



CENTRAL TEXAS HIGH SCHOOL TRIATHLON



May 17th, 2014
7am Check-In, 8 am Start
Stillhouse Hollow Lake and Dana Peak Park
Harker Heights, Texas
<http://centexhstri.weebly.com>

This triathlon will be a non-profit event held to provide High School Students in the Central Texas region the chance to participate in a triathlon for athletic and recreational purposes.

DIRECTORS

Race Director (RD): Katherine Eikrem Katherine.Eikrem@killeenisd.org

Asst. Race Director: Ellen Burnett Ellen.Burnett@killeenisd.org

Central Texas High School Triathlon: centexhstri@gmail.com

The Race Director will provide all necessary staffing, volunteers, medical, security, and law enforcement necessary for safe and efficient execution of this event.

This event is sanctioned with USA Triathlon (USAT) which will provide insurance liability coverage to protect the race director, sponsors, volunteers, officials, and participants and the rented venue (Stillhouse Hollow Lake and Dana Peak Park) (Class 1).

REGISTRATION:

Registration can be completed online or via a hard copy of the registration form. Registration OPENS on March 1st. The deadline for registration is MAY 1ST. Late registration will be from May 10th – Race Day. If you complete a paper copy of the registration form, it must be submitted to either Katherine Eikrem at HHHS or Ellen Burnett at EHS. One registration form PER ATHLETE must be submitted.

REGISTRATION OPENS APRIL 1 – MAY 1

LATE REGISTRATION FROM MAY 1- RACE DAY*

**late registrants may not get preference on t-shirt size.*

Online: We are using the website “Sign Me Up” to handle all online registrations. Please visit the following link and follow the instructions on the form. If you have any questions, please email the RD. Please be advised that there is a 6% processing fee to use the website (in addition to the entry fee). <http://www.signmeup.com/312V4J7>

Paper: Attached is a hard copy of the registration form. Payments in the form of a cash or check are accepted. Please make all checks payable to: Central Texas High School Triathlon.

VENUE

The RD has rented the Pavilion at Dana Peak Park for May 17th. All Pre-and post race activities will be maintained within the Pavilion and agreed upon parking areas.

PARTICIPANTS

All athletes of **high school age** and are required to pay a \$35 entry fee as an individual. Relays are required to pay \$35 for EACH participant (\$105 per relay). This fee includes the cost of an event t-shirt, park entry (for athletes and volunteers only), and a One-Day Membership for USA Triathlon.

The race will also be open to **adult competitors** for a \$70 registration fee. Relays for adults are also \$70/person. This will cover the t-shirt, park entry, and a one day membership for USA Triathlon. The remaining money will be used to fund HS athletes participation.

DISTANCES AND ORDER OF EVENTS

Swim: 800 meters (0.5 miles)

The swim portion of the course will be a course starting at a beach and ending at the pavilion, it will run along the shoreline to minimize any possible interaction between boats and swimmers. There will be 2 buoys to mark the start and end points. All athletes must be wearing race-appropriate athletic swim attire (no bikinis) and have their own caps and goggles as needed. Swimsuits may be worn for the duration of the entire race.

Bike: 14.5 miles.

The biking leg will begin and end at the transition area located in the parking lot at the pavilion. There will be volunteers stationed at each intersection to point athletes in the right direction. Every athlete **MUST** be riding a working bicycle and **MUST** be wearing a helmet. Bike and helmet **NOT** provided by the RD or Central Texas High School Triathlon.

Run: 3.1 miles.

The run will take place entirely within Dana Peak Park and will utilize a small portion of the trails north of the boat ramp. Most of the run will be off-road as shown in the map of the course. There will be 3 water stations set up along the course.

TRANSITION AREAS

All athletes will be required to park their bike at the transition area prior to the race start. They may leave shoes and equipment for the rest of the race near their bike. Bikes must be walked in the transition area both entering and exiting.

TIMING

Chip timing will be utilized, requiring athletes to wear a chip on an ankle strap. All athletes will be required to check in 1 hour prior to the race, and receive both a waiver, a race number, race bib and written arm/leg number. Race bibs may be worn anywhere for the biking, but must be in the front when running.

MEDICAL and LIFEGUARDS

First Aid personnel and responders will be stationed at the transition area as well as throughout the bike and run course.

Lifeguard personnel will be supervising the swim portion of the race utilizing kayaks. RD is in communication with emergency personnel, as well as Seton Hospital in Harker Heights.

PARKING

The event will utilize the overflow area at the gate house for athlete and volunteer parking. RD, sponsors, and major volunteers will park in the overflow area around the loop at the pavilion.

FENCING/CONING

Fencing will be provided for athlete finish line chute as well as transition area. Cones and other markers such as chalk lines, flags, etc will be used along race route for directional and flow purposes and will be collected as soon as the last athlete and completed the race.

POLICE

Harker Heights Police Department, and Nolanville Police Department will be utilized on Race Day for the Bike course.

Police will be used for athlete safety and traffic flow along specific portions of the course. See attached map.

CENTRAL TEXAS HIGH SCHOOL TRIATHLON REGISTRATION FORM

PERSONAL INFORMATION

First Name: _____ Last Name _____

Birthdate ___/___/____ Gender: M F

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Emergency Contact Name: _____ Relation to participant: _____

Emergency Contact Phone Number: _____

RACE INFORMATION

Please select your race entry status: Please attach payment to form. Make checks payable to Central Texas High School Triathlon.

___ Individual (\$35.00 for students/\$70 for adults)

___ Relay (\$105.00/\$210) Please select one of the three legs: SWIM BIKE RUN

Be advised that if you enter as a relay, and the rest of your relay does NOT register, you will not be permitted to compete.

Names of other two relay members: _____

Affiliated High School (If applicable): _____

If you are not attending a Public or Private High School (ie, homeschooled), please specify above.

T-Shirt Size: Each athlete gets one shirt with their registration fee. Additional shirts for family or volunteers will be available for purchase on the day of the event. **extra fee for XXL & XXXL (add \$2 for XX and \$3 for XXX)
(circle one)

SMALL

MEDIUM

LARGE

XL

XXL

XXXL

WAIVER AND RELEASE

Upon check-in on the morning of the race, the athlete must sign a waiver and release form for USA Triathlon. This insures them for the duration of the race. If the participant is under 18 years of age, a parent or guardian must sign for them at check-in.

___ I understand the waiver and release policy and have reviewed the race participant information. I understand that if I do not sign this waiver upon check-in at the event, I will not be permitted to participate.

Participant Signature: _____ Date: _____

Parent/Guardian Signature (if under 18) _____ Date: _____