

2009 F3 Sprint Triathlon
Sunday, October 4, 2009
Claremore Rec Center, Claremore, OK

Packet Pick-Up

Packets should be picked up in advance. For exceptional circumstances packets may be picked up on race day but approval for race day pickup must be received from the race director in advance (email Tim Dreiling at tim@fleetfeettulsa.com if you would like to request race day pickup).

Packet pickup will be at Fleet Feet Sports in Tulsa, located at 61st and Yale in KingsPointe Village Shopping Center. Packets will be available from Thursday, October 1 through Saturday October 3 during normal business hours (10-8 Thursday, 10-7 Friday, 10-6 Saturday). Location:
<http://www.mapquest.com/mq/9-pCjmsqQnScyUIXbGUXkZ>

Packets will contain:

- Race number – run
- Race number – bike
- Safety pins for run number (if you don't use a race belt)
- Zip ties for bike number
- Participant Tech Shirt

Chips and Velcro ankle straps will be distributed on race day. Your chip number will match your assigned race number. Pick up your chip before or after you check into the TA on race day. The event will be timed using the IPICO Sports timing system. Yellow chips owned by participants can't be used.

Athletes Pre-Race Meeting

A brief mandatory pre-race briefing will be held at 7:10 am on the patio outside the Rec Center Pool. Please be on the patio promptly at 7:10 am. Final race instructions will be given during this meeting. Once the meeting is complete, athletes can line up in numerical order along the edge of the pool.

Swim Details

The swim is a time trial start, with athletes going off every ten seconds beginning at 7:30 am. Based on swim times provided during online pre-registration, the time trial start has been seeded from fastest swimmer to slowest swimmer. The fastest swimmer has been the lowest numerical race number. You will start in numerical order. Late in store registrations will be assigned the next available race number behind all online pre-registered athletes.

TA Details

The TA will be located very near to the Finish Line. It is not assigned but rather on a first come first serve basis. You must check in before entering the TA, and have your bike checked, and have your helmet checked. Your body will also be marked. **THE TA WILL OPEN AT 6:00 AM FOR CHECK-IN!**

After you enter the TA the first proceed to your bike location. Be careful of other athletes in the TA.

Do not mount your bike and ride inside the TA! If you do so, you will be disqualified. A mount line will be marked outside the TA and past the exit timing mats. Walk your bike across the timing mats and past the mount line, then get on your bike and begin your ride. Be careful of other riders mounting.

Bike Details

The bike course WILL NOT be closed to traffic! Obey all traffic laws and ride defensively!

Helmet use is mandatory. All racers are required to wear a CPSC, ANSI, or SNELL certified bicycling helmet while biking.

Drafting is not allowed on the bike. You must ride with traffic and can not cross the center line. Pacing is not allowed. No outside riders will be allowed on the bike course for safety reasons.

Your run number does not need to be worn when riding; however you must wear this number during the run and wear it on the front on your body. You must attach the bike number to your bike.

USAT rules will apply! It is each racer's responsibility to know the rules and to know the course.

Run Details

You must wear your run number on the front of your body during the run.

Know the course! Be sure you understand where the finish line is relative to the TA; we will have volunteers and signage directing you to the finish line, but it is the athlete's responsibility to know the course.

The run course will be on a paved trail and on city streets. City streets will be open to traffic, so be careful!

One water stop will be on the run course, which can be used twice during the run (out and back).

No pacing on the run! No outside parties can run along with you and pace you.

After you finish, you will receive a finisher's award you have returned your timing chip and ankle strap. Volunteers will be available to assist you.

Post-Race

After you finish, enjoy Gatorade, water, soda, and food while you watch your fellow competitors finish. The awards ceremony will be held once all athletes are finished. Sorry no beer will be available due to City of Claremore regulations regarding the use of City facilities.

Bikes can be retrieved after the TA opened for bike retrieval. This will be a secure area and access will be limited. You will be allowed in once it is safe to enter the TA and all competitors have been through the TA the second time and are on the last run leg.

Awards

Awards:

Awards are given for 1st, 2nd, & 3rd place for the following male & female age groups.

Age Divisions: 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over.

Teams:

Top 3 teams in each team division (for both 2 person category and 3 person category) - male, female, and mixed.

Finisher award for all participants.

Awards ceremony will follow the race along with food, music and race results.