



MARY MEYER LIFE FITNESS COTTAGE LAKE SUPER SPRINT TRI Sept. 10, 2011



Parking

There are three main parking areas right across the street from the park and two parking areas down the road that you are able to use (listed below). For the ease of our participants we will have a drop off area inside Cottage Lake – drop the participant and gear off and then park across the way. Parking is VERY limited inside Cottage Lake, if you choose to park there you will need to stay until the last racer has finished, as the drive way exit is part of the course. Please use the locations listed below and be conservative about your spacing so we can fit many cars in each area.

CHURCH OF JESUS CHRIST LATTER DAY ST

directly across from the park

18860 NE Woodinville/Duvall Road

WOODINVILLE UNITARIAN CHURCH

directly across from the park

19020 NE Woodinville-Duvall Road

NUMARK AUTOMOTIVE

directly across from the park

18800 NE Woodinville Duvall Road

AVONDALE BIBLE CHURCH -(overflow parking)

17010 Avondale Rd, Woodinville WA 98077

Bear Creek UMC BCUMC_(overflow parking)

16530 Avondale Road Northeast

Woodinville, WA 98077-9178

Note: Limited parking in this lot!

Checking into Transition

Adult event, transition will open at 6:30am on event morning, it will be monitored at 7am; Both transitions for the event will take place in the same transition area. You are responsible for setting up your own equipment on the bike rack. **Only registered athletes are allowed in the transition area.** As you prepare to check into transition, here are several items that you must check before you go to the transition entry point:

- The bike number placed on your bike
- Body marking
- Handlebar ends must be solidly plugged
- Any time you are on your bike, you must have your helmet on your head and chin strap secured

Transition Rules

Make sure you rack your bike on the appropriate rack, based on bib #. You may not ride your bike at any time while in the transition area. At all times, be aware of others around you.

Pre-event Meeting

7:45am (after National Anthem) near swim start

Wave Swim

Currently we have 6 swim waves, sent off in 3 minute increments (the wave after elites will leave 1 minute after elite wave). The tentative groups are as follows, but they are subject to change:

Wave #1 – Elite

Wave #4 – Women 40-49

Wave #2 – Men – all ages/Clydesdale

Wave #5 – Women 50+/Relay/Athena

Wave #3 – Women 39 and Under

Wave #6 – Friends & Family

Kids event

Transition will open at 9:00am – event will begin after adult awards ceremony, approx. 10:30am





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General Information

Swimmers

- You are required to wear the swim cap provided in your packet (it indicates your swim wave)
- Wetsuits are not required but allowed.
- No swim aids, such as fins are allowed in adult event.

There will be boats in the water to assist you. If you are tired and need assistance you may hold on to the boat to rest. Signal by raising your hand. If the boat propels you forward, you will be disqualified. In the event of a water emergency, participants will be alerted and asked to return to shore.

Bikers ****This is a 2 Loop Clockwise Course – It is your responsibility to count 2 loops****

- Helmets, with chin strap secured, are required at all times when on your bike
- Be alert to all traffic control while on the ride
- Head sets are not allowed at any time

Runners ****Single Loop Clockwise Course****

- Your bib number must be forward facing at all times
- Head sets of any kind are not allowed at any time

Relay Teams

The swimmer must get out of the water and come to the bicyclist and transfer the timing chip. The cyclist will return to transition, at the same place he/she left from to transfer the timing chip to the runner.

USAT Rules Apply at ALL Times

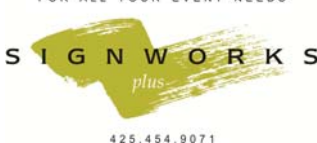
<https://membership.usatriathlon.org/ReturnBinary.aspx?Params=044849055f02040b53000000015d>

- HELMETS ARE REQUIRED
- NO DRAFTING IS ALLOWED
- NO HEADSETS ALLOWED ON BIKE OR RUN

Awards

All participants will receive a finishing medal! Age group awards will be given out for places 1/2/3, top elite for both genders and top relay. This will take place once a majority of the participants have completed the event, normally around 10:00. If you place and are unable to wait for the awards ceremony, we will not be mailing out awards.

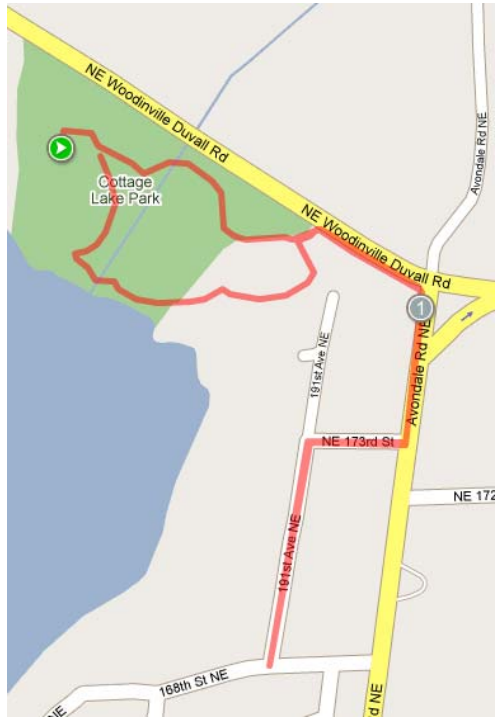
Overall times will be posted at the event. Splits will be posted on www.marymeyerlifefitness.com & BuDuracing.com as soon as possible.



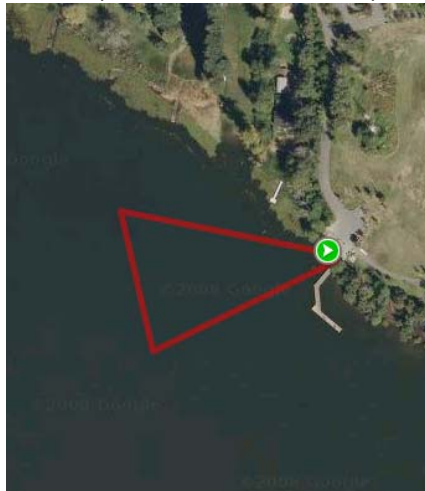
FOR ALL YOUR EVENT NEEDS

425.454.9071

Run



Swim (Counter Clockwise)



Bike (Two Loops)

