

Dear Athlete,

It is with great pleasure that we welcome you to the Kinetic Cup, a day of Collegiate focused Olympic and Draft Legal racing. Smith Mountain Lake State Park and Kinetic Multisports are excited to host Collegiate athletes from around the Nation.

Kinetic Multisports is committed to providing a safe, fun triathlon experience that brings communities together and leaves our athletes with good memories and sore muscles! As you get ready for race day, take a moment to 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!

Smith Mountain Lake State Park and the surrounding community have been fantastic to work with over the years and we absolutely cannot do these races without them. So, as you race this weekend, be sure to thank the Police, EMT's and volunteers for supporting the sport we love.

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 appreciate you racing with us and hope you achieve your athletic goals.

Thank you for racing, we look forward to seeing you on the starting line!

***Kinetic Multisports,***  
***#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:** Per CDC guidelines, masks are no longer required at our events. We realize there are varying levels of comfort in this regard, and that's OK. Masks will be available at athlete check in and the finish line for those who need/want them.

**Hygiene:** There will be hand sanitizer and hand wash stations throughout the race site, please use them.

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.



## Schedule of Events

### **Friday (10/15)**

1600-1645 – Course Preview  
1700 – Draft Legal Race Brief  
1700-1900 – Athlete check in  
1800-1830 – Athlete briefing (Olympic Distance Athletes)

### **Saturday (10/16 - Race Day)**

#### **Olympic Race Timeline**

0630-0730 – Olympic Athlete Check-In, Transition Open  
0715-0745 – Olympic Swim Warm Ups  
0745 – Transition Closes, National Anthem and Pre-Race Briefing at swim start  
**0800 – Olympic Race Start – Roads are controlled, but open to traffic**  
1130 – Olympic awards  
1200 – Olympic Last Athlete  
***\*Oly Athletes Note: If you are not out of the park by 1200, you are stuck until 1:10PM!***

#### **D1/D2 Race Timeline**

1100-1145 – Transition open via side entrance  
1115-1145 – D1/D2 Swim Warm Up  
1150 – D1/D2 Athlete Call Out at Beach  
**1200 – D1/D2 Race Starts – Roads Closed 1205-1310**  
1315 – D1/D2 Last Athlete & Awards

#### **D3 Race Timeline**

**\*We recommend D3 athletes arrive from 1130-noon as roads are closed from 1205-1310!**  
1230-1315 – Transition open via side entrance  
1245-1315 – D3 Swim Warm Up  
1320 – D3 Athlete Call Out at Beach  
**1330 – D3 Race Starts – Roads Closed 1335-1440**  
1445 – D3 Last Athlete & Awards

#### **Club Draft Legal Race Timeline**

**\*We recommend Club athletes arrive between 1:00-1:30PM as roads are closed 1:30-2:40PM!**  
1400-1445 – Transition open via side entrance  
1415-1445 – Club Swim Warm Up  
1455 – D3 Line Up on Beach  
**1500 – Club Race Starts – Roads Closed 1505-1610**  
1615 – Club Last Athlete & Awards

***Draft Legal Races will have closed bike and run courses. This means no cars, no bicycle warm-ups or cool downs on course during the other races. We appreciate your help in keeping our athletes safe!***



## Parking & Race Site Layout



## Race Site Address

Smith Mountain Lake State Park  
Swim Area Pavilion (Race Site)  
1235 State Park Road  
Huddleston, VA 24104-9547 | [Directions](#)

## Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located in the beach concession area as noted in the map on the previous page.

### Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- **USA Triathlon Membership Card (If not a one-day member)**
- **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.





## Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race 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.

### Olympic Distance:

Athletes have 4 hours to complete the entire event. Cumulative cut-offs will be:

**Swim:** 1 hour | **Bike:** 3 hours | **Run/Finish:** 4 hours

## Transition Area (Olympic Distance)

Olympic Triathletes may enter the transition area at 6:30am. All bikes must be racked 15-minutes before the start of the first swimmer. Rack space is available on a first come, first serve basis. Each 10' section of rack will hold 3 bikes per side for a total of 6 bikes. Be a good neighbor in transition and be mindful of those who are still racing!

## 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"** tent near the **"BIKE IN"** tent at the transition area.

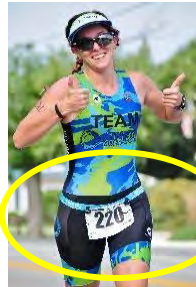


### Race Numbers

**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 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.
3. 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 \$10.

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



### Timing Chips

**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

After racking your bike, proceed to the body marking area located near the Packet Pick Up & Transition Area. (marked by a teardrop 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!**

## 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 Gatorade & water.

## Post-Race Food

All racers will receive a post-race bbq meal and a variety of snacks and a drink. Please remember that the post-race food & drinks are for the athletes only. Food & drinks will be available for purchase by spectators.

## Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13408#resultSetId-176111;perpage:10>



You can also take a picture of the QR code above to be taken directly to the results page. A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement.



## USAT Penalties

USAT penalties will also be awards tent by USAT officials as soon as they are available on race day. They will be posted on the results page of the website under the category results as well. Race officials focus on safety, education and enforcing the competitive rules.

**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.

## 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 words everyone's age group for the season will be determined by their age on the last day of the year of the race.





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## Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is beach start and beach finish with a short set of stairs to leave the beach.
- The water was 71.7F on Sunday October 10. The official water temp will be taken race morning and communicated by 7:00am race day. We will post another preliminary reading on our Instagram page on Friday.
- The swim is a time trial start, 1 at a time every 2-3 seconds. So, pick a buddy and race hard!
- **Make sure to call out your BIB number to the timer at the start of the swim.**
- 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.
- **Water safety does not make up for a lack of training in open water swimming.**
- 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.



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#### OUR PHILOSOPHY

WE ARE DEDICATED TO THE TRIATHLON WORLD. YES, IT'S A SPORT, BUT THAT SPORT HAS SPAWNED A COMMUNITY OF PEOPLE WHO WORK CLOSELY TOGETHER TO FURTHER SOMETHING AS SIMPLE AS THE HEALTH AND WELL BEING OF ITS MEMBERS NEW AND OLD. IT'S A WORLD WHERE COMPETITORS ARE THE BEST OF FRIENDS - ON THE COURSE AND IN BUSINESS. AND WE'RE PROUD AND HUMBLLED TO BE A PART OF IT.



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## Bike

- The bike course map is posted on the Kinetic Multisports website.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- The Olympic bike has an out and back section inside the park, **KNOW THE COURSE!**
- 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!**
- 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 you take your bike off the bike rack. 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

- The run course map is posted on the Kinetic Multisports website.
- The run course is an out and back course and is on the road.
- There is an additional, short (1/4 mile) out and back on Overnight road to get the proper distance. #knowthecourse
- Aid stations will be located approximately every mile on the run with water and Gatorade.

## 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!**







**#GOKINETIC**

