



**Weekend schedule (see details on next page)**

**Olympic Distance | Olympic Aquabike**

***Friday, September 8, 2023***

1:00pm-6:00pm- Packet Pick up at Fort Raleigh (Manteo)

3:00-7:00 pm-bike drop off at Old swimming hole

**\*\*IMPORTANT-THERE WILL BE NO PACKET PICK UP ON SATURDAY\*\***

***Saturday, September 9, 2023***

5:15 am-6: 45 am Pre-race safety, bike safety check, chip pick up, body markings **Old Swimming Hole**

**\*\*IMPORTANT-Transition closes at 6:45-Once closed you cannot reenter**

6:50 am Pre-Race announcements at swim start-start in your own wave **Old Swimming Hole**

7:00 am Swim starts-swimmers on course, gun start-**Old Swimming Hole**

10:15 am-12:00 pm Post Party-**Fort Raleigh**

11:30-awards-**Ft. Raleigh**

Olympic Participant 2:00 Hour-4:00 Hour Olympic Cut Off Times Swim 1 hour-8:00 am Bike 3 hours-10:00 am Run 4 hours-11:00 am Must be @mile 3 by 10:20
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## **Sprint I Sprint Aquabike**

***Saturday, September 9, 2023***

**5:15 am-7:00 am Pre-race safety, bike safety check, chip pick up, body markings **Old Swimming Hole****

**\*\*IMPORTANT-Transition closes at 6:45-Once closed you cannot reenter**

**7:05 am Pre-Race announcements at swim start-start in your own wave **Old Swimming Hole****

**7:10 am Swim starts-swimmers on course, gun start-**Old Swimming Hole****

**10:15 am-12:00 pm Post Party-**Fort Raleigh****

**11:00-awards-**Ft. Raleigh****

Sprint Participant

1:00 Hour-3:00 Hour

Sprint Cut Off Times

Swim 45 minutes -8:00 am

Bike 2 hours-9:15 am

Run 3 hours-10:15 am

Must be @mile 3 by 10:20



## **Athlete Information/Need to Know**

### **Packet Pick up and need to know Triathlon & Aqua-Bike**

#### **All athletes are required to show a photo ID.**

Have your bib # ready! If you don't know your bib number, there will be a separate line up to request it. Knowing your bib number expedites the pickup process. NO PHOTO ID, NO RACE, NO EXCEPTIONS.

#### **USAT Rules:**

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. All relay members must be present to receive the packet, or we will split up the relay packet for each participant. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID. Parents cannot pickup if the youth athlete is not with them.

#### **Packet Pickup Schedule: (W/ Mandatory Bike Drop)**

Location for Packet Pick Up: Fort Raleigh National Park. Address 1401 National Park Dr. Packet Pick up is from 1:00 PM-6:00 PM on 9/8/2023. Mandatory Athletes meeting 6:00 PM at Fort Raleigh.

Mandatory Bike Drop-Off at Old Swimming Hole, 410 Airport Rd., Manteo, NC 27954 from 3:00 PM-7:00 PM. Park in the new airport lot behind transition area. No Practice swimming Friday 9/8/2023 at race swim site due to limited parking. For Race Day parking info see below.

#### **2023 Changes in Race Day Participant Parking Location - PLEASE READ!**

Night Before Your Race: Mandatory bike drop at transition area (Old Swimming Hole by Aquarium) 3:00PM- 7:00PM. Please come to the transition area with bike and bike Gear. Nutrition/Hydration can be brought with you on race morning. You'll be shuttled to the start from athlete parking at Fort Raleigh on race day morning. Race Day Morning: Allow yourself some extra time by arriving a little earlier. You'll be parking at Fort Raleigh National Park in the Lost Colony Parking lot.

**PLEASE NOTE: Athletes will be shuttled over first. Spectators will be allowed to be shuttled after all athletes are gone to the start with and take a shuttle back to the finish during one of the scheduled shuttles running throughout the day. Spectators with their own vehicles must**

park at Fort Raleigh. **There is no parking at the Old Swimming Hole.** The Aquarium is opened that day as well as the SPCA and Airport. **IF you park in those lots you will be towed. So you must take the shuttle to Fort Raleigh Start/Finish, NO EXCEPTIONS!!**

**\*\*Last shuttle to swim starts from Fort Raleigh is at 6:45 AM! \*\***

. **Please Note:** Bike mechanical support including air will be available in the transition area. We encourage you to travel lightly.

**Friday, September 8th, 2023 Hours:** 1:00 pm to 6:00 pm - Packet pick up (OLYMPIC & Sprint) is at Fort Raleigh. Have your ID and Bib # ready. This will help expedite the process. Be prepared to show your USAT card if you have one.

**6:00 pm – Sprint & Olympic Participant Meeting at the covered Pavilion.**

The USAT official will talk about USAT course rules including the most common violations. Debbie Luke, OBSE Race Director will present a course review followed by a Q & A.

**Saturday, September 9th, 2023, Hours: 5:00 am - 6:45 am**

Chip Pick up and Body marking station, are located at the pavilion and **NO RACE DAY PACKET PICK UP DUE TO MANDATORY BIKE DROP ON FRIDAY!!**

**IMPORTANT:** You must show your bib to be body marked and to pick up your chip. Transition area closes at 6:45 am. Remember, the last shuttle leaves from Fort Raleigh at 6:00 AM.

#### **Hydration /Aide Stations**

**Run course aid stations will be at (NEAR) a mile marker. Water, Gatorade and Gu gels will be available.**

**Olympic Bike Course water bottle hand off at turn around. Bananas and Pretzels will be available at the turn around**

#### **Porta Johns**

**Swim start, at near all aide stations and finish area.**

**POST RACE FOOD AND BEER!** - After you finish, head back to the Fort Raleigh to celebrate your accomplishments with family, friends and other athletes.

**WETSUIT WAVE – ON RACE MORNING** the USAT official will sample the water temperature and determine if it is wetsuit legal. A water temp under 78 degrees allows athletes to wear wetsuits and receive awards. If the temperature is 78 or higher a separate wave will be added for those who choose to wear a wetsuit. These participants will not be eligible for overall or age group awards. There will be a

signup sheet for this wave located at the packet pickup tent. If water temp of 84 degrees or higher is taken, no wetsuits will be allowed.

**Welcome Manteo Cyclery as our new mechanical support on race mornings!** They will be available at Transition for Bike Assist and Safety Check. Remember to check your equipment before you show up at the event site.

Official 2023 Outer Banks Triathlon retail items will be available for purchase at the Pavilion (Old Swimming Hole) on Saturday 7:00 am -10:00 am. We will have tri-T's available at Fort Raleigh for a donation.

**Lost and found as well as family reunion will be at the Packet Pick up at Fort Raleigh**

### **Relay Teams Instructions**

- Relay team members will check in individually to pick up their packet. Bring your ID and Bib number
- Each relay member will receive a bib with the team number on it. The runner is required to wear the bib.
- Relay team timing tag will be picked up by the swimmer on the morning of their heat
- This timing chip will be shared/transferred between all team members. Team Members **MUST** transfer the Velcro strap & timing chip while inside the Transition area. The strap & Chip **MUST** be securely fastened around your ankle before exiting transition. Place chip on outside of ankle.
- This chip will have the corresponding Relay team bib number printed on it.
- Chip **MUST** be returned to the OBSE volunteer in the finish chute
- **REMINDER:** relay "Runner" must be at transition at the Old Swimming hole ready to meet their incoming biker. Allow plenty of time for arrival and know the predicted arrival time or your biker. For the Sprint athletes you should arrive earlier due to short event.

### **AQUABIKERS**

Finish time is your bike-in time to transition. Return the timing chip to the volunteer at the Aqua bike finish tent, then proceed to the Finish area to collect your Finisher's medal.

### **Finish line Etiquette**

At the finish athletes should be aware of the other athletes finishing behind them. Please do not congregate in the chute. Move along and celebrate at the Post Race Party.

## Most Common Rules Violations - USAT

**1. Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. Penalty: Disqualification

**2. Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification on the course; Variable time penalty in transition area only.

**3. Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Variable time penalty

**4. Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Variable time penalty

**5. Drafting: Drafting--**keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. Penalty: Variable time penalty

**6. Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. Penalty: Referee's discretion

**7. Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification

**8. Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Penalty: Variable time penalty

**9. Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

**10. Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group

participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

**11. Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. N11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Penalty: Variable time penalty

**Variable Time Penalties For a complete list of rules, please refer to the most up-to-date USA Triathlon Competitive Rules**

Distance Category	First offense	Second Offense	Third Offense
Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2minutes	4 minutes	Disqualification
Long	4 minutes	8 minutes	Disqualification
Ultra	6 minutes	12 minutes	Disqualification



***Please read this info about things that are new in 2023!***

### **Registration:**

Online registration will close on 9/8 once packet pickup begins. Late registration will then be available during packet pick-up from 1-6 pm on Friday 9/8 at Fort Raleigh. NO race morning registration is available.

### **Packet pick up/athletes meeting**

Packet pickup is at Fort Raleigh on Friday 9/8 1 pm -6 pm. There will be a mandatory athlete meeting at Fort Raleigh at 6 pm.

### **Bike Drop/Pick Up:**

Dropping your bike at the transition area- at the swim start- is now a part of packet pick-up the night before your race. Friday 8/9 from 4-7 pm, athletes will drop off bikes. Your bike MUST be racked ON 9/8 NO EXCEPTIONS. Security is in place overnight. You cannot pick up YOUR bike on Saturday without your bib. Bike pick up is from 11 am to 1:00 pm

### **Parking:**

Athletes can park at Ft. Raleigh National Historic Site starting at 5:00 am. Shuttles will take you to the swim start. Remember your swim needs, bike nutrition & hydration (you can visit your bike before the swim until 6:45). Air will be available by Manteo Cyclery at morning mechanical support, so pumps are discouraged in transition. Spectators can take the shuttle over to start and back to finish. THERE IS NO PARKING AT THE START. CARS WILL BE TOWED. PLEASE TAKE THE SHUTTLES

### **Shuttles:**

Shuttles will take all athletes to the swim start from Ft. Raleigh... 5:00-6:45 a.m.

Shuttles will bring spectators over once all the athletes have been taken to the start.