

Dear Athlete,

The Town of Smithfield and the Luter Family YMCA welcome you to the Smithfield Sprint Triathlon! With fast, flat courses and beautiful surroundings, this is a great race to kick off your season!

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!

The Town of Smithfield 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!

***The Kinetic Multisports Team***  
**#GoKinetic**



## Race Day Order of Operations

- Park in the parking lot 60-75 minutes before your start window.
- Head to gym for athlete check in (Closes 11:00am)
- Rack your gear in TA, then warm up as needed (no pool warm-ups after 9:30am)
- Line up on the south side of the YMCA outside pool so we can get you in one at a time.
- Swim-Bike-Run (the fun part!)
- Finish Chute: Remove the timing chip, grab a water, then proceed immediately to the transition area. Remove your gear and make space for the next athlete. Results are emailed/texted on finishing and updated online
- Smoking Joe's BBQ is available (for free) to all athlete
- Awards will be in the gym at approx. 1:45 - 2:00pm once the last finisher finishes.
- Get home safe, then sign up for your next Kinetic Multisports race!

## Important Race Day Information

- **Rolling Packet Pick Up:** Arrive no more than 60-75 minutes prior to when you want to start the swim. Be ready to swim 20 minutes before your chosen start time. **PPU closes at 11:00am sharp!**
- **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
- **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 6 athletes to a rack**

## Schedule of Events

### Friday

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

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

### Race Day

**8am:** Transition area opens.

**8am – 11am:** Packet Pick Up/Chip Pick Up inside gym of YMCA

**9:40am: National Anthem & Pre-Race Brief – YMCA ENTRANCE**

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

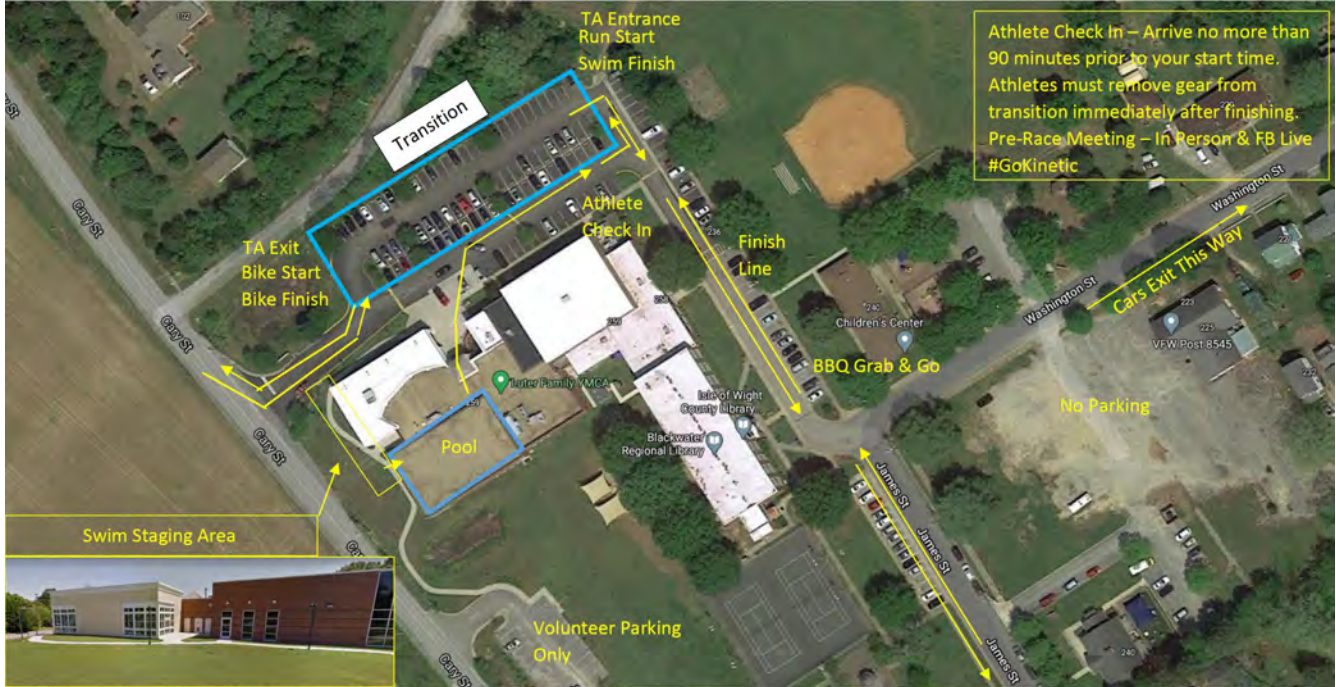
**10am:** Race starts with 1 swimmer every 10 seconds.

**1:45pm:** Estimated last athlete finishing.





## Race Site Layout & Parking



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





## Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located inside the YMCA gym.

### 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.





## Frequently Asked Questions & Race Intel

**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 6 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 Start Times:** You will self-seed yourself on the pool deck, please refer to the estimated start times listed earlier in this guide.

**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. BBQ and drinks ARE available for purchase from Q-Daddy's onsite or their brick and mortar restaurant located at 1007 S. Church St!

**Results:** Tentative results and times will be emailed and posted online as they become available. Be sure to sign up for athlete tracking!

**Awards:** An awards ceremony will be held inside the gym starting approx. 1:45-2:00pm.

**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.

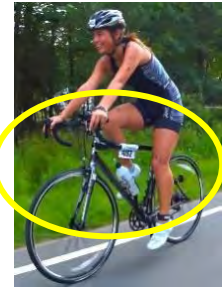


## Race Numbers

**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 \$50 replacement fee if you lose or otherwise fail to return your chip.
2. We recommend the left ankle, non-chainring side.
3. 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. 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.

## Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13342#resultSetId-188245;perpage:5000>

A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement.



## 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 this year.

## USAT Penalties

The USAT Competitive Rules have been updated to align more closely with the rules of international competition to include Yellow Cards, Blue Cards and Red Cards and a Penalty Tent. More information on these rules can be found [HERE](#). We highly encourage you to take a moment to read through these. Race officials focus on safety, education and enforcing the competitive rules.

Drafting Zone: The Sprint & Olympic “Drafting Zone” is now 10 meters (approx 5 bike lengths) and passes must be completed within 20 seconds.

**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.







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

**PRACTICE AREAS**

THE ATTORNEYS OF ABRAMS LANDAU LTD., CONCENTRATE ON SEVERAL SPECIFIC AREAS OF PERSONAL INJURY LAW, INCLUDING SOCIAL SECURITY DISABILITY, WORKERS COMPENSATION, AND OTHER ON-THE-JOB INJURIES. ADDITIONALLY, WE ADVOCATE FOR THOSE INJURED IN CAR ACCIDENTS, AT AIRPORTS AND OTHER PUBLIC PREMISES, AND WHILE PARTICIPATING IN AMATEUR SPORTS AND FITNESS ACTIVITIES



**PERSONAL INJURY**



**SOCIAL SECURITY DISABILITY**



**WORKERS COMPENSATION**



**AIRPORT INJURY**



**PREMISES LIABILITY**



**SPORTS CASES**

**ABOUT US**

LOCATED IN HERNDON, VA, ABRAMS LANDAU LTD., CONCENTRATES ON SEVERAL SPECIFIC AREAS OF PERSONAL INJURY LAW, INCLUDING SOCIAL SECURITY DISABILITY, WORKERS COMPENSATION, AND OTHER ON-THE-JOB INJURIES. ABRAMS LANDAU LTD. HAS BEEN REPRESENTING CLIENTS UP AND DOWN THE EAST COAST SINCE 2000.

**PHONE:** (703) 796-9555

**EMAIL:** FRONTDESK@LANDAULAWSHOP.COM

**ADDRESS:** 797 CENTER STREET, HERNDON, VA 20170

FOLLOW US:     



# KINETIC MULTISPORTS SHOP

### Race Belt



### Hats and Visor



### Clothing



**SHOP NOW**



## Swim



Swimmers will self-seed 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!
- **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.







## Bike

- Trek Bikes Williamsburg will be onsite providing pre-race tech support, please be sure to stop by their tent. If you purchase a new bike, tell them Kinetic sent you!
- The course map is located on the Kinetic Multisports website
- The course will be marked with yellow duct tape arrows and yellow signs at all turns.
- The bike will also be marked with mileage signs every 5 miles.
- There is a SHARP, UPHILL LEFT at Mile 4 of the bike course, heads up!
- 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 critical points on the course and Police Officers at the major intersections on the bike course.
- 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, no electric assist bikes or unicycles.
- 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

- The run course map is on the Kinetic Multisports website
- The run course is a flat, fast, out and back road course
- Each corner will be marked with yellow duct tape and signs
- Police and volunteers will be located at the major intersections
- Aid stations will be located approximately every mile on the run

### *Rules & Etiquette*

- No headphones, earphones or any radio-type devices are 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**

