



A Message from the Race Director

Dear Athletes,

It is with great pleasure that I welcome you to another Smithfield Sprint Triathlon, presented by Kinetic Multisports. Located in Smithfield, VA. This race is always the start of the Kinetic Multisports 50 plus race season and would not be possible without the support of the local town of Smithfield. Please take a moment out of your day to thank all the volunteers.

Training for a triathlon, whether it being your first or twentieth, is a challenging endeavor and we know you have worked hard in the weeks and months leading up to this event. Getting to the starting line is a success and we hope to make your race day experience positive and fun while helping you to achieve your athletic goals. The rest of the team and I thank you for being here and will be doing everything possible to help you reach the finish line. If you have and questions, concerns, or feedback, please do not hesitate to let us know.

Greg Hawkins, *Race Director*



Race Site Address

Luter Family YMCA 259 James St Smithfield, VA 23430 | [Directions](#)

Schedule of Events

Friday April 3, 2020

5-7pm: Packet Pickup @ Race Site inside the Gymnasium

6pm: Pre-Race meeting @ Race Site inside the Gymnasium

Saturday April 4, 2020: Race Day

8am: Transition area opens

8-9:30am: Packet pickup, Body Marking/Chip Pick-up

9:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)

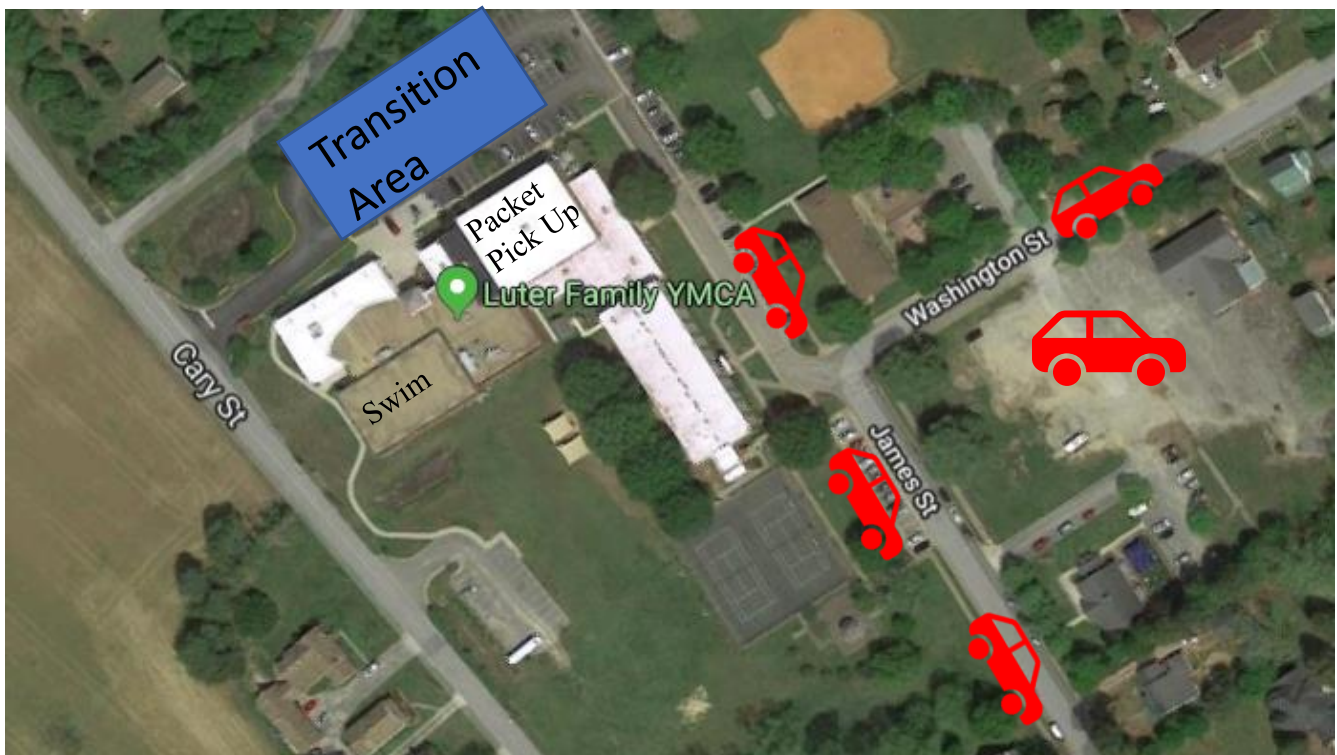
9:50am: First 50 (bib# 1-50) swimmers assemble in the pool area to prepare the start!

10am: Race Start (Pre-assigned times every 10 seconds)

1:45pm: Estimated awards/last athlete finishing

Parking & Race Site Layout

Athletes will park in the YMCA & VFW parking lots, and along the streets surrounding the YMCA, please be sure not to block residential driveways.



Packet Pickup

Things to bring with you to Packet Pickup:

- **Photo ID:** this is REQUIRED! No ID = No Race!!!
- **USA Triathlon Membership:** if you are a USAT member you are all set. If you paid the 1-day fee you will not have a USAT card and are all set.
- **Know your bib number.** It will be emailed out and posted on the race participant list. (see the race website).
- **Questions!**

Special notes about Packet Pickup:

- **Adults:** Each adult must pick up their **OWN** race packet. This also goes for **EACH relay member.**
- **Minors:** Those under the age of 18 years old may have their parent/guardian pickup their packet.
- **Race Categories:** You MAY change categories during packet pickup.
- **Swim start times:** You will self-seed yourself on the pool deck. We will have volunteers with signs on the pool deck to let you know the estimated finish times.
- **Timing Chips:** You will receive your timing chip on race morning NOT at packet pickup. Please see the Timing Chip section for more details.

Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete it within the cut off times. Participants who do not meet these cut-offs will be asked to turn in their timing chip. Finishing the race at this point is at the discretion of each athlete, but race support will no longer be provided and Kinetic Multisports holds no responsibility for athlete safety after this point.

Sprint:

Athletes have 2.5 hours to complete the entire event. Cumulative cut-offs will be:

Swim: 1 hour | **Bike:** 2 hours | **Run/Finish:** 2.5 hours

The bike course must be completed within 2 hours of the last swimmer starting the race.

Transition Area

Triathletes may enter the transition area at 8:00am. All bikes must be racked 15-minutes before the start of the first swimmer (9:45am). Bike racks are numbered, and triathletes must put their bicycles and gear on their designated rack.

Each rack holds 6 bikes, with positions on racks being based on a first come, first serve basis. To the right is an example of how your transition area should be organized. Please be courteous of the space and belongings of other racers before, during, and after the race.



Transition Security: Please note that once your race is over, many others are still racing. We will be allowing athletes into the transition area to get their bikes and other gear when possible. Be considerate of others still racing.

Body Marking

After racking your bike, proceed to the body marking area located near the Packet Pick Up & Transition Area. (marked by a tear drop flag). Triathletes must be marked at least 30 minutes before the race and must bring their bib number for verification. **You MUST have your BIB to get body marked!**

Race Numbers

Each athlete will receive three race numbers:

1. The smallest number (sticky) must be worn on the front of the cycling helmet.
2. The number with 4 holes is to be worn on the front of the body during the run and when crossing the finish line.
3. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.

Please refer to the Kinetic Multisports website under Novice Athletes for more information on number placement.



Timing Chips

Please be aware of the following procedures to insure successful timing of your event:

- All participants will receive their ChampionChip on Race Morning at the Chip Pick-Up Tent. You are **REQUIRED** to show your paper bib number in order to receive your timing chip. Body marking is **NOT** an acceptable Bib number!
- Along with the timing chip participants will receive a neoprene chip strap. It is **REQUIRED** that all participants wear the timing chip on their **LEFT** ankle as shown.
- **You MUST RETURN YOUR CHIP at the finish line. Athletes who lose their Chip or fail to return the chip after the race will be assessed a \$30 charge!**
- **IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.**



Aid Stations

Bike: NO aid stations on the bike course

Run: Aid stations will be approximately every mile on the run course and will have water.

Post-Race Food

All racers will receive post-race food to include a BBQ Meal, and various drinks. Please remember that the post-race food & drinks are for the athletes only. Q Daddy's BBQ will also be selling food at the race site.

Race Results & Awards

Tentative results will be posted as they come available on race day located in the Results Tent!

USAT penalties will also be posted inside the results tent by USAT officials as soon as they are available race day. They will be posted on the results page of the website under the category results as well.

Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

Questions about results can be directed towards the race timer or race director usually located near the finish line.

If you cannot make the awards ceremony, please have a friend pick up your award. Final Overall & Age Group results with splits will be posted on kineticmultisports.com as soon as possible, usually within 24 hours.

Aquabike

If you are racing in the Aquabike Category we will have a separate finish line for you near the Transition Area. Look for the Aquabike Finish Line Tent near the bike in section of the transition area.





USAT Rules

USA Triathlon is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon [HERE](#).

USAT's Most Commonly Violated Rules:

Helmets

Helmets **MUST** be worn with the chin strapped anytime you are riding your bike, before, during and after the event. **Penalty:** Disqualification

Outside Assistance

Only race and medical officials may provide assistance to athletes during the race. Staff & Volunteers are considered officials. **Penalty:** Variable time penalty

Drafting

Keep at least three (3) bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. **Penalty:** Variable time penalty

Position & Blocking

You must stay on the far-right side of the road at all times unless passing another rider. Riding on the left without passing is considered blocking. **Penalty:** Variable time penalty

Overtaken

Once passed, you must exit the drafting zone to the rear before attempting to re-pass. **Penalty:** Variable time penalty

Race Numbers

All athletes must wear their run bib number at all times during the run, and have it facing the front (on their chest, stomach or shorts) as they cross the finish line. **DO NOT** transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one-year suspension from membership in USAT for transferring a number without race director permission.

Cell Phones

New in 2019 athletes will be allowed to have their cell phones with them on the bike and the run but they will not be allowed to have any music playing and are not allowed to have headphones as well.

Penalty: If officials see an athlete using a phone, calling or texting, while on the race course, it will be considered "endangerment" which is a DQ instead of a time penalty.

USAT Aging Up Policy

Participants will compete in whichever age group they would be in as of December 31st. of the year of the race. In other word's everyone's age group for the season will be determined by their age on the last day of the year of the race.



Shop Online **HERE**



Race Belts



Headwear



Clothing



Course Maps: [Here](#)

Swim – 300 meters

Official swim start times will be posted on the website 48hrs before the event, at packet-pickup and on race-day.

- The swim diagram is posted on the [Smithfield Sprint](#) race page of the Kinetic Multisports website.
- Swim caps are not provided or required for pool sprint triathlons.
- Be prepared to line up for your swim start a minimum of 15 minutes before your personal expected swim starting time. Your swim start time is determined by your estimated 100 yd time. We will have volunteers holding signs on the pool deck with estimated 100 yd times. (We are using 100 yd times because most people swim in pools that are measured in yards, the entrance to the pool will be the outside door opposite of the exit to the transition area. This is a change from 2019 see course map)
- Pool swim triathlons have become an important part of the triathlon scene in recent years. Pool swim races allow us to begin the triathlon season earlier than normal and allow us to utilize venues that have no open water options. In 2020 our pool swim will now be self-seeding on the pool deck. We will have signs with an estimated 100 yd time to assist with the seeding on the pool deck. At the race, participants begin the swim in a self-seeded order, one person at a time. Participants will begin approximately every 10 seconds; this will be controlled by a Staff Member. Our staff member at the start on the pool deck will assist with the spacing in between each athlete. Participants will “snake” their way across the pool – down and back in each lane – covering the required distance when they exit the pool. Your start time will be determined when you cross the timing mat at the edge of the pool. Passing Etiquette: If you need to pass someone, just lightly touch their toes. The athlete being passed can pause 1-2 seconds at the wall allowing you to pass them. Pool swim triathlons are not a contact sport, be respectful.
- Walking/Resting in the Pool: If you are short of breath, feel free to pause at the end of a lane and hold onto the wall. If you need to walk in the shallow end, please do so. There is no penalty for resting or walking in the pool.

Bike – 10 miles

- The bike course map is posted on the [Smithfield Sprint](#) race page of the Kinetic Multisports website.
- The course will be marked with orange spray chalk arrows and Yellow signs with arrows at all the turns. The bike will also be marked with signs every 5 miles.
- Though there will be police presence on the course for your safety, the course is still open to traffic please BE ALERT and BE CAREFUL! We will have volunteers at all of the critical points on the course and Police Officers at the major intersections on the bike course.
- Volunteers will be at all corners wearing bright yellow shirts and orange vests, holding orange flags.
- It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.

Rules & Etiquette

- You MUST wait to mount your bike until AFTER you cross the mounting line outside of transition. Likewise, you MUST dismount your bike BEFORE crossing the line at the end of the bike.

- No drafting, no headphones/iPods/radios. USAT officials will be on the course and penalties will be assessed (see previous section on USAT rules).
- Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- Stay to the right to allow faster cyclists to pass on the left and obey the yellow line rule.
- Crossing the yellow line is an automatic DQ.

Run – 5K

- The run course map is also posted on the [Smithfield Sprint](#) race page of the Kinetic Multisports website.
- The run course is an out and back course and is on the road.
- Aid stations will be located approximately every mile on the run.

Rules & Etiquette

- No headphones, earphones or any radio-type devices will be allowed.
- You **MUST** have your run bib number on your **FRONT** as you approach the finish line.
- Please be sure to return your timing chip to designated volunteers after crossing the finish line...CONGRATULATIONS YOU DID IT!

#GKINETIC

