

Dear Athlete,

On behalf of Person and Caswell Counties, welcome to the Hyco Lake Triathlon! We are excited to host collegiate triathletes from around the Nation.

The sport of triathlon is a challenging endeavor, and we know you have worked hard to stay healthy and physically fit in the months leading up to this event. Oftentimes, just getting to the starting line is a success in and of itself! We value your dedication to training and the time and effort you put into being able to swim-bike-run with us. Our mission is to put on safe, fun races in beautiful venues. We appreciate you racing with us and hope you achieve your athletic goals.

We are honored to support the sport of triathlon at the Collegiate level and thrilled to have you racing with us. To have the best race possible, review the rules brief as outlined by our USAT Chief Technical Official, Paul Brandt and the race overview by Kinetic Multisports Race Director, Greg Hawkins.

On behalf of the Kinetic Multisports Team, thank you for racing,

Greg Hawkins,  
Race Director  
**#GoKinetic**



## COVID PRECAUTIONS – READ THIS FIRST!

**COVID Screening:** If you are showing symptoms of COVID (fever, aches, loss of taste/smell, etc) or have been in close, recent contact with a COVID positive person, stay home.

**Masks:** Masks are required onsite attire when not racing. This applies to everyone in your party, even if you have been vaccinated. We realize this is an inconvenience and we appreciate your opinion, but we need masks on people to keep our permits. Disposable masks will be provided at athlete check in to wear until you get in the water. Another mask will be provided at the finish line to wear as you remove your gear from transition and head to your car.

**Distancing:** Keeping your distance on course generally isn't an issue, it's the before and after we have to mitigate. The race site has been re-engineered to keep athletes from crowding and many of the typical gathering points have been eliminated. We'll need you to spread out when lining up for the swim and eat your post-race, grab and go BBQ elsewhere. Stay a bike length apart!

**Hygiene:** There will be hand sanitizer and hand wash stations throughout the race site, please use them. Don't blow snot rockets, high five, hug, etc.

We highly recommend reviewing our full COVID Mitigation plan and other resources in our [FAQ's](#). Many of your questions are answered there and if they aren't, they should be.

## Highlights

- Packet and Chip Pick Up is the day before from 5-7PM at the race site, coaches will be picking up packets for all team members.
- Pre-race brief is all online, race officials will be available for questions from 5:30-6:00PM Friday in transition.
- Transition opens at 9:30AM on Saturday.
- Masks are required onsite when not racing or warming up
- Stay masked and Socially Distant while waiting to enter the water, dispose of mask just prior to entering water
- Swim – 750 meter swim, in water start – water temp was 65F (4/10/21)
- Bike – 4 loops, start additional loops OUTSIDE park
- **Lap Out Rule will NOT be enforced – Please stay right if overtaken**
- Run – 3 loops inside park, start additional loops just prior to finish line
- Finish Chute: Put on provided mask, remove timing chip, grab a water, grab a finishers medal, proceed immediately to transition area to remove your gear.
- “Grab and Go” BBQ meal is available in parking lot for off-site consumption.
- Get home safe, then sign up for your next Kinetic Multisports race!

## Schedule of Events – Collegiate Draft Legal

*Friday April 16, 2021*

**5-7pm:** Packet Pick Up/Chip Pick Up inside Community Building at race site

**5:30pm:** Optional Collegiate Race Q&A in transition

*Saturday April 17, 2021: Race Day*

**8:00 – 10:30am –** Age Group Race

**9:30 – 10:45am:** Transition open for racking

**10:15 – 10:45am:** Swim course open for warm-up

**10:45am:** Wheels no longer accepted

**10:50am:** Athletes line up at swim start (in water start)

**11:00am:** Race Starts

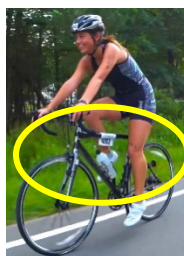
## Parking & Race Site Layout



## Race Numbers / Timing Chips / Body Marking / Results

**Race Numbers:** Each athlete will receive two (2) race numbers...

1. The smallest number (sticky) must be worn on the front of the cycling helmet.
2. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.



**Timing Chips:** Each athlete will receive their timing chip at athlete check in, *we highly recommend putting it on immediately.*

1. Do not lose your timing chip and be sure to return it at the finish line. There is a \$30 replacement fee if you lose or otherwise fail to return your chip.
2. We recommend the left ankle, non-chainring side.
3. Timing Mats: If you want splits, you need to cross the timing mats when you race!
4. If you drop out of the race, bring your timing chip to the finish line and inform our volunteers of your decision.



**Body Marking:** ERace Tatoo's are not being provided at this event, Sharpies will be provided to each coach at athlete check in. Please have athletes marked with prior to entering transition on the right and left shoulder and leg above the knee.

## Results

Tentative results and times will be emailed and posted online as they become available. Draft legal results will be printed and reviewed by the results committee prior to being certified as official. Standard protest times rules will apply.



**ABRAMS LANDAU, Ltd.**  
INJURY LAW FIRM

Since 1989, Abrams Landau Injury Law Firm has been representing athletes in personal injury, workers compensation, sports injury and more. As a long-time athlete, Team USA member and attorney, Doug and his team are uniquely qualified to represent you! If you need legal help, look for Doug on a podium near you or reach out to his office at <https://landauinjurylaw.com/>. Whether it's your race or your case, Abrams Landau will be there at the finish line!





Shop Online **HERE**



## Race Belts



## Hats & Visors



## Clothing



## Swim – 750 meters – In Water Start – Beach Finish

- The swim diagram is posted on the last page of this guide and on our website
- The official water temp will be taken race morning and a preliminary reading taken and communicated via email on Thursday. The water was 65F on 4/10/21.
- Be ready to line up at the swim by 10:50am, the race starts promptly at 11:00am.
- ***Wear the issued disposable mask to swim start, discard in trash at waters edge***
- Lifeguards will be available throughout the swim for emergency assistance. If you need assistance, roll on your back (float) and wave your hand in the air to signal for assistance. You may hang onto a kayak to catch your breath; kayakers may not pull you through the course.
- If for whatever reason you do not finish the swim, please notify our staff at the swim exit and return your timing chip to the finish line.
- Be sure to sight on the yellow “Wiggley-Man” at swim finish.

## WETSUITRENTAL

[Wetsuitrental.com](http://Wetsuitrental.com) has the nation’s largest selection of Orca, BlueSeventy, Zoot, Zone3, 2XU, Aqua Sphere full-sleeve and sleeveless triathlon wetsuits for rent, ensuring you get the wetsuit that fits your body. Triathlon wetsuits provide you with additional buoyancy to lift your body in a horizontal streamlined position, increasing speed and reducing energy expenditure. Wetsuitrental.com has the lowest and longest rental period in the industry starting at \$70 for 2 weeks with shipping both ways included. Reach out and rent a wetsuit today!





## Bike – 12.4 Miles – 4 x 3.0 mile loops

- The bike diagram is posted on the last page of this guide and on our website
- The bike course map is a rolling, 4 loop course.
- **Loops 2, 3 and 4 will start outside the park!!!**
- The wheel pit will be located just outside the park adjacent to where additional laps start.
- The Lap-Out rule will **NOT** be enforced at this event. We need lots of communication on course and for lapped athletes to ride single file and to the right when being overtaken.
- Both bike turnaround points will have a traffic cone in the middle of the road, a volunteer and police cruiser blocking the road
- Stay to the right of the guard shack on exiting the race site, stay to the right on your way back in.
- Athletes will loop around to the back of transition on their bikes and dismount an uphill, right hand turn, be careful.
- It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.
- All bike course rules must be followed.





### Run – 5K – 3 x 1.0 mile loops inside park

- The run diagram is posted on the last page of this guide and on our website
- This is a three (3) loop run course.
- The run course is a rolling, heavily shaded course with pavement until the finish line, the finish line is an uphill, grass finish.
- There will be one aid station on course and is available each lap.
- The penalty tent will be located adjacent to where athletes start laps #2 and #3.
- Check the penalty board!



# Hyco Lake Triathlon Draft Legal Course Map

**Bike Course Road Closure**  
1100 – 1200 (D1/D2 Race)

Swim – 750 meters, beach start/finish  
Bike – 4 x 3.0 mile loops  
(0.2 miles in/out of park done 1x)  
Run – 3.1 mile, 3 loop course inside park  
no lap out rule – in water start

