



Important Athlete Information



READ THIS – IT'S IMPORTANT!

Please take the time to familiarize yourself with these details.

RACE Day is Saturday, Start time for the Swim will be at 7:30am

Please make sure to attend the Pre-Race Meeting @ 7:00AM

Pre-Race meeting will take place at the Registration Area at 7:00am and Transition will close at 7:15am sharp.

Open Bike Course

There is very low traffic on the roads surrounding the race site, however, we will still have law enforcement at specific intersections to help control any local traffic. Remember to ride in the bike lane whenever available and obey traffic laws at any uncontrolled intersections. Please ride with caution at all times.

Plenty of Race Day Parking is available near the Race Site

Parking volunteers will be in place to help you find a good spot. All parking is close to transition and only a short walking distance. Follow the Signs!

Please See the Attached Map.

EARLY PACKET PICKUP is Friday @ McGarvey's Wee Pub South in St. Marys

Get your Packet on Friday and avoid the Stress on Saturday Morning

[2603 Osborne Rd, St Marys, GA](https://www.google.com/maps/place/2603+Osborne+Rd,+St+Marys,+GA)

Wetsuit Legal - Expected Water Temp is 76°

According to USAT Rules this event will be Wetsuit Legal. We will take a final reading on Saturday morning and make the announcement at the Pre-Race meeting.

Make sure your timing chip is not covered by your wetsuit or it will not read.

If you wear a wetsuit, be sure to mark your Bib Number on the back of your hand.

SELF BODY MARKING IS ENCOURAGED

Swim will be a Time Trial Start

Due to the narrow entry point, swimmers will enter the water every few seconds in a single file. Faster athletes are encouraged to line up in the front, to minimize passing.

The Kings Triathlon

We welcome you to the beautiful and historic St. Mary's, GA for the Kings Triathlon! 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

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 Kings Triathlon is sanctioned by USA Triathlon. You must be a current USAT member to participate or you have purchased a one-day license. 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

Early Packet Pickup will be available on **Friday** afternoon from 3:00PM - 6:30PM at McGarvey's Wee Pub South, 2603 Osborne Rd, St Marys, GA 31558 [Get Directions](#) (912) 467-4763 - YOU MUST HAVE your USAT card (for Annual Members) and picture ID at packet pick up. **Athletes with a One-Day License only need a Photo ID.**

Packet pick-up will begin at 6:00am on Race Day at the Race Site. We encourage everyone to come to packet pick-up early enough to make sure you can get set-up without any stress. There are No Pre-Assigned Pickup Times.

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.

Relay Teams

Each relay team member must be present for packet pick-up and each must show proof of USAT membership. Substitution of a relay team member on Race day will not be permitted.

NO ID – NO RACE – NO EXCEPTIONS!

Mandatory Bike Check-In

Bike check-in is 6:00am-7:15am, Saturday morning. If you arrive after 7:15am, **you will not be allowed to check in your bike**. Please consider driving time and time to Park. Transition will close at 7:15am. No exceptions.

Race Day Parking

Race day parking is available at the race site. Please arrive early and do not park in any "No Parking" 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

Self Body marking will take place on Saturday from 6am – 7:15am in the designated area. **YOU ARE ENCOURAGED TO 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 6:00am – 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 – *PLEASE Wait for the announcement.*

Relay Team Transition Area Access

Only the relay team members will have access to the “Relay” transition area. There will be special Racks designated as “Relay”. Relay teams must pass the timing chip to their teammates at the Bike Rack 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.

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 2 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 categories...everyone must leave in the correct age group. Refer to the Swim Wave information provided.

Swim Course

The swim start is at the East end of the Race Site and begins by heading towards the first set of buoys. Proceed left, around the first buoy, keeping all remaining buoys on your right. 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

The Bike Course will leave the Transition Area and head out onto Osbourne Rd. Riders should stay right and use the bike lane where possible. The bike Course is a Clockwise Loop consisting of 2 Laps. Athletes should use caution when passing and do not ride in the middle of the lane. 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 specific 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 exit Transition to the South and proceed across the grass to a cut-thru path that will take runners onto Bishop St. and runs through the small subdivision to the West of the Park. There are many turns on this course so keep your head up and pay attention to the volunteers and signage. This is an out and back with a loop on an “open course” so please run accordingly and watch for traffic. Although there is minimal traffic on these roads, there may be some resident vehicles that will not be used to seeing runners on the roads. Water Stations are located along the course. Please drink early and often. Each mile is marked. Where Two-Way Traffic exists, Runners please give leeway to oncoming runners. You must have your race bib on in the front during the Run Portion of the Event.

Finish

The run course officially closes at 9:30 am. A race vehicle will sweep the course and pick you up if needed. You may elect to continue on your own, however, course support may be pulled in accordance with our permit. The finish clock will remain on and times will be recorded until 10:00am.

Dropping Out

If you fail to complete the entire triathlon course, please notify a race official and return your timing chip to the Red Timing Trailer.

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 be reported to the USAT. Basic Manners apply here folks. Follow the Golden Rule and everyone will have a great day!

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 assessed in real time by the Referee and Athletes will wait their time in the designated Penalty Box just outside Transition..

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 31st. However, exceptions are made for seasoned youth athletes (Race Director will have a consultation with athlete's parents).

Final Results & Awards

Race results will be posted online www.DRCSports.com following the race. The top three participants in each age category will receive an award. There are also separate Clydesdale, Athena, Military, Fat Tire, Relay Team, Duathlon, AquaBike, Physically Challenged 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.

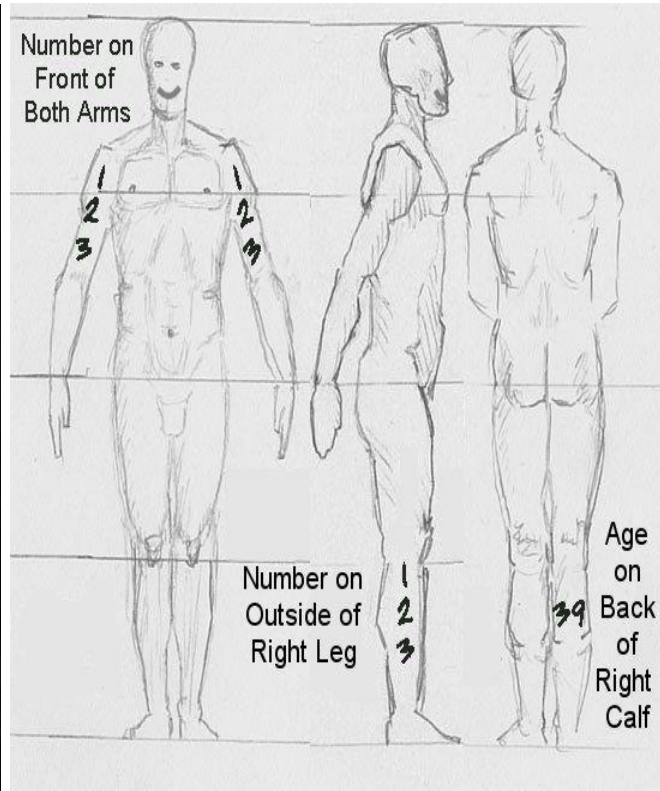
Awards Party

The Awards Ceremony begins at approximately 9:30am. 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.

Animals: We love animals! Please remember Pets are permitted in designated areas, must be on a leash eight-feet or less, be attended and well-behaved at all time.

BODY MARKING

DO IT YOURSELF BODY MARKING INSTRUCTIONS



PREPARATION FOR MARKING

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, "DU" FOR DUATHLON, "AB" FOR AQUABIKE AND "R" FOR RELAY TEAM.

KINGS TRI - SWIM WAVES

Category Key-Sprint

TT = Time Trial Start

King's Triathlon

DIV	Category	Swim Cap	Start
1	Age Group Male ALL	GREEN	TT
1	Age Group Female - ALL	PINK	TT
2	Athena	BLUE	TT
3	Clydesdale	BLUE	TT
4	Fat Tire Male	BLUE	TT
4	Fat Tire Female	BLUE	TT
5	Military/PSO/LEO Male	BLUE	TT
5	Military/PSO/LEO Female	BLUE	TT
6	Novice Male	YELLOW	TT
6	Novice Female	YELLOW	TT
7	Physically Challenged	n/a	n/a
8	Triathlon Relay Team	BLUE	TT
9	Duathlon Male	NONE	7:30
9	Duathlon Female	NONE	7:30
10	Aquabike Male	BLUE	TT
10	Aquabike Female	BLUE	TT
11	Duathlon Relay Team (0 ppl)	NONE	7:30

(Swim Wave Schedule Subject to Change)



Tri-Lane Rentals, Inc.

Kings Triathlon Transition

Start/Finish at the St. Mary's Aquatic Center

Swim to Bike Bike to Run

Finish Line Volunteers

Parking

Registration

Transition

Bike Course

Run Course

Rehab

EMS



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

Kings Triathlon Swim Course

¼ Mile

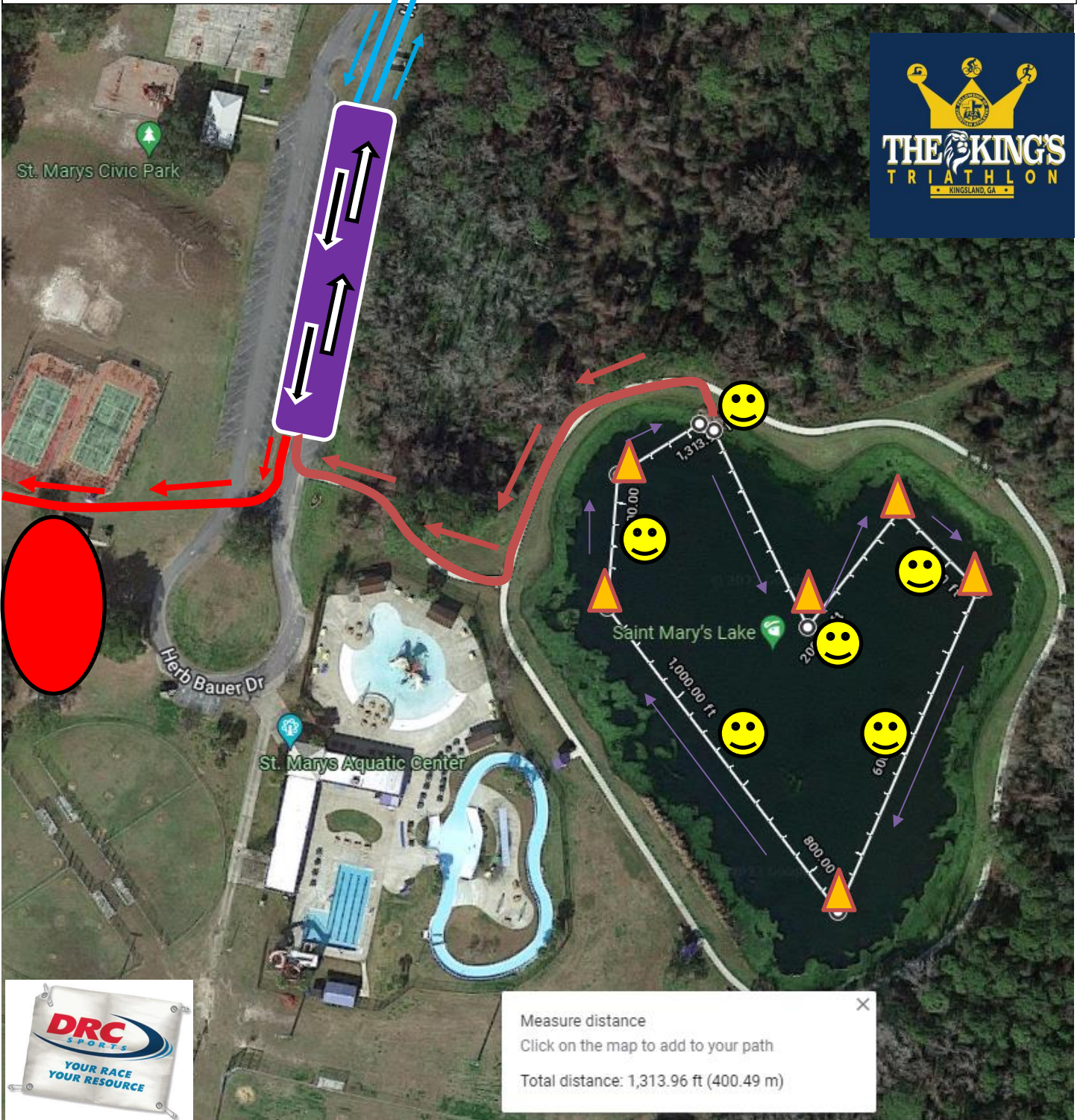
Start/Finish at the St. Mary's Aquatic Center

Registration 

Transition 

Lifeguards 

Buoys 



Kings Triathlon Bike Course - 12 Miles (2 Laps 6 miles)

Start/Finish at the St. Mary's Aquatic Center

Bike Course 

Registration 

Transition 

LEO/Traffic Control 

Volunteers 



The Kings Triathlon Run Course

3 Miles

Start/Finish at the St. Mary's Aquatic Center

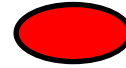
Registration

Transition

LEO/Traffic Control

Volunteers

Water Station



Water Station at Mile 1.0 & 1.7 Intersection

- Course:**
- Head out of Transition & follow path to Bishop St
 - ↶ T/L Bishop St onto Bishop Cir
 - ↑ Continue to Gunter St
 - ↶ T/L Bowen St Exd
 - ↶ T/L Greyfield Dr
 - ↷ T/R South Dandy St
 - ↶ T/L Bowen St
 - ↶ T/L Faye Ct
 - ↻ Make a U-turn
 - ↶ T/L Bowen St
 - ↷ T/R Miller St
 - ↷ T/R Acorn St
 - ↷ T/R South Dandy St
 - ↶ T/L Bowen St
 - ↷ T/R George St
 - ↶ T/L Greyfield Dr
 - ↷ T/R Bowen St Exd
 - ↷ T/R Gunter St
 - ↑ Continue to Bishop St
 - ↷ T/R Path to Finish Line