2019 RACE DAY INFORMATION AND RULES

Important Locations and Times

**RACE START:** 7:30am

**RACE START LOCATION:** Front beach east of the Sanctuary Hotel, near Boardwalk #27. In the event of a change in the ocean current, a notification will be posted race morning in the Transition Area of the alternate swim start. Bicycles will be transported accordingly.

**RACE VENUE:** Night Heron Park (body marking, chip distribution, bike check-in) at TA entrance at Night Heron Park (near bridge)

**EVENT FINISH LINE:** Night Heron Park

**PARKING**

OFF ISLAND ATHLETES: All participants staying off island will be directed to the parking area at Night Heron Park soccer field.

ON ISLAND ATHLETES: Participants staying on Kiawah Island are encouraged to walk or bike to the race venue at Night Heron Park. Island Maps are provided at the Nature Center front desk.

**LOST AND FOUND:**

For articles lost in and around the race venue or on the course, please check the front desk at the Heron Park Nature Center or call 843.768.6001. Hours of operation 8:30am – 5pm.

**Rules and Regulations (abridged)**

Visit www.USATriathlon.org for a detailed explanation of all rules.

**TRANSITION AREA (TA)**

- Only athletes will be allowed in the TA.

**THE SWIM**

- Swim cap must be worn at all times.
- Swimmers start in waves.
- If you miss your wave start, see our race staff. You will be placed in the last wave and you will have a penalty assessed.
- All swimmers must circle the first and last buoy (orange). However, in between, you can swim on either side of the yellow buoys.
- If you experience trouble during the swim, roll over on your back, raise your hand and a lifeguard or kayaker will assist you.

**THE BIKE**

- Bike helmet must be on and buckled before transitioning to the bike course.
- Bike must be mounted on the transition area on Sea Forest Drive.
- Bike must be in motion at all times.
- Do not mount your bike until you have passed the mount line, which will be outside of the transition area on Sea Forest Drive.
- The entire bike course is open to vehicular traffic. The roads are crowded and marked, but you must always be alert to traffic.
- Stay to the right as safely possible and pass only on the left.

**THE RUN**

- Run on the 200-meter waves.
- Bike must be dismounted before the dismount line.
- There will be a $30 fee for un-returned chips.

**POST-RACE INFORMATION**

- Bike Check-In: 5:30am – 6:45am
- Location: Bike Check-In area at TA entrance at Night Heron Park

**TAKE-TIME**

- Athletes must wear a wristband for beer for $10 while supplies last. Night Heron Grill will be open throughout the day for spectators.

**EVENT SCHEDULE**

**TAKE-TIME**

- Athletes will be allowed in the TA starting on Saturday (during packet pick up hours). Overnight police security will be provided. Only athletes will be allowed in the TA.

**FINISH LINE PARTY & AWARDS**

- Party: 9:30am – 1pm | Awards: 11:15am

**POST-RACE INFORMATION**

- Don’t Forget your Swim Cap!

**FINISH LINE PARTY & AWARDS**

- Party: 9:30am – 1pm | Awards: 11:15am
- Everyone is welcome to the Finish Line Celebration at Night Heron Park. It will feature live music by The Shem Creek Boogie Band, a pasta and yogurt bar, and beer. Complimentary to bibbed athletes only – please keep your bib visible. Spotters (age 21+) may purchase a wristband for beer for $10 while supplies last. Night Heron Grill will be open throughout the day for spectators.

**LOST AND FOUND**

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**TRANSITION AREA Map**

Visit www.USATriathlon.org for a detailed explanation of all rules.