

Dear Athlete,

On behalf of the YMCA and the Town of Smithfield we welcome you to the Smithfield Sprint Triathlon. Our team looks forward to this race every year and we missed you in 2020!

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.

Racing in 2021 is going to be different, especially our early season races. As always, we are committed to providing safe, fun multisport events with athlete and community safety as our #1 priority. As an outdoor sport, triathlon is lower risk, but it is not zero risk. So, we must make sure people keep their distance, wear masks, and wash their hands. As vaccines are further rolled out and we can reduce/eliminate measures, we will. It is a new process, but it is still swimming, biking, and running in beautiful, boutique venues. Please review the following pages of our athlete guide and read the emails we send you; these are all key to a safe, fun, and successful race!

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 smell, etc) or have been in close, recent contact with a COVID positive person, stay home. All athletes will be temperature checked prior to entering PPU, temps over 100.4F will be sent home. We recommend checking yourself and everyone in your party prior to heading out.

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 pool. Another mask will be provided at the finish line to wear as you remove your gear from transition and head to your car.

Distancing: This is a time trial start pool swim triathlon. Keeping your distance on course generally isn't the issue, it's the before and after. 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.

Race Day Order of Operations – Highlights

- Park in parking lot 60-75 minutes before your start window, put your mask on.
- Head to gym for temp check, disposable mask, race packet and timing chip
- Rack your gear in TA, then warm up as needed (no pool warm-ups)
- Stage socially distant, while wearing a mask outside pool
- Dispose of mask just prior to entering water
- Swim-Bike-Run (the fun part!)
- Finish Chute: Put on provided mask, remove timing chip, grab a water, then proceed immediately to transition area. Remove your gear and make space for the next athlete. Results are emailed/texted on finishing and updated online
- "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!

Top 10 Things to Know About Race Day

- **Rolling Packet Pick Up:** Arrive no more than 60-75 minutes prior to when you want to start the swim. Stay a bike length apart, wear a mask, be ready to swim 20 minutes before your chosen start time. ***PPU closes at noon!***
- **Rolling Swim Start:** There are no assigned swim start times. So, to make the swim as smooth as possible we recommend starting at the following times:
- **Start Time Range / Time to Complete Swim (mm:ss)**
 - 10:00 – 10:06am / 05:00 and under
 - 10:07 – 10:30am / 05:01 – 06:00
 - 10:31 – 11:00am / 06:00 – 07:00
 - 11:01 – 11:30am / 07:00 – 08:00
 - 11:30 – 12:00pm / 08:00 – 09:00
 - 12:00 – 12:30pm / 09:00 and over
- ***Wear the issued disposable mask to swim start, discard at waters edge***
- ***Race #'s are assigned on a first come, first serve basis.***
- ***Timing Chips will be distributed with your packet, DO NOT LOSE YOUR CHIP!***
- ***Body Marking is self-serve, markers and hand sanitizer are available in transition***
- ***Bike racking is first come, first serve with 4 socially distanced athletes to a rack***
- ***No Awards Ceremony - All awards will be mailed***
- ***No YMCA Access other than the Pool and PPU in Gym***

Schedule of Events

Friday April 9, 2021

5-7pm: Packet Pick Up/Chip Pick Up inside gym of YMCA

6pm: Pre-Race Meeting via Facebook Live, from transition – attendance optional

Saturday April 10, 2021: Race Day

8am: Transition area opens.

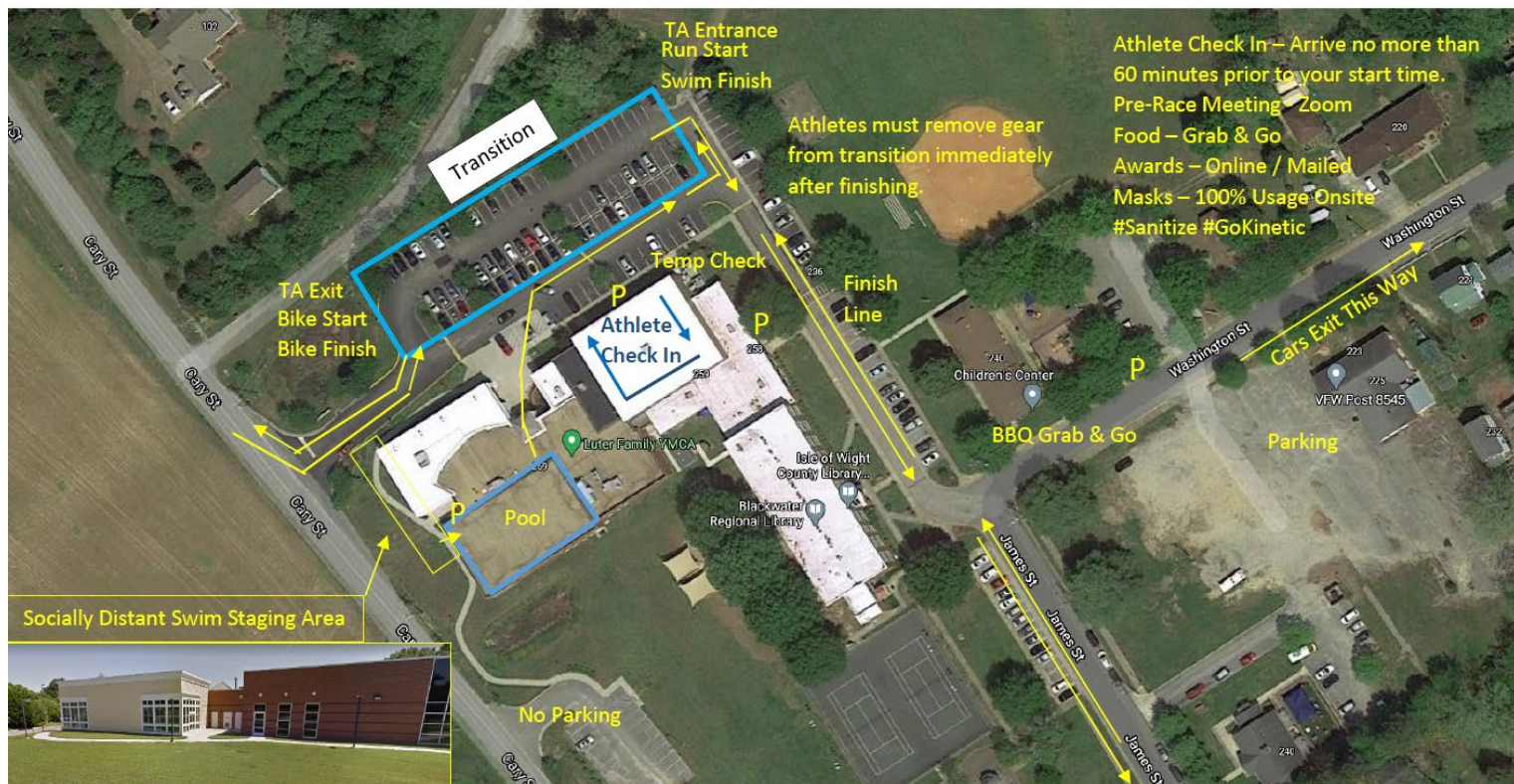
8am - Noon: Packet Pick Up/Chip Pick Up inside gym of YMCA

9:50am: First 50 swimmers assemble outside the pool area to prepare the start!

10am: Race starts with 1 swimmer every 10 seconds.

1:45pm: Estimated last athlete finishing.

Parking & Race Site Layout



Please be mindful when driving as others may be racing and take care not to block driveways

Packet Pick Up / Athlete Check In

Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- **Questions!**

Special notes about Packet Pickup:

- Bib #'s will be assigned and timing chips distributed at packet pick up, don't lose either one!
- **Adults:** Each adult must pick up their **OWN** race packet. This also goes for **EACH relay team 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.

Race Site Address: Luter Family YMCA - 259 James St - Smithfield, VA 23430 | [Directions](#)

More Details...

Course Cut Off: Sprint athletes have 2.5 hours to complete the entire event and must finish the bike within 2 hours of the last athlete starting the swim.

Transition Area: Opens at 8:00AM on a first come, first serve basis with 4 bikes to a rack. Athletes will use a separate side entrance to get in/out of the transition area. Once your race is done, you'll be directed immediately through the transition to collect your gear and make space for the next athlete.

Swim Gear Bags: Plastic bags will be available at the swim staging area in case you want wear an extra layer to the start. These will be returned at the finish line, no valuables please!

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.

Post-Race Food: All athletes receive post-race food to include a "Grab and Go" BBQ meal and drink. Please remember that post-race food & drink are for athletes only, meals and drinks ARE available for purchase from Smoking Joe's. Remember, we need folks to grab and go, not park, eat and tell lies in groups.

Results: Tentative results and times will be emailed and posted online as they become available.

Awards: There will not be an awards ceremony, awards will be mailed out a week after the race.

USAT Penalties: USAT Penalties, if any, will be posted under the results link for this race on our website. Questions about these can be directed to the USAT Official listed on the penalty sheet.

Aquabike: If you are racing the Aquabike (Swim-Bike-Done), your finish line is adjacent to the Bike-In tent at the transition area. Please be sure to cross the bike finish matt, then head over to the Aquabike Finish tent for your finishers medal and to get your timing chip.

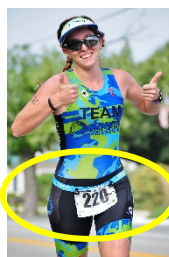


Race Numbers & Timing Chips

Race Numbers: Each athlete will receive three (3) 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, we have safety pins or you can purchase a Kinetic race belt for \$12.
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: 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.



USA Triathlon

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](#).



USA Triathlon Most Commonly Violated Rules - [HERE](#)

[USA Triathlon Competitive Rules \(Complete List\)](#)

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.



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



Course Maps: [Here](#)

Swim – 300 meters

Swimmer will self-lead for the start of the race.

- The swim diagram is posted on the [Smithfield Sprint](#) race page of the Kinetic Multisports website.
- **Rolling Swim Start:** There are no assigned swim start times. So, to make the swim as smooth as possible we recommend starting at the following times:
- **Start Time Range / Time to Complete Swim (mm:ss)**
 - 10:00 – 10:06am / 05:00 and under
 - 10:07 – 10:30am / 05:01 – 06:00
 - 10:31 – 11:00am / 06:00 – 07:00
 - 11:01 – 11:30am / 07:00 – 08:00
 - 11:30 – 12:00pm / 08:00 – 09:00
 - 12:00 – 12:30pm / 09:00 and over
- Be sure to arrive at swim start 20 minutes before your pace starting range!
- ***Wear the issued disposable mask to swim start, discard in trash at waters edge***
- **Gear Bags:** Plastic bags will be available at the swim staging area in case you want to wear an extra layer to the start. These will be returned at the finish line, no valuables please!
- **Swim caps:** Swim caps are not provided or required for pool sprint triathlons.
- **Snake Swim:** 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 (theoretically) 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.

WETSUITRENTAL

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 – 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.

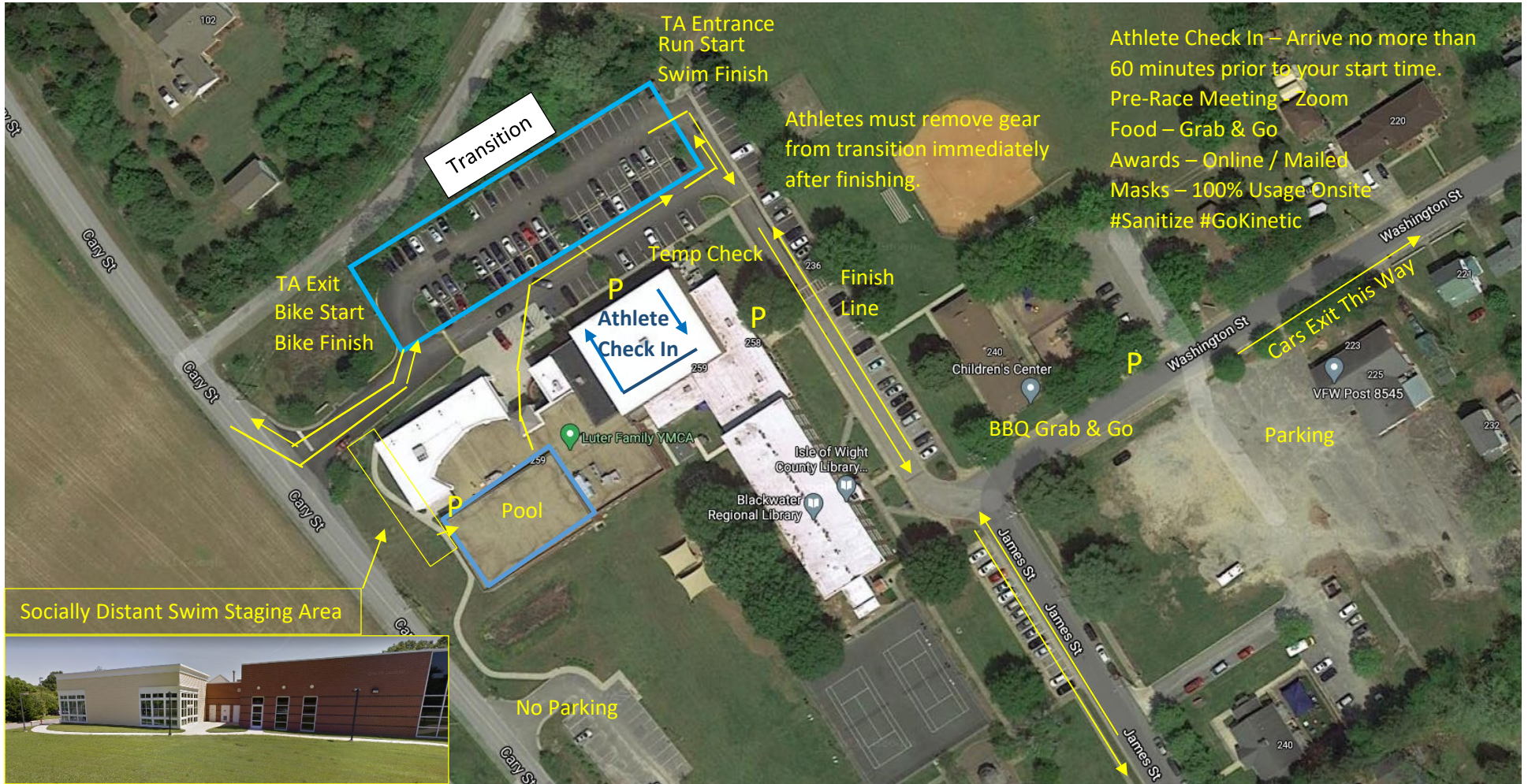
Run – 5K

- 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

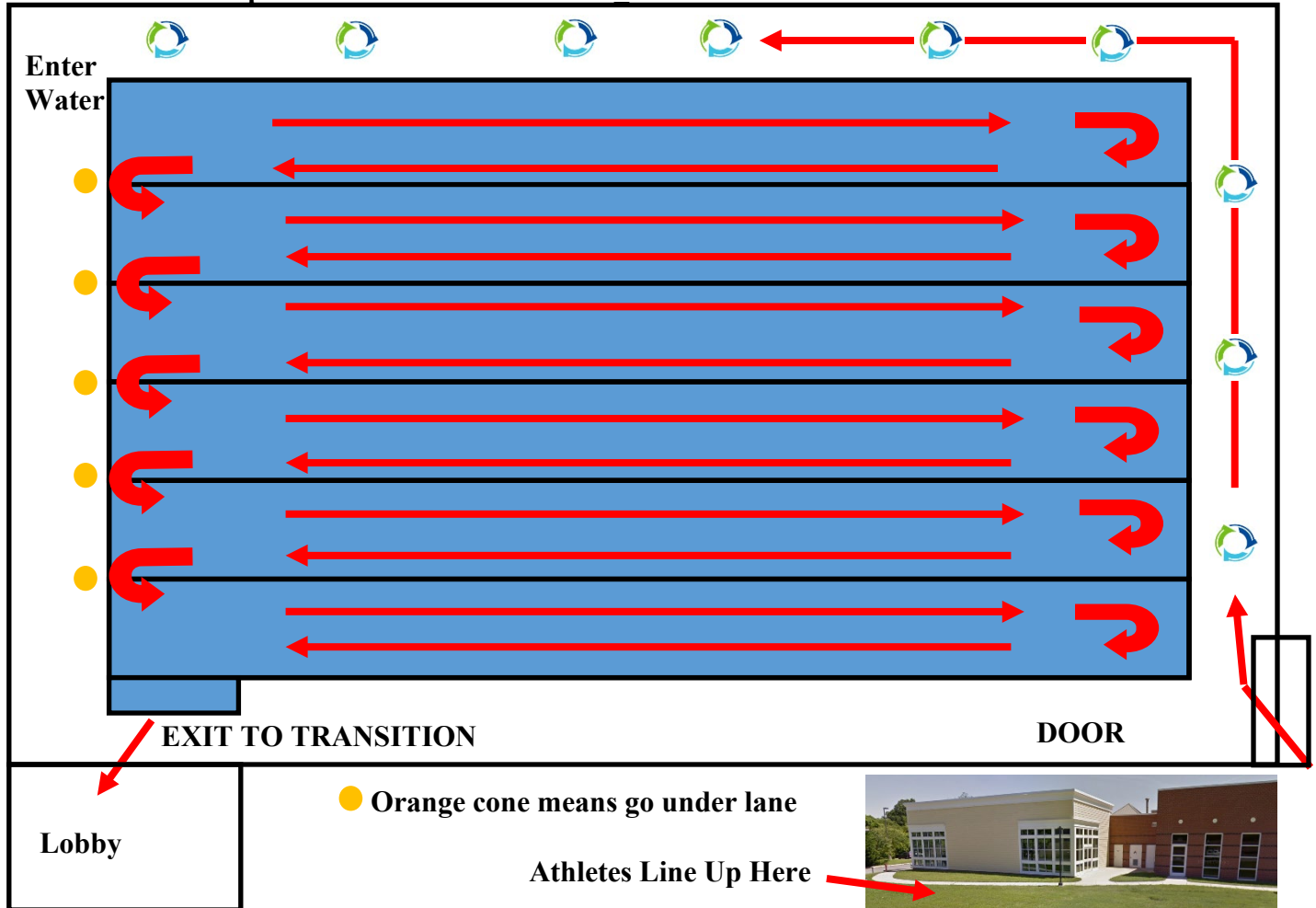
- No headphones, earphones or any radio-type devices will be allowed.
- You MUST have your run bib number on your FRONT as you approach the finish line.
- Please be sure to return your timing chip to designated volunteers after crossing the finish line...**CONGRATULATIONS YOU DID IT!**

Smithfield Triathlon Site Layout – 2021





Smithfield Sprint Triathlon Swim Course 300 Meters



1. Make sure you have reviewed our COVID guidelines and wear your mask to swim start.
2. Swim Start Bag Drop – Since we are staging outside prior to the swim, we have a bag drop. You'll get your gear when you cross the finish line (please, no valuables)
3. Other than the pool, there is no indoor access at the YMCA.
4. This is an in water start, athletes swim down & back in each lane, then duck under the lane line at the orange cones (the same side you started), then exit via pool stairs to lobby.
5. Passing: If you need to pass the person in front of you, touch their toes. They will hug the lane line or pause for a moment at the end of the lane to allow you to pass (be gracious).
6. Swim Start Times – This is a self-seeded start. Generally, faster swimmers start earlier. If we have to split into 2 separate 250 person races starting at 9am and 12 noon to meet VDH guidelines, we will notify all athletes by 4/1. Estimated swim start times can be found in the athlete guide.

Smithfield Sprint Triathlon Run Course_3.1 Miles



Run Course Notes:

1. This is an out and back course.
2. Water will be available at the start and at the far turnaround point on Jericho
3. The course is not closed to traffic, however intersections will be controlled by uniformed police officers to allow for your safe transit
4. Please use the trash cans provided, stay on the sidewalks, thank the volunteers and police for their support!

2 SECOND SATURDAYS In Smithfield

- Gazebo Art Market
- Farmers Market
- Pickers Market
- Ivy Hill Cemetery Tour

SAVE THE DATES for **Second Saturdays** held April through November in Downtown Smithfield from 9 a.m. until 1 p.m. Check out the **Gazebo Art Market**, sponsored by the Arts Center @319, shop at our award-winning **Farmers Market** and **Pickers Market**, or take a guided tour of **Ivy Hill Cemetery**.

In May and October the Art Show will expand to feature more artists along Hayden's Lane. Watch the "**Visit Smithfield VA**" Facebook page and **SmithfieldArts.com** for details on each art show and more featured Second Saturday events!



APRIL
10

MAY
8
Spring Art Show
on Hayden's Lane
& on the Lawn

JUNE
12

JULY
10

AUG.
14

SEPT.
11

OCT.
9
Autumn Art Show
on Hayden's Lane
& on the Lawn

NOV.
13


GENUINE
Smithfield
Savor Our Small-Town Southern Charm

For more info call 757.357.5182
or go to **GenuineSmithfieldVA.com**.