



***The Blackland Triathlon is a USAT sanctioned event. Each competitor is responsible for knowing and following all USAT rules. Please refer to the USAT website for complete list of rules
www.usatriathlon.org***

2011 RACE DAY SCHEDULE & REMINDERS

5:00am Adult & Youth Transition Open
6:15am Youth Transition Closed
6:30am Youth Pre-Race Meeting in pool area (Oak Point Center)
6:45am Youth Race Start
8:00am (approx) Youth Race Award Ceremony @ Oak Point Center by youth finish line

8:15am Sprint Transition Closed
8:30am Sprint Race Meeting in pool area (Oak Point Center)
8:45am Sprint Race Start
11:00 (approx) Sprint Race Award Ceremony @ Oak Point Amphitheatre

PARKING (See Event Parking Map)

PLANO CENTER: Enter from southbound Jupiter or Spring Creek Parkway. Northbound Jupiter will be closed.

SPECTATORS: Finish line for the sprint race is across Spring Creek Pkwy at the Oak Point Amphitheatre. When crossing Spring Creek, please use caution as it is a live race course. Live Music will entertain you while you wait to cheer on your racer!

ROAD CLOSURES

- Spring Creek Parkway will be closed from Jupiter Rd. to E. Park Blvd.
- Northbound Jupiter Rd. will be closed from E. Parker Blvd. to Los Rios Blvd.
- E. Parker Rd. will be closed from Los Rios to Spring Creek Pkwy.

RACE DAY REMINDERS

YOUTH RACE REMINDERS

- For the safety of all our youth participants, **only** athletes, race officials and transition volunteers will be allowed in the transition area. There will be a lot of activity in these areas and the more bodies, the greater chance someone will get hurt. **Experienced** triathletes volunteer in the transition areas to assist the children. We appreciate your cooperation, and we take every precaution to conduct a safe race for your children.
- Distances for the race are short and intended simply to expose the young triathletes to basic elements of triathlon and give them a taste of the unique sense of accomplishment that comes with finishing a triathlon. It is meant to be a fun experience.
- ALL Youth participants are required to be at Pre Race Meeting at 6:30am in the Oak Point Center pool. Swim lanes, how many lanes you must swim and any other swim questions will be addressed in this meeting.
- **Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events.** USAT race officials will be on course and transition; they will not allow participants to race without the proper helmet. If you are unsure about your helmet, please take it to Plano Cycling & Fitness to have it checked.
- Parents, please make sure your racer is familiar with their race course. Youth age 11-14 will be required to do two bike loops. Run turn around for each age group will be marked with orange arrows. Volunteers will be at loop check points and turnarounds to help the racers; however it is up to the participant to know the course

SWIM REMINDERS

- Warm up Lanes will be open at 6:00am, warm ups may be temporarily stopped to start Youth Race
- You will be seeded according to the 300M swim time given when registering. Swim will have a time trial start, in 5 to 10 second intervals.
- Swim caps are not provided. Be sure to bring your own swim cap if you want to wear one.
- If you need to pass someone, please tap them on the foot, and then pass on left side. Be alert to other swimmers.
- Lifeguards will be on duty through the entire swim. If you or a swimmer near you is in distress, raise your arms to alert the nearest lifeguard or safety personnel.
- All athletes are required to be at Pre Race Meeting, Oak Point Center Pool at 8:30am.

BIKE REMINDERS

- Refer to USAT rules/guidelines for complete Bike Rules, USAT Race Officials will be on course. www.usatriathlon.org
- **Helmets are required. Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events.** USAT race officials will be on course and transition; they will not allow participants to race without the proper helmet. If you are unsure about your helmet, please take it to Plano Cycling & Fitness to have it checked.
- Each competitor is responsible for making sure that his/her bicycle meets all safety requirements. Plano Cycling and Fitness will have FREE bike inspections during packet pickup. PC&F will also have a mechanic inside transition on race day.

- You may not ride bike in transition area. When exiting and entering transition with your bike, observe mount & dismount lines.
- **While bike course lanes will have cones to separate bikers from traffic, not all areas of bike course are closed off to public traffic. Plano Police Officers will be at certain intersections on course to help monitor traffic. Use extreme caution. It is your responsibility to obey traffic laws at all times. Keep aware of moving vehicles & stationary obstacles along course. Right of way must be given to any emergency vehicle.**
- Helmet & bike numbers must be placed in respective places and worn through entire bike course
- There are no aid stations on bike course so please plan hydration needs accordingly.
- You will be given a bike number & bike helmet number in your race packet. The helmet number goes on the front of your bike helmet. The bike number (with three holes) goes on your bike frame.

RUN REMINDERS

- Unaltered run numbers must be worn at all times on the front of body while on the run course
- Aid stations will be placed on course @ 1) just after transition exit, 2) approx 1 mile out on CCC circle and 3) approx. 2 miles out on Spring Creek. Aid stations will provide water & Heed from Hammer Nutrition. Water & Hammer Heed will also be available at finish line.
- Please remove timing strap after you finish the race & return to a finish line volunteer or have one assist you. It is your responsibility to return the timing chip. Participants will be charged \$35 for unreturned chips.

TRANSITION REMINDERS

- No one except registered participants, volunteers, medical or approved personnel with official VIP passes will be allowed inside transition areas. Family or friends are not allowed inside transition areas at any time during the race.
- Body marking & chip pick up will be outside of transition area. You must be body marked to enter transition.
- We make every attempt to keep transition area secure; we are not responsible for any lost or stolen items.
- No glass containers allowed in transition.
- Bike numbers will be checked to body numbers when leaving transition.