

PIGMAN® SPRINT TRIATHLON

Race Information Sheet

21st Annual

June 3, 2012



Transition Area: For the protection of you and your equipment, only participants and race officials will be permitted in the transition area. Participant must be body marked and have their timing chip prior to entering the transition area. Body marking will take place at the end of the transition closest to the beach. The transition will open at 6:00 a.m. on race day. There will be a designated area in the transition for your equipment based on your wave start. All bikes **MUST** be on a rack before the race will start. Leave room for others.

NOTE: Riding in the transition area is NOT allowed. You must wait to mount your bike until you reach the transition exit and you must dismount before entering the transition area.

Mandatory Pre-race Meeting: There will be a mandatory pre-race meeting held on the beach at 7:15 a.m. General course information and last minute changes will be covered during this meeting. All must attend.

The Swim: The swim is a .5K (543 yards) out and back course. Always swim with the buoys to your right. Water temperature will be announced during the morning of the race. Wet suits will be allowed according to USA Triathlon rules (78 degrees and below). **NOTE:** No dogs are allowed in beach area.

IMPORTANT NOTE: Time-Trial swim start format. The elite females will start at 7:30 a.m. After the elite male athletes and teams start at 7:39 a.m., all others will start in a time-trial format. Athletes will line up according to their respective age group wave as defined below. Note that USA Triathlon age is based on your age as of 12/31/12. One person will start every 3 seconds by crossing over the chip timing mat on the beach before entering the water. Swim start times are approximate.

Wave	Description	Swim Cap Color	Approximate Start Time
1	Elite Female	Gold	7:30 a.m.
2	Elite Male & Teams	Red	7:39 a.m.
3	Clydesdale/Athena	Purple	7:42 a.m.
4	Male/Female 24 & under	Sky Blue	7:45 a.m.
5	Male 50 & above	Black	7:48 a.m.
6	Female 40 & above	Pink	7:51 a.m.
7	Female 25 to 39	Yellow	7:54 a.m.
8	Male 25 to 34	Green	7:57 a.m.
9	Male 35 to 39	Navy Blue	8:00 a.m.
10	Male 40 to 49	White	8:03 a.m.

The Bike: The 25K (15.5 mile) bike is held on rural country roads. The course will be marked with arrows, caution signs and mile markers every five miles. Major intersections will have law enforcement and course marshals. The course is open to vehicular traffic and you must obey all local traffic laws while on the course unless specifically directed by race officials or law enforcement. All bikers must wear helmets which meets or exceeds the safety standards as written in the USA Triathlon Competitive Rule Book.

The Run: The 5K (3.1 mile) run is an out and back course totally within the confines of the park. Stay to your right during the run and be advised that the run course is open to vehicular traffic. Race numbers are to be worn and clearly visible at all times during the run. There will be an aid station located at the one mile mark that you will pass twice. Water will be available.

Team Information: Teams members and equipment are to be located in the designated wave start location in the transition area. The timing chip is to be passed on to the next team member in this area to signify the pass of the baton. Team members **MUST** stay in their designated area and not obstruct other participants throughout the race.

Post Race Activities

Refreshments: Once you have completed the event, replace the fuel you burned with our wide variety of complimentary refreshments. Pizza, watermelon, apples, oranges, bananas, cookies, granola bars, and more are available. Liquid refreshments include; Water, HEED, pop, lemonade and ice tea.

Chiropractic & Massage: Complimentary services provided.

Door Prizes: As a participant of the Pigman Triathlon, you are eligible for one of the many door prizes that will be given out during the post race activities. Thanks to Gear West, we will be giving away a Quintana Roo UltraJohn wetsuit, Kurt's Kinetic Indoor Trainer and the infamous Gear West Gear Pack full of racing gear. You must be present to win these door prizes.

Pigman Award Ceremony: The give-a-ways, overall, age group and team awards will begin approximately 10:00 a.m.

Results: Results will also be posted on the Pigman Triathlon web page located at **www.pigmantri.com**.

MOST COMMONLY VIOLATED USAT RULES

Helmets must be worn while on the bike. Always have your chinstrap securely fastened (before, during and after the event).

No assistance other than that offered by race and medical officials may be used.

Equipment must be placed in the properly designated and assigned transition area.

Handlebar ends must be solidly plugged in. Tape alone is not sufficient. Violation is a disqualification.

Drafting is following a leading cyclist closer than 3 bike lengths and failing to pass or exit the draft zone within 15 seconds.

Illegal Position is riding on the left side of the lane without passing.

Illegal Blocking is riding on the left side of the lane without passing and interfering with other cyclists attempting to pass.

Overtaken is failing to drop back 3 bike lengths after being passed and before re-passing.

It is the responsibility of the competitor to know and follow the prescribed course.

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct is forbidden.

Headphones, headsets, walkman's etc. are not to be worn at any time during the race.

Make sure your race number is visible at all times throughout the run.

Wetsuits shall be permitted without penalty in water temperature of 78 and under.

Abandonment: Belongings taken on the course must stay with athlete. No garbage, clothing, etc. shall be thrown on the course.