Participants of the SAC TRI 

Thank you for participating in the first annual SAC Triathlon that will take place this Sunday, April , 14th at the Snohomish Aquatic Center (SAC). Please read information thoroughly.

**Packet Pick-up**

Athletes are strongly encouraged to pick up on Saturday between the hours of 12 noon and 4 PM. Pre-packet pick up is at the SAC located at 516 Maple Ave. in downtown Snohomish. We will be located inside the SAC, down the long hallway near the rear of building.

Packet pick-up, day of race, will open at 6:30 AM and closes at 7:30 AM. Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Regarding relays, all relay members must be present to receive the packet.

\*Valid ID is required for packet pick up – NO I.D., NO RACE, NO EXCEPTIONS

Every single participant must have a photo ID, this includes all relay participants. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID.

**Parking (Race Day)**

Parking is available in the SAC lot on race day. Please avoid any area that is cones off. Entrance to the lot will be limited after 8:00 AM. Leaving the SAC post event will ask for your patience and exiting carefully at the South side of the lot where the athletes are returning on bikes.

**Checking into Transition**

Transition will open at 6:30 AM on event morning. The transition area is located behind the SAC. You can locate it by walking around the building on either side. The transition area will be open racking. Racks MAY not be assigned racks. If they are not assigned with numbers, it is first come, gets first choice. Please make room for 8 bikes per rack. You are responsible for setting up your own equipment on the bike rack. Only registered athletes are allowed in the transition area.

As you prepare to check into transition, here are several items that you must check before you go to the transition entry point:

* The bike number placed on your bike.
* Body marking (number written on hand and arms, age is on left calf.)
* Any time you are on your bike, you must have your helmet on your head and chin strap secured.
* Handlebar ends must be solidly plugged.
* We will have a bike maintenance person set up near morning transition for basic help.

**Transition Rules**

You may not ride your bike at any time while in the transition area. At all times, be aware of others around you.

**Mandatory** Athlete Pre-race Meeting location announced on race morning inside the SAC back doors at pool entrance for race.

7:45AM ATTENDANCE IS MANDATORY - ALL ATHLETES MUST BE PRESENT

**Swim Waves** – Starting at 8:00 AM. SPRINT DISTANCE: We have 10 lanes in the comp pool with 2 swimmers per lane. We will gather in the lobby outside the pool and line up. The first 20 people will be assigned a lane 1 – 10 A or B. A is on the left side, B is on the right side. You may dive off the side, jump or slide in to start. YOUR RACE TIME STARTS WHEN YOU ARE SENT FROM START OF LINE.

As swimmers exit their lanes post swim, a new swimmer will be directed to enter that specific lane. We will have a volunteer stationed at the front of the lane telling you when to go and what lane.

We will be starting you in order of your bib number. This is not a hard fast rule, if you want to start later or start closer to a friend.

You must stay on your own side of the lane when swimming. Stay to one side of the black line in the middle of the lane. You may swim any stroke, you may stop at the walls to rest. Keep in mind your time does not stop until you enter back into transition area.

You will be responsible for counting your own laps. (20 laps or 10 down and backs). We will have volunteers doing their best to help keep track. If you need to ask them, or are afraid you will lose count, let them know. You are ultimately responsible for your own counting. Your swim time will not be just pool time as it will include your time to the transition area. (if you want specific time, you can use your own watch).

SUPER SPRINT DISTANCE: We have 3 lanes in the Rec pool. You will walk quickly past the comp pool thru the doors into the rec pool area. You can NOT dive into this pool. You must jump or slide in. We will start 6 people, 2 per lane, sharing a lane. You must swim on your side of the lane in the same fashion and rules that apply to the Sprint Distance. You will swim 320 yards, (16 laps or 8 down and backs).

**Changing clothes/ transition**

This year we will have transition go thru the locker rooms. You may bring a bag to set by your lane and carry with you to the locker room. After dressing in the locker room you will exit into the hallway of the pool and out through the door directly into transition. You are not required to change in the locker room but you must go thru it to enter transition.

Nudity is not allow in the transition area. If you need to completely change your clothes after the swim you are allowed to use the locker room. Your swim time will be calculated into this as the clock does not stop. Please do not run, just walk quickly.

You will exit the pool by pulling yourself out. If you need to use the stairs, please do NOT interfere with other swimmers. We will do our best to put you in a lane with a ladder if this is a must. Please notify the timer at the start. We highly recommend you pull yourself out at the end of the lane. A new swimming will be arriving shortly so please exit promptly.

You will NOT exit the building to transition thru the door where you assembled to start the swim. You will enter thru the locker room and and exit into the hallway and then thru the door into transition.

**General Information**

**Swimmers**

Lifeguards will be on duty for the swim in case of emergency.

You do not need to wear the cap provided for the swim portion. You may wear your own cap if preferred or no cap at all.

No swim aids, such as fins are allowed.

If you choose to wear wetsuit shorts, you will not be eligible for awards.

SUPER SPRINT – Wetsuits are NOT allowed.

Water temperature is approximately 79-82 degrees, in Comp Pool

Water Temperature is approximately 86 + degrees in Rec Pool.

**Bikers**

This is a 1 Loop Out and Back Course.

This majority of this course is on low vehicle country road. This road is OPEN to the public.

\*ALL CYCLISTS MUST FOLLOW THE RULES OF THE ROAD AND RIDE TO THE RIGHT. YOU MUST PASS ON THE LEFT. BLOCKING AND DRAFTING IS NOT ALLOWED. YOU ARE NOT ALLOWED TO RIDE TWO ABREAST.

Penalties will be given for riders not following the USAT rules. COURSE MARSHALS will be on the road. All riders must have their bike number placed on their frame of their bike. Your race number must be attached to the front of your helmet as well.

Helmets, with chin strap secured, are required at all times when on your bike

Time penalties will be assessed for violation

Be alert to all traffic control while on the ride

Head sets of any kind are not allowed

\*The first mile of this event is on local city streets getting you to the open county road along the river. **You MUST stop at stop signs**. The only exception is at intersections controlled by police or deputies. All stop signs will have volunteers stationed at them. You MUST look and proceed with caution.

Coming back into town right before the turn onto Glen, there is a church which will be letting out it attendees. PLEASE be cautious for people in this area.

**Runners**

This is an out and back run.

Your run on the trail will cross a few crosswalks that have volunteers stationed at them. Please be aware of cars as you cross. There is one major intersection where you may be held up if there are cars. We will have volunteers there to notify you if you need to stop. Please follow their instructions.

Your bib number must be forward facing at all times

Head sets of any kind are not allowed.

**Aid Station**

There is a water station located at the beginning of the run course as you run through the Trails End Restaurant Parking lot. Water will be available. If you need other nutrition, you need to carry your own.

**Relay Teams**

The swimmer must get out of the water and come to the bicyclist and transfer the timing chip. The cyclist will return to transition, at the same place he/she left from to transfer the timing chip to the runner. The runner must wear and finish with the race number facing forward.

**USAT Rules Apply at ALL Times**

Helmets are required

No drafting is allowed

No headsets allowed on bike or run

**Race Photos** –

We have volunteers from Snohomish High School photography class on site taking photos. Race photos will be available for free download on FinishStrongEvents website or on SACTRI website thru Flickr.

**Post Race**

**Finisher Awards**

All participants will receive a finisher’s medal as they cross the finish line.

Overall times will be posted at the event by BUDU Racing. Splits will be posted on www.finishstrongevents.com as soon as possible.

**Awards**

The top 3 finishers of each age group will receive an award.

Stick around for age group awards post event.

**Food**

We will have a few post race nibbles available. Included in your goodie bag is a complimentary appetizer for the Trails End Restaurant. I highly suggest you feast on a good brunch/lunch at their location. They are our biggest sponsor of this race and we wish to support them.

**Volunteers**

We are still in need of volunteers. If you bring someone that wants to help please let us know.

Thank you,

Finish Strong Events LLC