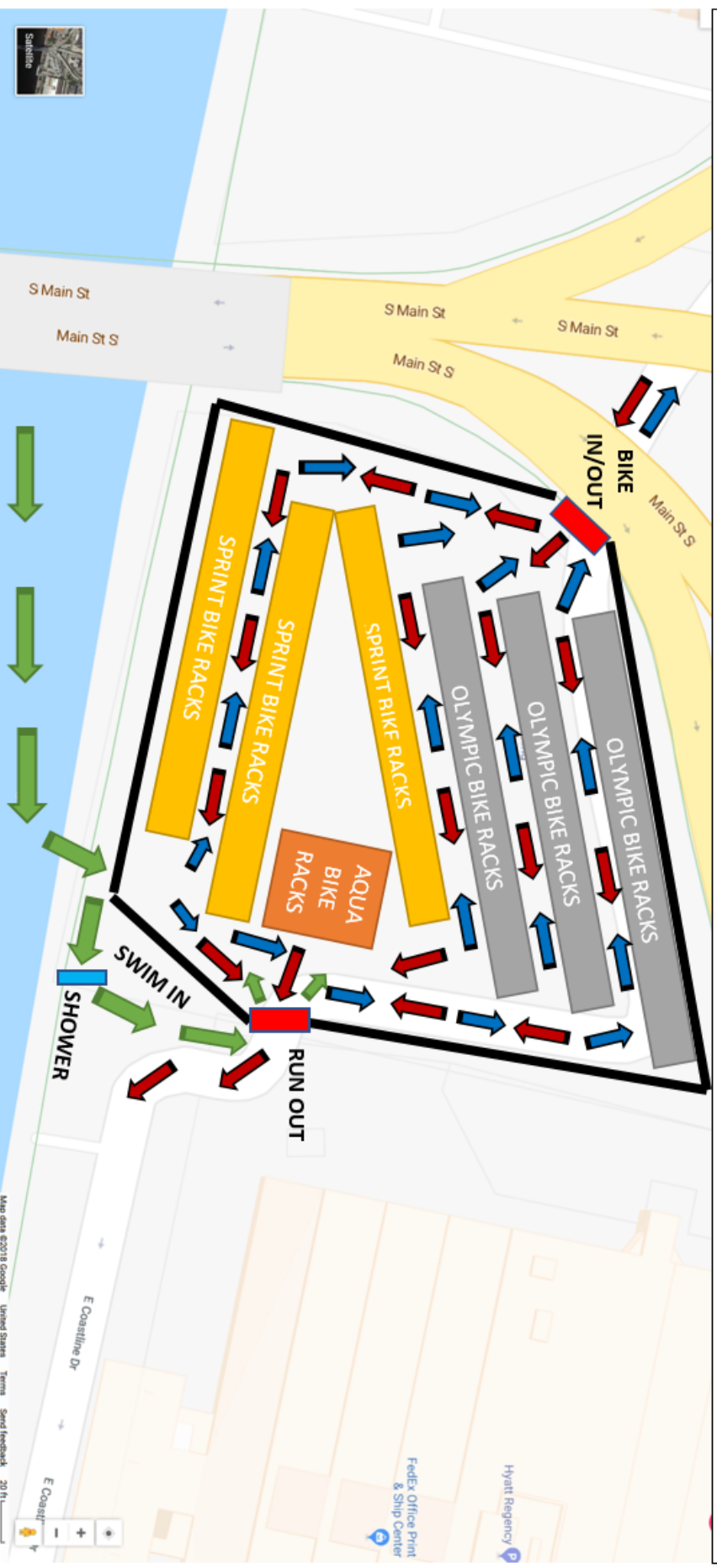
Swim to Bike



Bike to Run



Timing Point



Swimmers will Exit the Water at the Dock and Enter Transition across the Riverwalk

Bikes will Exit/Enter Transition on the parking lot access rd. onto E. Independent Dr.

Runners will Exit Transition onto E. Coastline Dr. and onto the Riverwalk

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WE WOULD LIKE TO THANK OUR SPONSORS AND SUPPORTERS

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