



# Athlete Guide

Playtri Little Elm  
Lake  
Sprint &  
Olympic  
Triathlon

A yellow illustration of a beach chair and a beach umbrella. The umbrella has small icons of a swimmer, a cyclist, and a runner on its canopy.

April 28, 2024  
Little Elm, TX



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Event contact [Events@Playtri.com](mailto:Events@Playtri.com)



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# USA Triathlon

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USA Triathlon is the national governing body for the multisport disciplines of triathlon, duathlon, aquathlon and winter triathlon in the United States. USA Triathlon is a member federation of the U.S. Olympic Committee and the International Triathlon Union. Its headquarters are in Colorado Springs, Colorado.

USA Triathlon's 140,000-strong membership is comprised of athletes of all ages, coaches, officials, parents and fans striving to strengthen multisport. As an athlete, we know your focus is to swim, bike and run to the best of your ability - here are the resources to help you reach your multisport goals.

## USA Triathlon Competitive Rules

It is important for all athletes competing in USA Triathlon sanctioned events to have a basic understanding of the USA Triathlon Competitive Rules. USA Triathlon has issued a set of rules to maintain consistency and order from race to race across the country, keeping competition safe and fair.

[Learn more about the USA Triathlon Competitive Rules.](#)

USA Triathlon's [race rules video briefing](#).

## The Most Common Rules Violations In Triathlon

[Please learn about Most Common Rules Violations here.](#)

## USA Triathlon's membership program

Annual members of USA Triathlon receive information to take their training to the next level, access to great discounts on products and services, and the satisfaction of providing support for programs designed to promote and grow multisport throughout the country.



# How to Avoid Penalty

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## **Headphones:**

Headphones or headset may not be carried or worn during competition.

**Penalty:** Time penalty – WEARING HEADPHONES OR EARBUDS OF ANY KIND = TIME PENALTY.

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.

## **Helmet**

Chin straps must be fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

**Penalty:** Disqualification on the course; Variable time penalty in transition area only.

## **Outside Assistance**

**No assistance other than that offered by race** staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Time Penalty

## **Transition Area**

All bar ends must be solidly plugged.

No participant shall bring ANY glass containers into the transition area.

**Penalty:** Disqualification

## **Unsportsmanlike-Like Conduct:**

Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators.

**Penalty:** Disqualification

**Resource:** [USAT Competitive Rules](#)

# Packet Pickup Guidelines

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Packet pickup procedures are regulated by [USA Triathlon](#) and the logistics of race timing and liability. Please plan accordingly. There are no exceptions.

USA Triathlon is allowing athletes to pick up race packets for other individuals. The person picking up the packet must have a copy of the athlete's ID and written verification from the athlete that the individual picking up the packet is authorized to do so. Smartphones can also be used to show both a photo of another athlete's ID and a digital copy of their race confirmation.

One person may pick up up to 4 packets at one time to ensure fairness to others standing in line. Should one person be picking up more than the mentioned 4 packets, he or she is welcome to join the packet pickup line again as if they just entered the location.

ALL athletes are required to show photo ID at the time of packet pickup. NO ID, NO RACE, NO EXCEPTIONS. Every single participant, including relay participants, must have a photo ID. A Youth athlete without an ID must be accompanied by a parent/guardian with a photo ID. If an athlete does not bring a photo ID to packet pickup, there are two options: 1 Go home to get it 2 Have someone email/text them a copy of their photo ID.

## PACKET PICKUP SCHEDULE

### Wednesday, race week

12:00pm-2:30pm [Playtri Rockwall](#)      4:00pm-6:30pm [Playtri Cycling The Colony](#)

### Thursday, race week

12:00pm-2:30pm [Playtri Colleyville](#)      4:00pm-6:30pm [Playtri Las Colinas](#)

### Friday, race week

12pm-6:00pm [Playtri Dallas](#)

### Saturday, race week

1:00 - 6:00pm, race site: [135 Lighthouse Beach Dr, Little Elm, TX 75068](#)

**\*\*\*Race day packet pickup** will be available for an **additional charge of \$20 per athlete**. Only cash will be accepted. Please be prepared accordingly for this option if you plan to take advantage of it.

NO CHANGES TO REGISTRATION DETAILS WILL BE DONE AT PACKET PICKUP.

Request to change registration details must be emailed to [Events@Playtri.com](mailto:Events@Playtri.com).

USAT regulation for Athena and Clydesdale weight class divisions. The qualifying weight for the Athena division is 165 pounds; for the Clydesdale division the weight is 220 pounds.

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# Event Schedule

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## RACE DAY SCHEDULE

5:30am Transition Area opens

5:30-7:00am Timing Chip Pickup Table is open. Bring your bib to receive the correct timing chip

6:45am Parking lot entrance closes - no cars will be allowed to enter after that until all bikes return from the course

7:20am Transition Area closes

7:30am Olympic Triathlon starts

8:00am Sprint Triathlon starts

8:05am Run-Bike-Run starts

9:30am Post-race pizza tent opens

9:45am Sprint & R/B/R Awards Tent opens

10:00am Olympic Awards Tent Opens

(Awards left behind will not be mailed)



# Parking & Site

## Parking



Athletes are encouraged to come to the race pre-body marked.  
For those are unable to get body marked beforehand, self-body marking stations  
will be available. Please follow these instructions for body marking:

## Triathlon Body Marking



**Your Bib #  
on your left arm**



**Your Bib #  
on your left leg**



**Your race age  
(age on 12/31 of this year)  
on your left calf**

# Life Time Craig Ranch McKinney Triathlon, Run-Bike-Run & 5K

SUNDAY, SEPTEMBER 15, 2024

[playtri.com/all-races/playtrimckinneytriathlon](https://playtri.com/all-races/playtrimckinneytriathlon)



# Race Numbers

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Your packet will include your race number, which you **MUST** use to race. Please follow the below instructions to make sure you and your equipment are properly marked on race day. Please note that body marking will take place on race day when you check into transition.



Please mark both of your arms and legs before you enter in transition. Have your number ready.



Bike numbers should be folded over either the top tube of your bicycle or around the seat post and fastening securely using the adhesive backing. The number should be visible on both side of the bicycle.



Helmet numbers should be stuck on the front of the participants helmet using the sticker adhesive.



The run or bib number must be worn on the front of your body during the run portion of the event. It can be attached to the athlete's garment with safety pins or worn on a race belt.

# How to wear your timing chip

Pick up your timing chip at the race site on race morning. **You will need to show your bib number to receive your timing chip.**

You must wear the TRI Tag timing chip around your ankle. Put the Tri Tag on at least 15 minutes before your race. Make sure the Tri Tag Velcro is secure around your ankle.

**Please be sure to return the timing chips and Velcro band into provided bibs after finishing your race. Missing timing chips will be subject to a \$49 charge.**

## Timing chip and strap application

### Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



### Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the **outside** of your ankle and press the Velcro to ensure a solid clasp.



# OWN YOUR OWN TRIATHLON STORE!

Through steady franchise expansion and the acquisition of Endurance House Stores, Playtri has created the largest chain of multisport focused retail stores in the United States with 14 locations in 6 states. Learn how you can OWN YOUR PASSION by becoming a PLAYTRI franchisee. Please read the details below and reach out if you have any questions: [Request Additional Information](#)



“PLAYTRI Franchising LLC plans to actively expand; with the goal of operating in all 50 U.S. States; training and equipping athletes to reach their fitness goals in the most well-rounded athletic endeavor ever conceived. To get there, we are looking to add capable business operators as Franchisees, with a passion for fitness to become the faces of Playtri in their communities”.

Stephan C. Brown, CEO

# Swim Course - triathlon

7:00am Olympic Triathlon start, 7:30am Sprint Triathlon start.

Swimmers will **line up in corrals accordingly to their estimated swim time.**

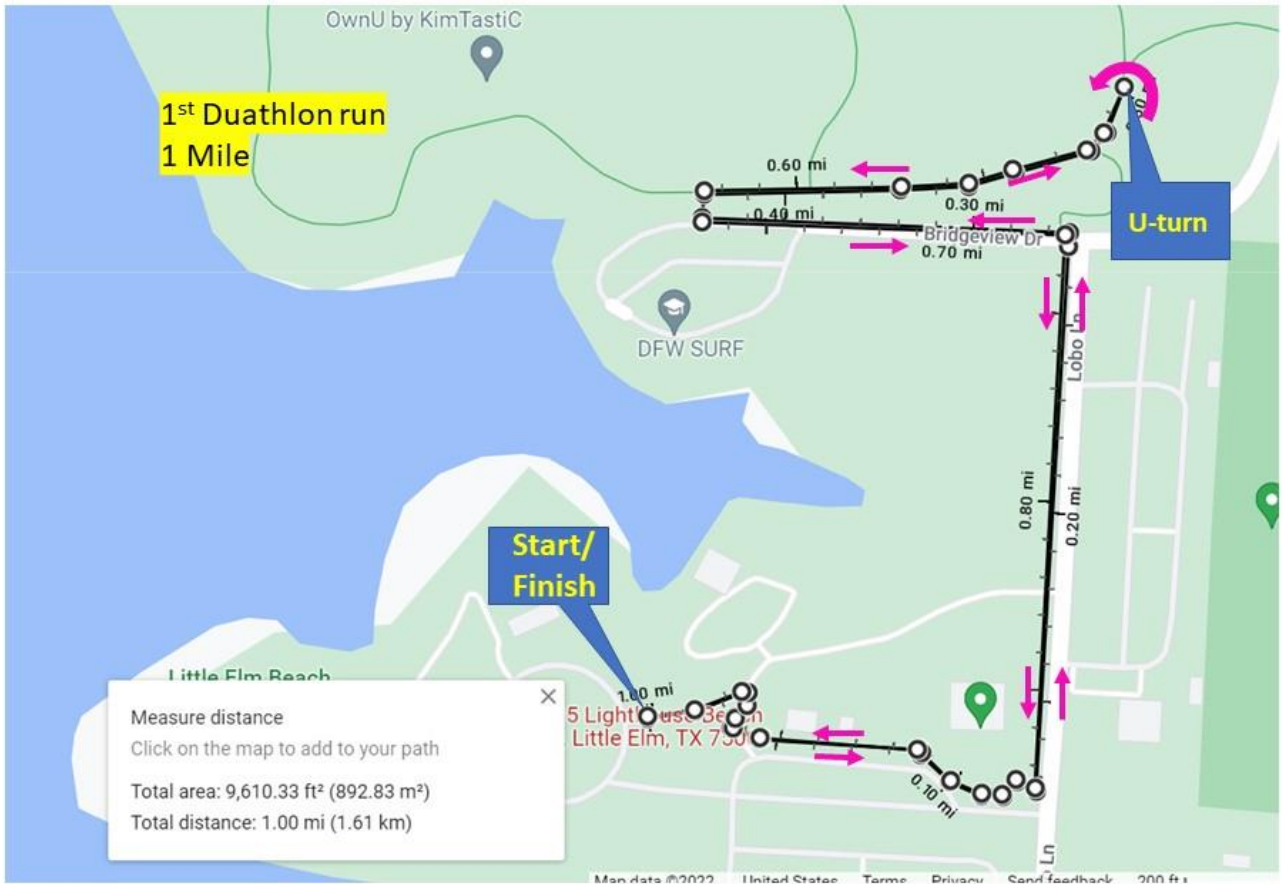
**Example:** if your estimated swim time is 23 minutes; you will line up in a starting corral marked 20-25 minutes.

Athletes will be provided a swim cap. This cap is required to be worn during the swim portion of the race.

## Little Elm Triathlon swim course maps



# Playtri Little Elm Run-Bike-Run First Run (duathlon only)





# Bike Course

## Bike

1 loop = 8 miles  
Sprint = 2 loops/ 16 miles  
Olympic = 3 loops/ 24 miles



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# Run Course



# Aid Stations

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**Athletes are encouraged to bring their own nutrition** as aid stations will be self-served and minimally staffed.

Please plan on grabbing water off the table yourself as opposed to the cups being handed out.



# After Crossing the Finish Line

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**Smile for the photo** - Free Race Photo Courtesy of Playtri

You will receive an email during the post race week us with a link your race photos. You will be able to pick one free picture to download as courtesy of Playtri.

**Don't forget to grab your finisher medal!**

**Take off your timing chip and place it in provided buckets please.**

**Fresh pizza will be delivered @ 9am!**



# General Advice

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Triathlons can be tough, but they should also be fun. The best way for that to happen is for you, the athlete, to be prepared! Along with the training that leads up to an event of this nature, there are some general tips for race day that can make your experience more enjoyable.

1. Have everything needed for race day ready the night before - use the checklist provided in this guide to make sure you have everything. To make transportation into transition easy, place everything needed into one bag. Make sure you affix the bike and helmet numbers before entering transition. You will not be allowed to race without these.
2. The earlier you show up, the better. The last thing you want to be is worrying about whether you're going to make it in time. Make you sure have time to find parking, self-body mark or be body marked, set up your transition, get your timing chip, use the restroom, warm up, etc.
3. Mentally prepare yourself. Use techniques like positive self-talk and visualization to remind yourself of the positive experience that you are going to have. Remember that we will do all we can to support you. Medical staff will be on site, as well as volunteers and safety officials throughout the course. Remember the preparation that you have done for this event and be confident in your abilities as an athlete.
4. Last, remember to have fun! This event should be a positive experience for you and everyone else. A positive attitude will go a long way!

# Playtri Fort Worth Triathlon & Run-Bike-Run I.

SUNDAY, MAY 19, 2024

[playtri.com/all-races/playtrifwtriathlon1](https://playtri.com/all-races/playtrifwtriathlon1)



Playtri Fort Worth Triathlon & Run-Bike-Run I.

SUNDAY, MAY 19, 2024

Fort Worth, TX

# RACE DAY CHECKLIST

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## SWIM

- Goggles (3 pair for open water races - clear, tinted and mirrored/polarized)
- Swim cap (mandatory for open water races - race will provide one)
- Trisuit or swimsuit
- Wetsuit and/or Swimskin (open water - always bring both if you have them!)
- Body Glide or similar

## BIKE

- Bicycle - check tire pressure just before the race (bike number adhered to frame or seatpost)
- Helmet (helmet number on front)
- Cycling Shoes (if you use them)
- Sunglasses
- Socks (if you use them)
- Water Bottle(s)/Nutrition on Bike
- Extra layers for cold races

## RUN

- Running Shoes (recommend speed laces)
- Race Belt – with bib number
- Nutrition – handheld or secured to kit or race belt
- Socks (if you use them)
- Visor/hat
- Sunglasses

## NUTRITION/HYDRATION

- Pre- and post-race items
- Water and electrolytes on the bike
- Gels or other nutrition for bike and run (if needed)

## OTHER/EXTRA

- USAT card + Insurance card + Driver's License
- Sunscreen
- Small hand towel or transition mat
- Post-race clothes



For more detailed list please visit [playtristore.com/pages/racedaychecklist](https://playtristore.com/pages/racedaychecklist)

# Weather Contingency Plan

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In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the even course may be shortened or altered to protect the participants.

If conditions turn unsafe, the event may be cancelled. Event changes and cancellations are at the discretion of the Race Director.

We always strive to produce a full and safe multi sport event, but sometimes the weather conditions can affect those plans.

Considerable amount goes into planning a multisport event and we do so with the best intentions. Unfortunately, no one can control the weather and race directors are not the exceptions.

Our goal is to always produce a full event as scheduled and only modify these plans due to safety concerns some of which can be caused by weather conditions. Thank you for your understanding of these policies and we appreciate your participation.

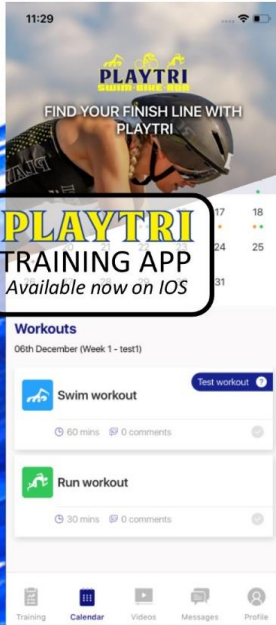


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