



RACE INSTRUCTIONS:



**COMMONWEALTH
INSURANCE GROUP, LLC**

There will be (9) Nine Waves:

Wave 1: Open/Elite Division Men & Women - Powder Blue Caps

Start 7:15 am.

Wave 2: Age Group Men 50-54, Clydesdale Division - Lime Green Swim Caps

Start 7:17 am.

Wave 3: Age Group Men 35-39, Age Group Men 55 & Over - Navy Blue Swim Caps

Start 7:20 am.

Wave 4: Age Group Women 29 & Under- White Swim Caps

Start 7:24 am.

Wave 5: Age Group Women 30-39 - Purple Swim Caps

Start 7:27 am.

Wave 6: Age Group Women 40 & Over, Athena Division - Dark Green Swim Caps

Start 7:30 am.

Wave 7: Age Group Men 40-49 - Day Glow Yellow Swim Caps

Start 7:34 am.

Wave 8: Age Group Men 29 & Under - Red Swim Caps

Start 7:37 am.

Wave 9: Age Group Men 30-34 - Silver Swim Caps

Start 7:40 am.

1. All participants must be body marked in the following manner:
 - a. Left shoulder - Race #.
 - b. Left front thigh - Race #.
 - c. Back of right calf - Your Age; "O" for Open/Elite division, "C" for Clydesdale Division, "A" for Athena Division.
2. At registration each participant will be given their individualized computer chip for scoring. The chip will be attached to a velcro ankle strap. The ankle strap must be in place before swim check in and must remain on participant for duration of the Triathlon.
3. Each participant will be issued and required to wear a color coded swim cap during the swim. **THIS CAP SHOULD BE USED FOR EACH RACE IN THE SERIES.**
4. The swim will be an in-the-water start and will be in a clockwise direction on the outside of the buoys.
5. All participants are required to wear a helmet, with chin strap buckled, at all times while on bike. Helmet must be on head and buckled **BEFORE** mounting bike to leave Transition Area. **Please review the Bike Course Map & Important Information posted in the packet pick-up area. BE AWARE: NO ROADS ARE CLOSED TO VEHICULAR TRAFFIC, INCLUDING INSIDE THE PARK.** Each Cyclist is ultimately responsible for their own Biking Safety.
6. All participants are **REQUIRED** to wear their paper race # on the entire run portion of the Triathlon.



It must be worn on the front and clearly displayed.
NO HEADPHONES OF ANY TYPE ALLOWED DURING TRIATHLON

7. **Drafting on the Bike is cheating.** Anyone considered to be drafting at anytime on the Bike Course will be DQ'd. No warning. No appeal.
8. The first loop of the run is on the main roadway in the park. Don't cross on to the bike path until directed to.
9. On the run course there are water stations at the end of the fencing leaving the Transition Area, at 3/4 of a mile, 1.5 miles, and 2.3 miles.
10. The finish chute is on the far right of the finish area. Finishers should remain in order in chute until finish order is established by finish line team & computer chip has been collected.
11. Immediately after finishing, staff will remove chip. If a participant drops out of race they must report to finish team to relinquish their chip. Any participant who does not turn in their chip will be assessed a \$30 "missing" chip fee.
12. Upon finishing please stay clear of the fenced in roadway as others will be finishing after you. Please remove bikes and transition equipment through the "swim to transition" chute.
13. The Awards Ceremony will begin at 9:45 AM. Results will be posted after the awards ceremony.
14. For Race Results and Race or Club Information see: The Charleston Triathlon Club on the Internet at www.charlestontriathlonclub.com



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A special note of thanks and recognition to our host James Island County Park for their cooperation and assistance in the staging of this event.