

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, review the course maps and review the [Rules Briefing](#) by the Chief Technical Official. 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 & Q&A with Race Director  
1700-1900 – Athlete check in – Coaches Pick Up  
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!***

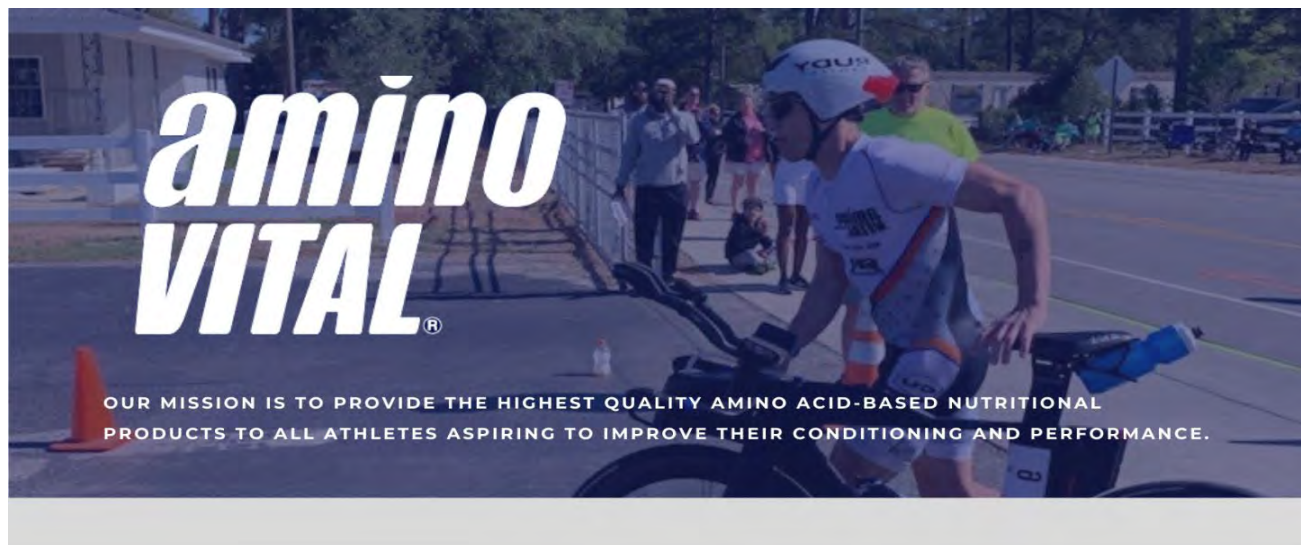


## Parking & Race Site Layout



## Race Site Address

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



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## Rules Briefing

Be sure to review the online Rules Briefing [HERE](#) by our Chief Technical Official. Athletes and Coaches are responsible for reviewing this before race day.

## Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located in the beach concession area as in the site layout.

### Special notes about Packet Pickup:

- Coaches will pick up packets for their athletes at once.
- Timing Chips will be distributed at transition as each athlete enters transition.
- Numbered swim caps must be worn.

## Course Preview

A course overview will be given by the race director from 4:00 – 4:45PM on Friday starting at swim start. There will be ample time for Q&A.

## Transition Area (Draft Legal)

Draft Legal athletes may enter the transition through the designated side entrance 1 hour before their race start. Spaces will be assigned and the athletes designated gear box must be used.



## Race Numbers / Timing Chips / Results

**Race Numbers:** Each athlete will receive a set of race #'s to include the following...

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. Race Tattoo's will go on the sides of both shoulders and the front of each thigh.
4. Numbered swim caps must be worn during the swim.

## Timing Chips

**Timing Chips:** Draft Legal athletes will receive their timing chip at the transition area race morning, 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.



## Race Results & Awards

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

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13408#resultSetId-281564;perpage:5000>



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### ABOUT US

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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.
- Be at the beach ready to race 15 minutes before the start of your race.
- The official water temp will be taken race morning and communicated by 7:00am. A preliminary reading will be taken and communicated via email and our Facebook page Friday morning. As of Sunday, October 11 it was 71.7F.
- Lifeguards and rescue craft 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 and site layout are posted on the Kinetic Multisports website.
- It is a closed, rolling, two loop 10k course all inside the park.
- The wheel pit will be located just outside transition adjacent to where the 2<sup>nd</sup> lap starts.
- Bike Mount and Dismount are on opposite sides of transition, know the course.
- The Lap-Out rule **WILL** be enforced for the DI/DII/DIII races, it will **NOT** be enforced for the Club DL event.
- It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.
- All USAT rules must be followed.





## Run

- The run course map is posted on the Kinetic Multisports website.
- The run course is a paved out and back course, it is the same lane as the first 1.5 miles of the bike course.
- Water will be available at the start and miles 1 and 2.
- The penalty tent will be located approximately 100 meters into the run just outside transition.
- All USAT Rules must be followed.





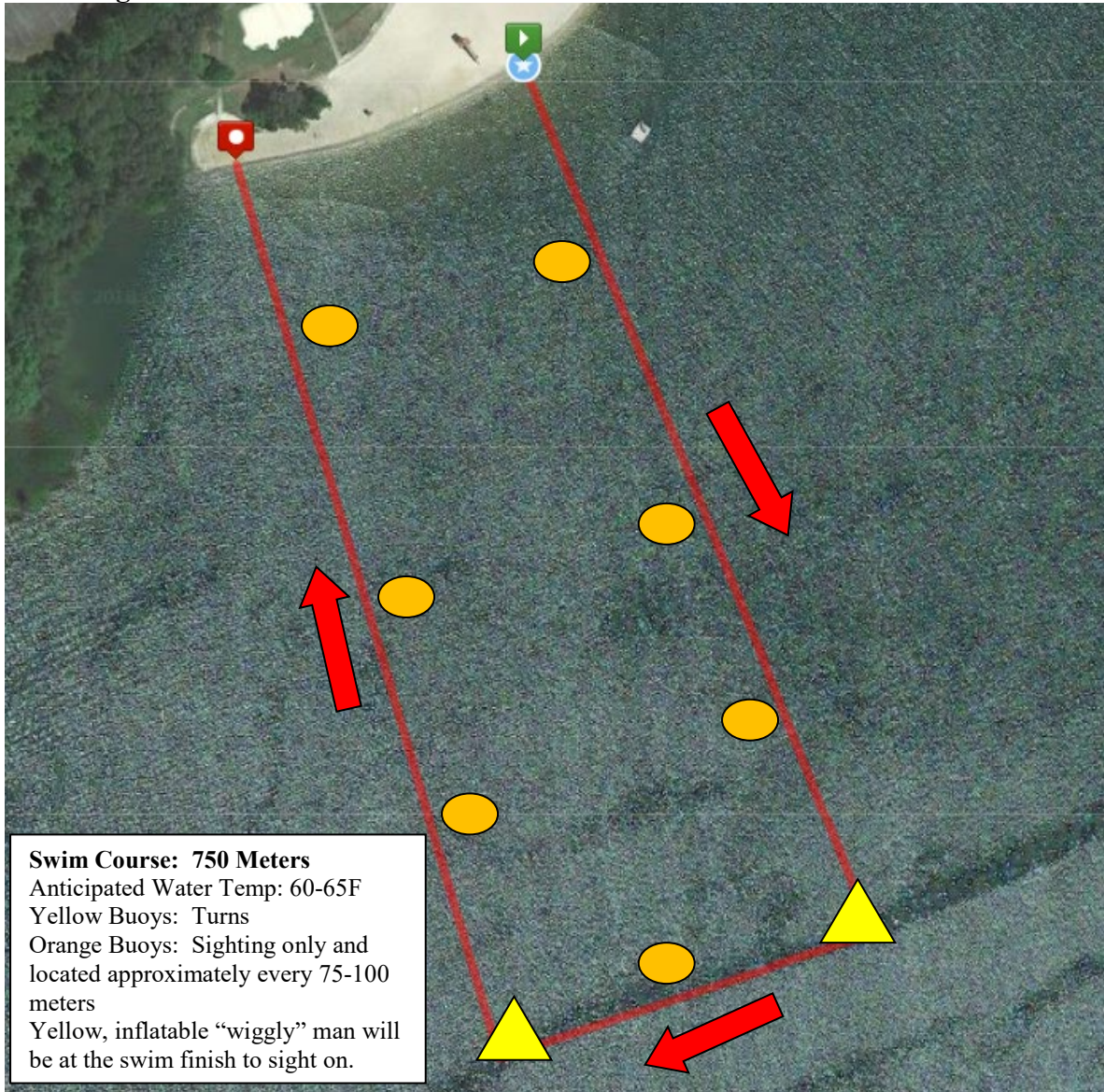


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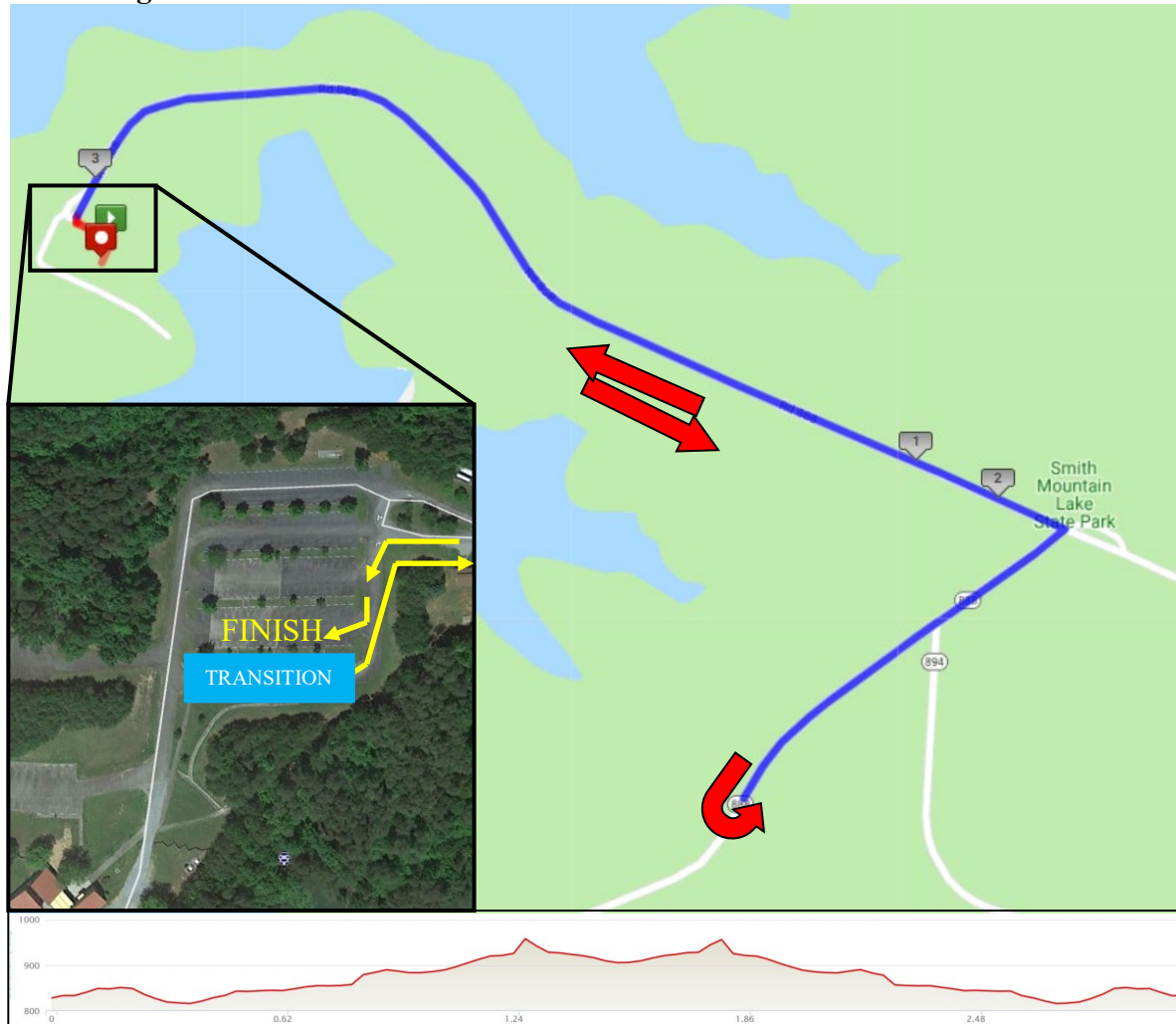
### Draft Legal Triathlon Swim Course: 750 Meters



## Draft Legal Triathlon Bike Course: 20k



## Draft Legal Triathlon Run Course: 5k





## Kinetic Collegiate Cup Triathlon Draft Legal Site Layout

