

She Tris Carnes Crossroads Sprint Triathlon/Duathlon & She Tris Girl Event Information

Where and When

- Virtual Event: September 1-30, 2021
- In Person Event Day: September 26, 2021
- She Tris Duathlon/Triathlon Event Start : 7:30 a.m.
- She Tris Girl Event Start: 10:30 a.m.

**Changes to our normal in person events may be necessary to adhere to Covid-19 safety protocols. Directions for participants will be communicated prior to event day.*

In Person Duathlon and Triathlon Events:

- **Event Day:** Sunday, September 26, 2021
- **Event Start:** 7:30 a.m.
- **She Tris Girl Start:** 10:30 a.m.
- **Event Venue:** Carnes Crossroads- 513 Woodin Pl Summerville, SC 29483
- **Transition Area:** Carnes Crossroads pool parking lot
- **Race Start Location:** Carnes Crossroads pool

Packet Pick-up

Virtual Events:

Participants will have the option to pick up virtual packers locally or choose to pay for shipping during registration so that their packet will be mailed to them.

In Person Events:

Packet Pickup will take place on Saturday September 25, 2021 from 3:00-6:00 pm at Fleet Feet across from the Carnes Crossroads neighborhood: 2509 North Main Street, Goose Creek, SC.

PLEASE NOTE: T-shirts are guaranteed to participants who register prior to August 15, 2021.

USAT members must show a valid USAT membership card or pay the one day membership fee, \$15.

If you do not pick up packet materials during the designated pick up times listed you will not be allowed to race. There will be no exceptions made. You must collect your own packet. No other person will be allowed to pick up your packet. Government issued photo ID will be required to pick up materials.

Parking

All event parking will be located across the street from the Green Barn at the medical offices. **Please do not park in the spaces closest to Sweetgrass Pediatrics as they will be seeing patients that morning.

Restrooms

There are restrooms available at the pool by the Green Barn.

Body Marking and Chip Distribution

- 5:30 am - 7:10 am for women's event.
- 8:45-10 am for She Tris girl
- **Location:** Green Barn
- Race bib is required for body marking. PLEASE WAIT TO **APPLY SUNSCREEN UNTIL AFTER BODY MARKING. Participants may be asked to do their own body marking and directions will be provided.**
- **Chips:** Timing chip is to be worn at all times during the race. Volunteers will remove chips in the finish chute after the race. All chips must be returned! There will be a \$30 fee for un-returned chips.
- **Bibs:** During the run, your bib number must be on the front of your body. You can use the pins you were given to pin it to the shirt you'll be wearing during the

run or you may use a number belt. **REMEMBER TO WEAR YOUR BIB DURING THE RUN, OR YOU WILL BE DISQUALIFIED, AND YOU WILL BE SAD!**

Race Number Placement

At packet pick-up you will receive two numbers, a self-adhesive number for your bike, which should be attached to the cross bar of your bike. The other number is your run bib. Use provided safety pins to attach to the front of your running shirt, or attach to your race belt.

Bike Mechanics

Bike maintenance staff will be on hand in the transition area to assist with tire inflation and any last minute bike maintenance needs. You are encouraged to visit our partner Bicycle store prior to the event to receive a complimentary bike safety check.

Bike Pick-up

No athletes will be allowed back into transition to check out their bike until all participants have exited for the run. All bikes must be checked out of the Transition Area by noon. All bikes removed from transition must have a bike number matching the athlete's bib number. Only the athlete will be permitted to get their bike out of transition.

Rules and Regulations

Transition Area

- The transition area will be open on event day from 5:45 am – 7:10 am. Any athlete that arrives after 7:10 am will not be allowed into the transition area.
- For She Tris Girl participants, transition will open approximately 8:45 am and close at 10:10
- Only athletes will be allowed in the Transition Area.

- Athletes and volunteers may be required to wear masks and maintain social distancing in all areas on the course.
- No congregating in groups.
- Access to the transition area to retrieve bike and gear after finishing will not be allowed until the last athlete has started the run.

The Swim

- The swim begins promptly at 7:30 am.
- The Tris Girl swim begins at 10:30 am.
- Swimmers will start in waves, and will start according to swim ability.
- If you miss your wave time, see our race staff. You will be placed in the last wave.
- If you experience trouble during the swim, you may stop and rest by holding onto the wall.

The Bike

- All bikes must display the proper bike frame number.
- Bike helmets must be on and buckled before you leave the transition area.
- Do not mount your bike until you have passed the mount line.
- The entire bike course is open to vehicular traffic. The roads are coned and marked, but you must always be alert to traffic.
- Stay as far to the right as safely possible and pass only on the left.
- Drafting is not allowed. You must remain 3 bike lengths away from the athlete in front of you.
- You must dismount your bike before the dismount line. Volunteers will be present to remind you.
- Do not unbuckle your helmet until after you have dismounted your bike.

The Run

- Bib number must be visible during the run.
- The course is well marked (follow the cones and arrows) and volunteers will be there to help.
- Aid stations will be available along the course.

Equipment

On event morning, all transition equipment such as sunglasses, running shoes, bike helmets, water bottles, biking shoes, towels, etc. may be organized in your rack area. Do not leave any shoes or equipment overnight in the transition area.

Pre-event Meeting

The pre-event meeting will take place virtually on September 24th, 2021. It will last until all questions are answered. Stay tuned to communications for details.

Spectators

Spectators are welcome to come and cheer you on! Only participants are allowed in the transition area or inside the pool area (no spectators please).

Post-Event Party and Awards

Post Event refreshments and Award ceremony will take place immediately following the final finisher.

Accommodations

Information Coming Soon!

Weather Policy

Races are rain or shine unless we determine that race conditions are dangerous. If the race is cancelled there will be no refunds. This position is consistent with USAT recommendations and with the protocol of sharing the risks associated with the sport of triathlon. In the event of inclement weather, Acts of God, or unforeseen circumstances, we reserve the right to alter, cancel or eliminate any/all portions of the race. Each athlete must accept any such risk of their entry fee paid including other amenities paid for such as t-shirts, insurance, and online administrative fees. All fees collected are used to develop and produce the event, including all race supplies.