



Welcome to the Kinetic Cup Triathlon!

It is with great pleasure that we welcome you to the Kinetic Cup, a day of Collegiate focused Olympic and Draft Legal racing at Smith Mountain Lake State Park. With beautiful scenery and fun courses, the Kinetic Cup Triathlon delivers a great race experience.

As you get ready for race day, please take a moment to review the following pages of our athlete guide and read the emails we send to you and your teammates. These are all key to a safe, fun, and successful race. We know you have worked hard to stay healthy and fit leading into this event and we want to make sure you have a great race. We appreciate you racing with us and hope you achieve your athletic and life goals.

This race is a team effort, please be sure to thank the Police, EMS and volunteers that gave up their weekend to support this event. Our races can't happen without them.

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

Kinetic Multisports, #GoKinetic













WETSUITRENTAL



Schedule of Events

Friday

1600-1645 – Course Preview 1700 – 1730 - Draft Legal Course Brief 1700-1900 – Athlete check in 1800-1830 – Olympic Race Course Brief

Saturday (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

EDR/Club/HS 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 – EDR/Club/HS Swim Warm Up

1455 - EDR/Club/HS Line Up on Beach

1500 - EDR/Club/HS Race Starts - Roads Closed 1505-1610

1615 - Club Last Athlete & Awards





Parking & Race Site Layout



There is ample parking at this venue, but it is not unlimited. We ask that you carpool as much as possible, and any spectators travel in the same car as the athlete racing. There is overflow parking at the boat ramp ¾ mile down the road. Please do not park on the grass and DO NOT SPEED. The park has a strictly enforced 25 mph speed limit and issues tickets every year, you have been warned!

Race Site

Smith Mtn. Lake State Park 1235 State Park Road Swim Area Pavilion (Race Site) Huddleston, VA | <u>Directions</u>



Rules Briefing

Be sure to review the online 2022 Rules Briefing Video <u>HERE</u> by our Chief Technical Official. Athletes and Coaches are responsible for reviewing the video, rules pdf and course maps before race day.

Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is in the parking lot adjacent to the transition area.

Special notes about Packet Pickup:

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

Course Preview

An in-person course overview will be given by the race director at 5:00pm Friday at the beach pavilion. 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 \$50 replacement fee if you lose or otherwise fail to return your chip.
- 2. We recommend the left ankle, non-chainring side.
- 3. Split points are noted by yellow cones and located throughout the event, be sure to cross them so can get splits!
- 4. If you need to stop racing, please stop by the finish line to return your chip and let our team know.



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 can be found online HERE.

Questions about results can be directed to the USAT Official and/or Timing Team located near the finish line.











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 social media Friday morning. The water was 69.1F on 10/8/22.
- 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.





Bike

- The bike course map is posted on the Kinetic Multisports website.
- Knowing the course is ultimately YOUR responsibility, there is no substitute for pre-driving or pre-riding the course
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- This is a closed, rolling, two loop 10k bike course done all inside the park.
- The wheel pit will be located just outside of transition area where athletes start their 2nd bike lap.
- Bike Mount and Dismount are on opposite sides of transition area, #knowthecourse
- The Lap-Out Rule WILL NOT be enforced for the Elite Development/Club/HS races.
- Athletes that have NOT started their 2^{nd} lap once runners are on course will need to start their 2^{nd} lap in the bike return lane that is now split in half to accommodate the $\frac{3}{4}$ mile of run course that parallels the bike.





Run

- The run course map is posted on Kinetic Multisports website.
- The run is a 2-loop, 5k course on paved roads.
- Runners will go out and back in the lane closest to the lake.
- Water will be available at the start of each loop.
- The penalty tent will be located approximately 100 meters from the start of the run, just outside transition area.











