

# Important! - Tri-Rock Triathlon Race Info

## Race Day Schedule

**6:00am** Transition Opens

**6:45am** Pre-Race Meeting in Transition

**7:15am** Transition Closes and Race Starts

## Key Race Info in your Packet

- Bib Number – Must be worn on the run.
- Bike Number – Must be placed visibly on the bike. Bikes will not be allowed in/out of transition without this number.
- Helmet Number – Must be worn on the front of the helmet.

## Body Marking / Chip Timing

You must be body marked before you enter the transition area. You must wear a chip to receive an official time for the race. Chip must be worn around your ankle. Disposable Chips will be handed out race morning.

## Racking Your Bike

Racks will be numbered. Please rack your bike where your assigned location is. Bikes must be re-racked after the cycle portion of the race in the exact same place as where they were before the race. Failure to rack or re-rack your bike in the correct place will result in a USAT penalty.

## Swim Start

Racers will start in numerical order and will enter the water approximately every 5-7 seconds. The swim will be a snake swim: down one lane, under the lane rope and back down the next lane until 6 lengths of the 50 meter pool have been completed (300 meters).

## Bike Course

The bike course is 1 loop. You are responsible for making sure your bike is in safe operating condition. Everyone is required to wear a helmet!

## Mount/Dismount Line

You must mount your bike after the MOUNT line and you must dismount your bike before the DISMOUNT line. There will be volunteers positioned at the mount/dismount lines, but you are responsible for mounting/dismounting in the correct place.

## Relay Teams

Team members will receive one chip that will be passed from person to person during the tag off in transition. The swimmer will exit the pool and meet biker in transition to tag off, passing the chip at that time. The cyclist must be the person to unrack the bike after being tagged by the swimmer and must rack the bike properly upon return. The runner should be in transition when the biker comes in to be tagged and receive the chip. Each participant must wear the chip during their portion of the relay.

## Transition Area

You will not be able to remove your bike from the transition area until the last bike of the race is back in transition. Please be cautious and courteous if you leave as others may still be racing.

## After the Race

We will have a post race party with food, music, and awards. Tentative awards start is at 10:00am.

## Directions

Rockwall ISD Aquatic Center, 1205 TL Townsend Dr, Rockwall, TX 75087. I-30 east to Rockwall, exit Goliad, north on Goliad to E. Yellow Jacket which deadends at Townsend and the school/aquatic parking area. Parking will be in front of the stadium.

## Last Minute Race Contact

Playtri at (214) 697-6922. Need any other details, check [www.playtri.com](http://www.playtri.com).

**Have a great time and please thank all the volunteers that make this race possible!**