



LAKE STEVENS TRIATHLON

North Cove Park (18th St NE & Main St, Lk Stevens)

Saturday, September 7, 2019

Start time: 8:00am Olympic
(based on last Olympic swimmer) 8:30-45am Sprint

Title Sponsor



PARTICIPANTS MUST BE ABLE TO FINISH BY 12:00PM, AS VOLUNTEERS ARE RELEASED AT THIS TIME.

BuDu Racing, LLC is proud to pledge a portion of the registration fees to support the **Juvenile Diabetes Research Foundation (JDRF)**. The JDRF mission is to find a cure for diabetes and its complications through the support of research. Type 1 diabetes is an autoimmune disease that strikes children & adults suddenly, and can be fatal. Until a cure is found, people with type 1 diabetes have to test their blood sugar and give themselves insulin, every day of their lives.

CHECKING INTO TRANSITION (Bikes are racked the morning of the event)

Transition will open at 6:30am on Saturday morning, and be monitored by volunteers at 7:15am. Both transitions for the event will take place in the same transition area. You are responsible for setting up your own equipment on the bike rack, which will be in bib number order. As you prepare to check into transition, there are several items that you must check before you go to the transition entry point. We will be checking the following:

- The bike number placed on your bike
- Body marking
- Handlebar ends must be solidly plugged
- Any time you are on your bike, you must have your helmet on your head and chin strap secured (**No warnings required to DQ a participant on their bike without a helmet.**)

TRANSITION RULES - Only registered athletes are allowed in the transition area. You may not ride your bike at any time while in the transition area. At all times, be aware of others around you.

PRE-EVENT MEETING - Meeting will occur at 7:45 for the Olympic distance and 8:15 (or when announced) for the Sprint distance, both at the swim start and your participation is **MANDATORY**. You will not be allowed to return to the transition area after your meeting starts. **Please only wear the timing chip provided in your packet, on your left ankle.**

WAVE SWIM STARTS – Olympic 2 Loops (1st wave @ 8am) Counter Clockwise / Sprint-1 Loop (1st wave between 8:30 and 8:45am). Please check your packet label for your start time. Waves are set off based on swim cap color, **AGE @ YEAR-END** and category. It is your responsibility to start in the correct swim wave, or risk disqualification.

GENERAL INFORMATION

SWIMMERS ~ In the event of a water emergency, participants will be alerted and asked to return to shore. **Course closure: 1 hour for Olympic and 30 minutes for Sprint**

- You are required to wear the swim cap provided in your packet (the color indicates your wave)
- No swim aids, such as fins are allowed
- Wetsuits are not required. Water temp is expected to be in the 68-72 range. If wearing a wetsuit, check your left leg after you remove the wetsuit to ensure your timing chip is still on.

There will be lifeguards and boats in the water to assist you. If you are tired and need assistance you may hold on to the boat to rest. Signal by raising your hand. If the boat propels you forward, you may be disqualified.

BIKERS – Olympic and Sprint are both out and back courses and are open to vehicle traffic. There will be no aid stations on the bike course. **Course closure is 11am for both distances.**

- Helmets, with chin strap secured, are required at all times when on your bike
- Be alert to all traffic control while on the ride
- Head sets not allowed at any time
- NO Drafting

*The police are on course to maintain vehicle and bicycle traffic. They may stop you to allow vehicles to move as needed. *

RUNNERS – Olympic TWO Loops / Sprint-ONE Loop (There are 3 aid stations for the Olympic & 2 for the Sprint). **Course closure at 12pm for both distances**

- Your bib # must be forward facing at all times
- Be aware of other participants

RELAY TEAMS

The swimmer must get out of the water and come to where the bike is racked and transfer the timing chip. The cyclist will return to the same place he/she left from to transfer the timing chip to the runner.



Local Sponsors:



USAT RULES APPLY AT ALL TIMES

- HELMETS ARE REQUIRED
- NO DRAFTING IS ALLOWED
- NO HEADSETS ALLOWED ON BIKE OR RUN

AWARDS ~ We will be giving 1/2/3 placing awards in **5-year** age group awards. This will take place once a majority of the participants have completed the event, as we try to accommodate people who do need to leave. If you place and are not able to stay, please let a BuDu Racing, LLC staff member know so you can receive your medal. We will not be mailing medals. Overall times will be posted at the event, Splits will be posted on www.BuDuRacing.com as soon as possible.

Please remember that it is the participants' responsibility to know the course. There will be markings on the road, and for the bike course, there will be cones with directional arrows to assist you. **The volunteers are not the experts on course, they are helpers.** Please review the maps!

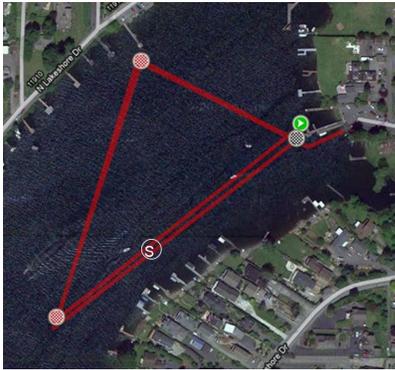
Olympic - <http://www.mapmyfitness.com/routes/view/22621474>

Sprint - <http://www.mapmyfitness.com/routes/view/22621676>

<http://www.mapmyfitness.com/routes/view/4754594>

Olympic completes 2 loops / Sprint completes 1 loop

SWIM



RUN

<http://www.mapmyfitness.com/routes/view/15749140>

Olympic complete entire course / Sprint turn around at Triangle "S"

BIKE

