



## Race Day Info: Sunday September 11<sup>th</sup>:

**5:00 – 6:45 a.m.**

- Registration tent opens for registered athletes who still need race packets
- Body marking will take place in front of transition area (you must be wearing race bib to get body marked and you must have body marked and be wearing race bib to be let into transition).
- Transition area opens

**7:00-7:05 a.m.**

- Pre-Race meeting in transition area for all athletes
- Transition area closes

**7:30 a.m. – Olympic Race – Wave 1 starts, followed by waves in 4 minute intervals**

**8:15 a.m. – Sprint Race – Wave 1 starts, followed by waves in 7 minute intervals**

**10:30 a.m. – Lunch service begins**

**12:30 p.m. – Awards/Lunch/Raffle Drawing**

### **REMEMBER:**

- Please allow yourself plenty of time to pickup your race packet (if you haven't previously) get body markings and set up your transition area before the 7 a.m. meeting in transition. Keep in mind that ALL 1,100+ athletes will be preparing to race on Sunday morning.
- You will need to wear your race bib and timing chip, which will be in your packet, before you get body marked. THEN, athletes ONLY may enter transition.
- Transition assignments: All athletes will be requested to leave the transition area at 7:00am. Until that time, you will be able to enter and exit through a side entrance, but ONLY if you are a registered athlete.

**Race Day Parking** - Please park in the Parkway Plaza lot on route 5 & 20 (Eastern Blvd) and walk to Kershaw Park (approx a 5 minute walk). NO parking will be available in the Steamboat Landing lot. NO parking on Lakeshore Dr.

**Bathrooms** - We will have 40 outdoor restrooms for event participants and spectators that will be located at the side of the transition area. Please DO NOT use the bathrooms inside Steamboat Landing. Steamboat Landing provides logistical support to us in order for the event to be successful and we want to respect their request.