

Top Gun Athlete Information

Thank you for your support of the Top Gun Triathlon.

We could not produce event without the support of our sponsors and area athletes.

Top Gun Triathlon July 20, 2019

North Beach Shelter #5 Ft De Soto Park

7:00am Start. Roads will close to all traffic at 7:00am

Entry Fees Are Non-Refundable – NO Exception

In unusual circumstances, an athlete may request to defer their registration to next year's race. Please direct requests to the race director no later than 14 days before the event. greg.cc247@gmail.com

The Top Gun Triathlon reserves the right in the event of inclement weather, emergency, or natural disaster to cancel the race or move to a later time. In the event of cancellation, there will be no refund of entry fees. However, the USAT fee, if pre-paid, will be refunded.

USA Triathlon

The Top Gun Triathlon is sanctioned by USA Triathlon. You must be a current USAT member to participate or you may purchase a one-day license at packet pickup. To limit wait times at packet pickup, you may purchase an annual license online at www.usatriathlon.org. All USAT rules will be in effect during the event. Protests of penalties assessed for rules infractions must be filed with the USAT Head Official immediately after the protesting individual finishes the race. **USAT rules will not allow you to pick up someone else's packet.**

Packet Pickup / Athlete Check-in/Late Registration

Packet pickup will be available Thursday July 18th 4-7pm at Out Spokin Clearwater Store and Friday July 19th 12-6pm at Out Spokin Clearwater 2441 Gulf to Bay Clearwater 33765. We encourage you to come to the expo on Thursday/Friday and support our sponsors and vendors. Save the stress of race day and get your packet. **USAT rules will not allow you to pick up someone else's packet.** Follow the signs as you come into the park on Saturday. Late pickup is available on Saturday at 5:15am, but with the number of athletes participating, we **STRONGLY** encourage you to come on Thursday-Friday. You must furnish proof of current USAT membership or you will be required to purchase a one-day license. **You must also present a photo ID. No ID, No packet, No exceptions.**

Duathletes will get a race bib and bike/helmet number and be assigned a rack number in transition. Your race will begin on the beach at 7:00am and all duathletes will leave in one wave. Look for starting banner out on the beach. You will do a 1 mile run then 10 mile bike then a 5k run again. All finishers will get a finishers medal.

Relay Teams

All relay team members must be present, at the same time, to pick up your packet. Substitution of a relay team member will not be permitted. This can result in a disqualification. All members must be signed up and be added to the team. All members must have either a USAT membership or a one day license. Let your teammates know you have created a team name.

Mandatory Bike Check-In Saturday

Bike check-in is 5:15 am – 6:45 am. If you do not arrive by 6:30 am, you will not be allowed to check in your bike. **You will not be in the triathlon.** Please consider driving time to Ft De Soto Park. Transition will close at 6:45am. Come early avoid delays.

Race Day Parking

Race day parking is at north beach of Ft De Soto Park. Follow the signs, sheriff deputies will be on hand to guide you to the lot. You can **NOT** leave the parking area during the event so do not try to. If you have family or relatives coming to watch they must be in the park by 6:45am since all roads will be closed during the event.

Race Numbers/wrist band

There are three race numbers provided at check-in that you are required to display during the event:

The bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. The Helmet number must be applied to your helmet and worn during the event. Bib numbers must be displayed during the race on your body during the run portions of the race. Pin your bib number to your shirt or race belt with the safety pins provided in your race packet. Bib numbers **MUST** always be in front for identification and photo purpose. A wristband will be in your packet and it must be worn to get into transition. No wristband No access.

Body Marking

Body marking will take place from 5:15 am – 6:30 am on Saturday at the north entrance to the transition area. You will not be permitted in the transition area on race day without your body marked. Be sure that the volunteer who marks you does so using the race number printed on your race bib. You must have all numbers on your bike/helmet/person and body marked in order to enter transition.

Transition Area Access

The transition area will be open on race day from 5:15 am – 6:30 am only. Any athlete, including relay team members, who arrives after 7:30 a.m. will not have access to the transition area. Only athletes who are body marked will be allowed access. You will not be allowed access to the transition area to reclaim your bicycle and gear until after the last athlete has started the run (approximately 9:30 am). It will be announced when transition is opened. **NOT** Before.

Relay Team Transition Area Access

To reduce congestion, only the relay team cyclist will have access to the transition area. Relay teams must pass the timing chip to their teammates in the holding areas just outside the transition area following each segment. The relay team cyclist may secure all personal items belonging to the swimmer and runner at the relay team's bike rack.

Timing Chips

You are required to pick up your timing chip at Out Spokin Clearwater and the morning of the race. **Don't lose your chip.** Each chip is encoded with your specific registration data so do not trade your chip with another athlete! The chip must be affixed to left ankle prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the timing mats at the end of each segment (e.g., swim finish) and for the safe return of the chip at the finish line. Relay team members must pass the chip to their teammate after completing their segment of the race. Crossing the timing mats as you re-enter transition to re-claim your gear with your chip in place will erase your transition times.

Swim Cap

The swim cap distributed at packet pickup must be worn during the swim. Do not trade your swim cap with another athlete, as the caps are color-coded to assist race management in organizing you at the swim start. There are 8 waves, you must leave in the correct wave. Waves leave by age groups and clydesdale and athena. There are no first timers waves....you must leave in your correct age group wave.

Wetsuits

The use of wetsuits during the swim will be allowed if the water temperature on race morning is 78.0 degrees or less. If the water temperature exceeds 78.0 degrees but is less than 84.0 degrees, an athlete may wear a wetsuit but will be ineligible for awards and USAT national ranking points. A water temperature measurement will be conducted on Saturday morning at first light and posted at the entrance to the transition area.

Swim Start

The swim starts 1/4 mile north on the beach. Participants need to be at the beach for the start no later than 6:45 am. Athletes will start in waves and will be released in times of 4 minutes per wave. **You must leave in the correct wave.**

Swim Course

Athletes will begin the race and swim to the first set of buoys. Round the buoys and swim south keeping all buoys on your left. Athletes who cut any portion of the swim course will be assessed a penalty. For your safety, certified water safety personnel will be monitoring the swim course with kayaks, jet skis and from shore. If any time you have a problem rise your hands above your head and personnel will assist you.

Transition Area racing

For safety reasons, you will not be permitted to ride your bike in or out of the transition area. You must walk or run while in the transition area. Please watch out for other athletes as you move through transition and follow the instructions of race officials and volunteers. You must mount and dismount at mount and dismount lines.

Bike Course

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before you mount and dismount your bike. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. USAT officials will monitor the bike course and strictly enforce these rules. Please check your bike to make sure you have bar end plugs before bringing your bike to the transition area Saturday morning.

Run Course

Water stations are located at the run start and at the turn around. Each station will have water. Please drink often and early.

Finish

The run course officially closes at 10:30 a.m. A race vehicle will sweep the course and pick you up if needed. The finish clock will remain on and times recorded until 11:00 a.m.

Dropping Out

Please notify a race official and return your timing chip at the finish line if you drop out of the race.

Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event will result in your immediate disqualification.

Timing & Results

Official race results will be posted prior to the awards presentation. Please report any discrepancy to a race official prior to the start of the awards presentation. Athletes who do not wear the timing chip during the entire event will not be scored. It is up to the athletes to know the rules as a member of USAT.

Medical Care

John Hopkins All Childrens Hospital will provide minor medical care for all participants during the event. Pinellas County EMT will provide medical care for any injuries. The biggest risk to athletes during the race is the potential of heat-related injuries associated with inadequate hydration prior to and during the event. Be sure to drink plenty of fluids throughout race.

Course Safety

While the course is closed, it is virtually impossible to keep the entire course closed to vehicular traffic. Be aware of your surroundings, obey the instructions of the traffic control officers and volunteers and be considerate of others during the competition.

Awards Party

The awards party begins as soon as you cross the finish line! Be sure to stick around for fruit, snacks, and fresh baked cookies. The top five participants in each age category will receive an award there is a separate clydesdale and athena and relay categories for awards.

Results & Awards

Race results will be posted online immediately following the race. If you are a top 5 finisher and cannot attend the awards presentation, we'll mail your award. Simply send us your request in writing with \$10.00 (checks payable to Florida Race Place Promotions)

Requirements

Participants in the triathlon must be 15 years or older on December 31, 2019. However, we do make exceptions for seasoned youth athletes.

The wave starts apply to the Sprint Triathlon

You must leave in the correct wave and swim the 440 yards.

<u>WAVE #</u>	<u>START</u>	<u>DIVISION</u>	<u>CAP COLOR</u>
Wave 1	7:00am	M&F 19 & under	Yellow
Wave 2	7:04am	M 40-49	Purple
Wave 3	7:08am	F 45 + Athena	Pink
Wave 4	7:12am	M 30-39	Red
Wave 5	7:16am	F 35-44	Lt Blue
Wave 6	7:20am	M 20-29 Clydesdale	White
Wave 7	7:24am	M 50+	Neon Green
Wave 8	7:28am	F 20-34 Relays	Orange

Fort Desoto Park

Top Gun Triathlon

Swim 440 Yards • Bike 10 Miles • Run 3.1 Miles

▲ Tierra Verde



SWIM 1/4 • BIKE 10 • RUN 3.1

