

Important Athlete Information



This Packet is filled with important information. The answers to your questions are here. Please, please, please take the time to look through this detailed guide. You'll be glad you did.

The Tri Cooter Sprint Triathlon – October 31, 2026

We welcome you to the beautiful Nature Coast for the Tri Cooter Triathlon! Please read the Athlete Information provided below very carefully for what's expected prior to and on race day.

- ***Great Weather Predicted for Saturday! (Coudy 69/85)***
- ***Expected Water Temp of 77° (Wetsuit Legal)***
- ***Bike Course 12 Miles***
- ***Duathlon first Run is 1 Mile, Second Run is 3 Miles***
- ***Bring a Friend! – Day of Race Registration is Available***

Legal Stuff:

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 Tri Cooter Triathlon 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.

OK Let's Get Started: (Items in RED represent NEW, CHANGED, or VITAL information)

Packet Pick-Up/Athlete Check-In
Friday:

- **NO Early Packet Pickup on Friday**

Saturday:
Packet pick-up will begin at 7:00am on Race Day at the beach. We encourage everyone to come to packet pick-up early enough to make sure you can get set-up without any stress.
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 will not be permitted.

NO ID – NO RACE – NO EXCEPTIONS!

Mandatory Bike Check-In
Bike check-in is 7:00am-7:45am, Saturday morning. If you arrive after 7:45am, **you will not be allowed to check in your bike**. Please consider driving time to Inverness. Transition will close at 7:45am. No exceptions.

Race Day Parking
Race day parking is available at the parking lot adjacent to Wallace Brooks Park. Additional Parking is available at the Courthouse Parking Lots. 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
We will have limited staff for Body Marking Athletes. **YOU MAY BODY MARK YOURSELF AND 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 7:00am – 7:45am only. Any athlete including relay team members, who arrives after 7:45am will not have access to the transition area. At the end of your race, you will be allowed to collect your bike as soon as the last bike is off the course.

Relay Team Transition Area Access
To reduce congestion, only the relay team cyclist will have access to the transition area. Relay teams must pass the timing chip to their teammates in the holding areas just outside 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

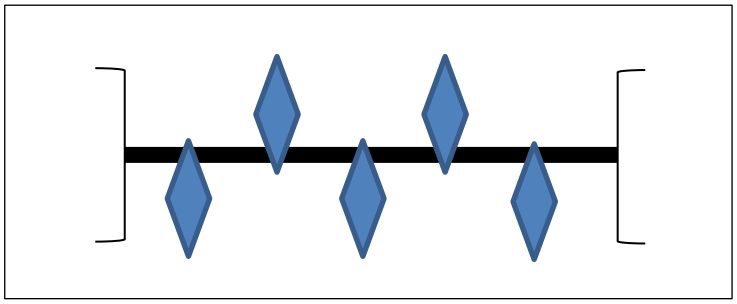
All athletes will have your **Disposable Timing Chip** included in your Race Envelope. Simply remove the small tab at the end of the strap to reveal the adhesive. *Make sure to leave 2 fingers of space between the strap and your leg to avoid chaffing*. DO NOT REMOVE THE FOAM PIECES ON THE STRAP. You 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 begins by heading towards the first set of buoys. Proceed around the buoys, keeping the buoys on your right. Swim to the second Set of Buoys, keeping these Buoys on your Left. You will go on the Outside of the far buoys. 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
There will only be 5 bikes per rack in transition.



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
This is an out, loop, and back on an "open course" so please bike accordingly and watch for traffic. The Bike Course has been limited to 12 Miles for safety. Please check out the attached Map. 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 major 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 the Withlacoochee State Trail. This is an out and back on an "open course" so please run accordingly and watch for traffic at crossings. Although there is no traffic allowed on the trail, there may be some local traffic at crossings. There will be Law Enforcement stationed at all crossings to assist with Traffic Control. Water Stations are located along the course. Trash receptacles will be placed approximately 250' following the aid station. If you miss those, please hold onto your cup until the next available receptacle. 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 10:00 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 10:30am.

Duathlon Course

The Duathlon will consist of **a 1 mile Run**, starting near the Finish Line, simultaneously with the first swim wave. Athletes will run into transition at the same place as swimmers. Duathletes will then complete the same 12M Bike and 3 Mile Run as the Triathletes.

AquaBike Course

The AquaBike will begin with the .25 mile Swim, starting in the third (3rd) swim wave. AquaBikers will then complete the same 12M Bike as the Triathletes. After completion of the Bike Course, AquaBikers time will STOP at TRANS IN. They will re-rack their bike in transition and proceed directly to the Finish Line, where they will receive their FINISHER 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 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 online and sent to your cell phone if you opted in during registration. Please report any discrepancy to the timing official in the Red Trailer or via e-mail to timing@drcsports.com. Athletes who do not wear the timing chip during the entire event will not be scored. Note: Penalties will be posted online 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 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 Overall Male and Female plus Clydesdale, Athena, 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 10:00am. The Awards *Party* begins as soon as YOU cross the finish line! Be sure to stick around for Delicious Food, fruit, snacks, etc. Also, please check out our sponsors for this great event.

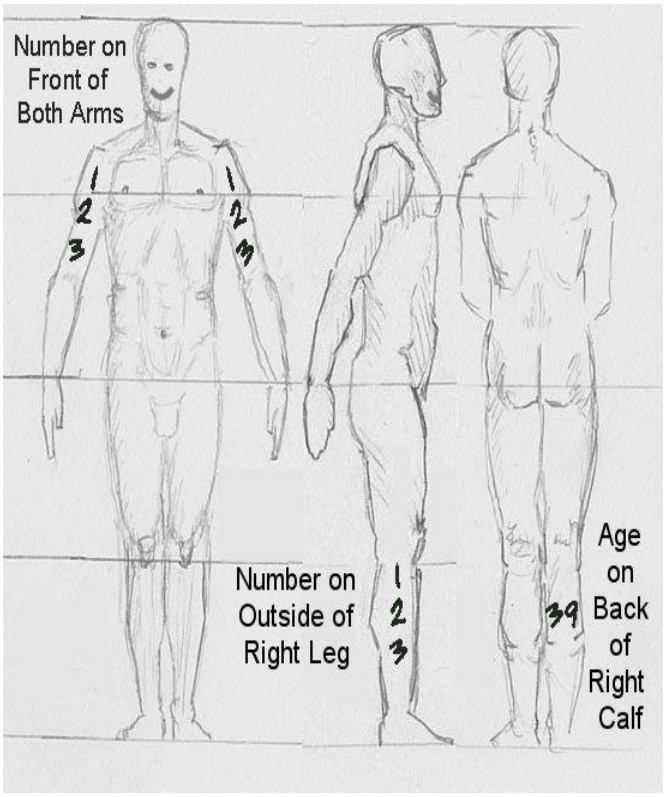
Notice: We love animals, but the City passed an ordinance against animals in the park. Please leave pets at home.

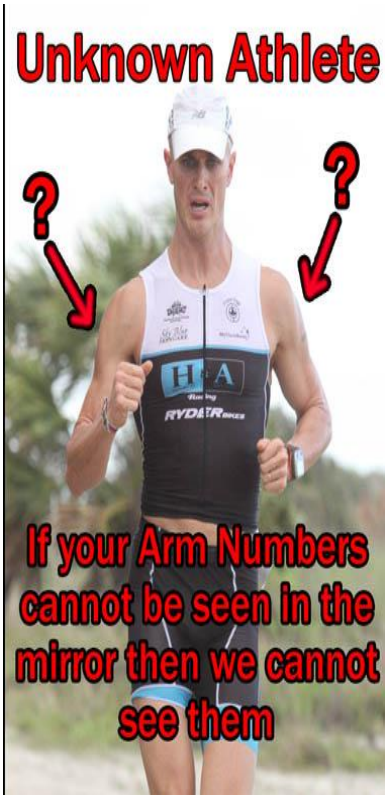
BODY MARKING

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

- USE A LARGE "SHARPIE" TYPE PEN OR MAGIC MARKER
- 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

3 WAVES (3 Minute Interval)

1. **Green** Caps	Men	Age Group (All Ages)	8:00 am
No Caps	ALL	Duathlon (All Ages)	8:00 am
2. **Pink** Caps	Women	Age Group (All Ages)	8:03 am
3. **Yellow** Caps	AquaBike / Clydesdale / Athena / Novice i. Relay Teams / Non-Competitive / Adaptive		8:06 am

Relay Teams

- All Relay Teams will start in Wave # 3
- Handoff will occur **AT** the bicycle (Inside Transition)
- Bike **MUST** remain on the rack until the cyclist is tagged by the swimmer.
- Runner will wait for the cyclist at the bike rack.
- Runner may not leave until the bike is racked.
- Tagging the runner prior to racking the bike will incur a 1 minute penalty.

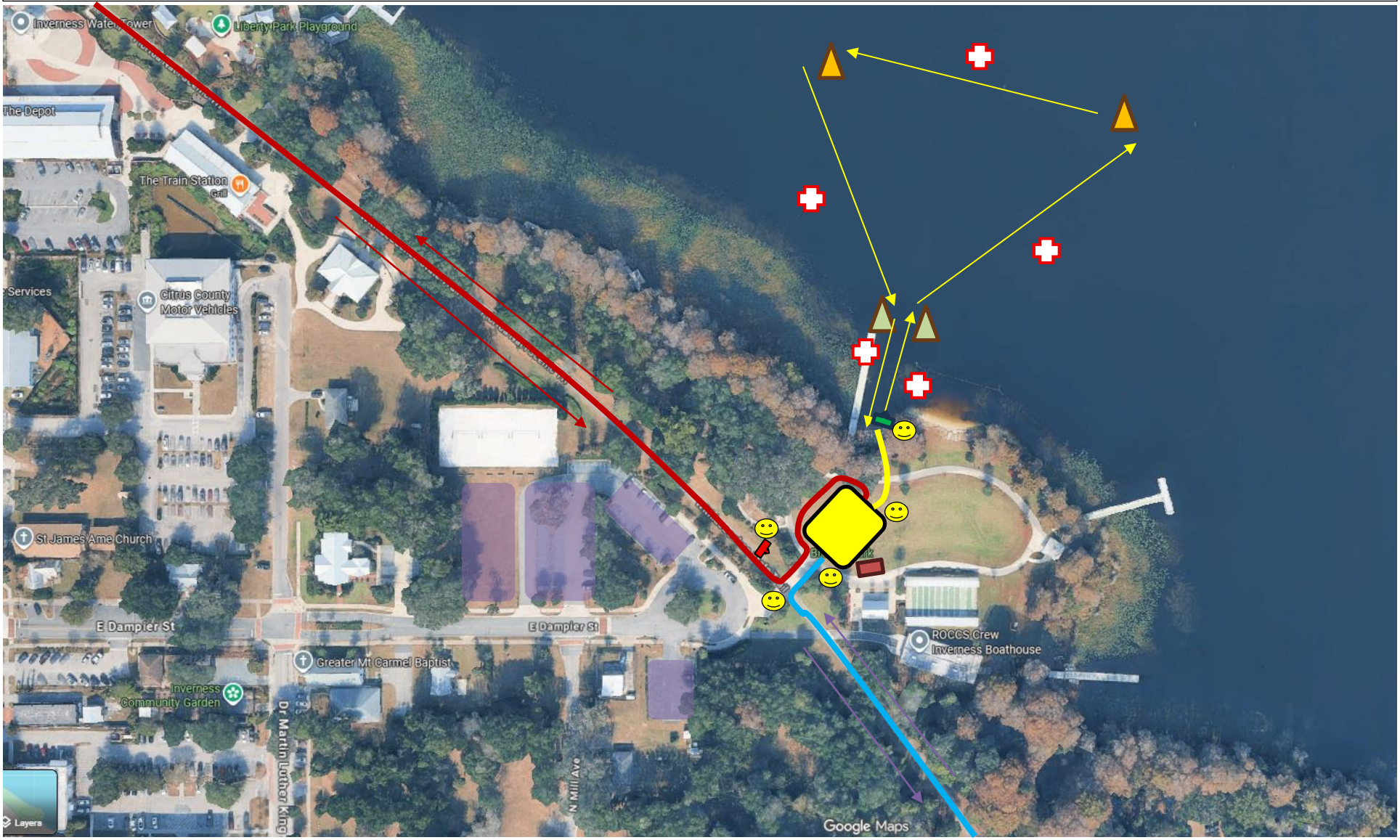
(Swim Wave Schedule Subject to Change)

Tri-Cooter Sprint Triathlon

Site Layout

Registration | Parking | Transition | Swim Start | Finish Line | Swim Buoys

Swim Course | Bike Course | Run Course | Volunteers | LifeGuards



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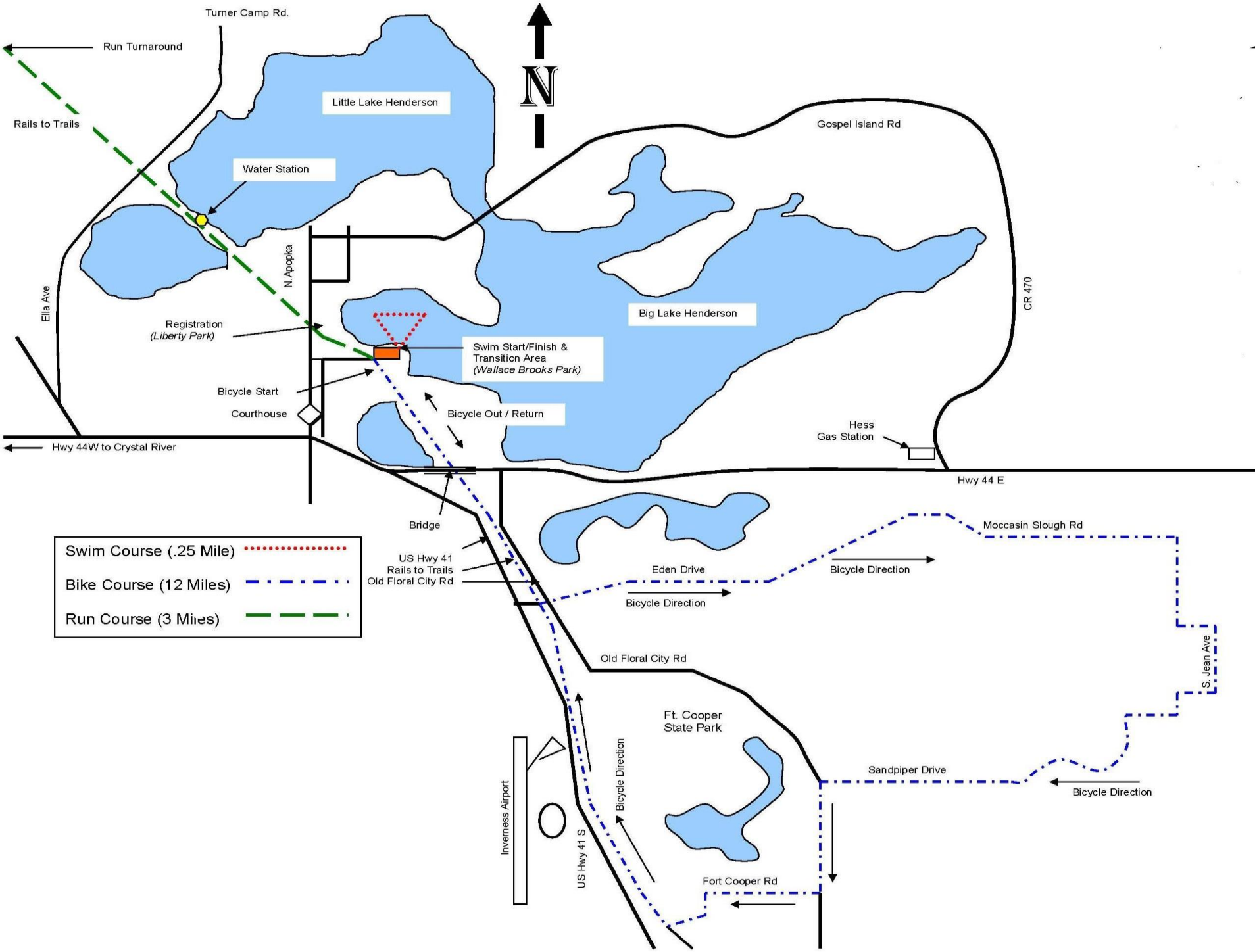
Transition Layout

Registration | Parking | Transition | Swim Start | Finish Line | Swim Buoys

Swim Course | Bike Course | Run Course | Volunteers




Turner Camp Rd.
Run Turnaround
Rails to Trails
Little Lake Henderson
Water Station
N
Gospel Island Rd
N. Apopka
Ella Ave
Registration
(Liberty Park)
Swim Start/Finish &
Transition Area
(Wallace Brooks Park)
Big Lake Henderson
CR 470
Bicycle Start
Courthouse
Bicycle Out / Return
Hess
Gas Station
Hwy 44W to Crystal River
Hwy 44 E
Bridge
US Hwy 41
Rails to Trails
Old Floral City Rd
Swim Course (.25 Mile)
Bike Course (12 Miles)
Run Course (3 Miles)
Moccasin Slough Rd
Eden Drive
Bicycle Direction
Bicycle Direction
Bicycle Direction
Old Floral City Rd
S. Jean Ave
Ft. Cooper
State Park
Sandpiper Drive
Bicycle Direction
Inverness Airport
US Hwy 41 S
Bicycle Direction
Fort Cooper Rd