



2021 Splash N' Sprint Triathlon Race Details: Sprint & Novice

Packet Pick Up: RACE DAY 5/8/2021 5:30 a.m.-7:00 a.m. *come early, this is a closed Transition after 7:15 a.m. **FACE MASKS ARE REQUIRED at packet pick up and as you line up on the Pool Deck**

START TIME: 7:30 a.m. Awards: Sprint Male/Female 1st-3rd Overall & Division Male/Female 1st-3rd

Novice Youth Male/Female 1st-3rd Overall & Division Male/Female 1st-3rd

Prizes: Overall – Custom Swim Bags

Division: Custom Mesh Swim Bags

Age Divisions: Sprint: 13 & Under, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Awards to Overall 1st – 3rd M/F and 1st – 3rd Division M/F

Youth: 6-8, 9-11, 12-13 Awards will be given to overall 1st-3rd M/F and Division 1st-3rd M/F

Novice (No Awards): 14-17, 18-29, 30-49, 50 & older

Course Information: Course maps are provided via our website: southdavisraces.com OR on race day in packet pick up.

Race Specifics: This Race is a Swim, Bike, Run in that order. **The Transition area will be closed at 7:15 a.m.** as the race begins at 7:30 a.m. It is your responsibility to show up early enough to get body marked, packet picked up, with bike, helmet, etc. into transition area before the transition closes. Bib numbers will be numbered according to your swim time. Low numbers at the front of the swim line and higher towards the back. Line up according to your ability for the 350 yd. swim. Due to COVID regulations, we will space our participants out for social distancing, along the pool deck and into the bleachers located above the pool Deck. Please keep your mask on until just before you enter the pool water. There will be a disposable mask for you to wear, at packet pick up, should you forget to bring one. There will be a garbage receptacle available on deck to discard your mask.

Swim: The Race will begin with a Horn Start. Each Racer will enter the water at 8-10 sec. intervals. The course is a serpentine swim. It is 350 yards for the Sprint Distance and 150 yards for the Novice Distance. We will begin on the N.E. corner and enter, FEET FIRST, serpentine style until you reach the last lane that will be near the exit door that leads outside to transition. For the Novice portion of the race, you will see an orange cone that will mark the exit ladder of the pool, after you swim 150 yards. Sprint swimmers will swim first and then Novice will follow.

Transition Area: Transition area will be open from 5:30 a.m. until 7:15 a.m., closing promptly in order to turn on the timing system. You will be unable to enter the transition once it has closed. The Transition will be set up to adhere to COVID regulations on social distancing. This will make the transition course much longer. Please plan accordingly and place your bike on a rack with no more than 4-6 bikes on it. There will be an ENTER into Transition and an EXIT out of transition.

Bike: Racers will retrieve their bike from their spot in the transition area. You must have a helmet for this part of the Race or you will be unable to race. You may not ride your bike in transition but will mount your bike just outside of the 'OUT OF TRANSITION' banner, leading to the front of the Recreation Facility and onto 200 west, heading north. Follow the designated bike route for your distance. We will have volunteers on race course for your safety but we expect that all participants will obey traffic laws and KNOW the Race Course for your distance. Follow the end of the race route onto 400 north and turn into the Bowery parking lot, AFTER the Bountiful Jr. High Entrance. Please dismount at the Dismount line as you approach the Transition area from the back portion of the facility, labeled 'INTO TRANSITION'. Novice Bike has a much smaller course of all right hand turns and can be found on our race website or at packet pick up.

Run: Runners will exit the transition the same way they exited for the Bike portion of the event. You will run out towards 200 West, at the front of the facility and turn north to finish the 5k portion of the sprint distance. The run is an all right hand turn course. Follow signs and volunteers along the way. There will be a water table half-way along the course. Stay on the sidewalk for your safety, where possible. You will turn right at the first entrance into the Bountiful Jr. High entrance to the school to the finish line. Novice run will have a smaller distance to complete but all right hand turns, ending at the same finish line as the Sprinters. Novice will be marked by a Yellow Race bib so that volunteers will know where to direct them to turn.

Finish Line: Please wear your bib on the front of your body with the chip on the left ankle, chip facing outwards as you cross the finish line. It is imperative that you follow these guidelines on chip placement in order to receive the most accurate time possible. Do not switch race bibs or timing chips with another racer. The bib needs only 2 pins to pin to your front. You will receive a packet that has a bike helmet number and corresponding bib number, and the ankle chip reader. You will receive body marking in packet pick up. The timing chip will need to be returned at the finish line once you've completed the race.

We encourage you to promptly finish the event and exit as we will not be able to have an awards ceremony in person, this race. Awards will be available for pick up at the front desk the following Monday and results will be emailed to you, put onto our face book page and added to our website: southdavisraces.com. There will be refreshments at the finish line.

Important Rules:

- No Drafting, keep at least 3 bike lengths between you and the bike in front of you unless you are planning on passing. Do not block the road by riding side by side with another participant.
- Headphones and personal devices for music are strongly discouraged by race staff due to the potential risk it may cause.
- Helmets are required.
- Spectators in and around transition are limited to only those who have children 18 and under, participating. Your family is encouraged to find places along the race route to cheer you on.
- Face mask are required, before the race begins and when picking up your packet.

NOTE: If you have race registration transfers to do or need to register on race day, come early so as to avoid delay in getting a race bib and being able to setup before transition closes at 7:15 a.m. Please be courteous to those who are racing as well as to the volunteers that will be helping with this race. We encourage good sportsmanship and encouragement to all who participate in our races. We are thankful for the opportunity to facilitate this event and recognize the efforts of the volunteers who donate their time, employees who work on the weekend, and the participants who have conquered obstacles to be a part of this event.