



**Mean Green Triathlon**

**Denton ISD Pool**

**Denton TX**

**March 19, 2017**



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## Overview:

### Welcome:

Welcome to the Mean Green Sprint Triathlon/Duathlon. This event is brought to you by Tri Dallas Events.

### Technical Guide and Conditions of Participation

This technical guide covers the procedures and information needed to participate in the Fast and Furious Duathlon.

**⚠ Important:** *In case of a conflict between the information presented in this technical guide and any other source (other than an official communiqué from the organization or issued during the event), then the information found in this technical guide shall be taken as correct and final. By participating in this event, you are also agreeing to be bound by this technical guide, the instructions of the race officials and the Organization, and by the rules of the USAT.*

### \*\*\*Event Overview

**Mean Green Sprint Triathlon/Duathlon.** The premier early season Triathlon in the DFW Metro Area. Grab your Goggles, Bike and Running shoes. It's time to move...

The Distances of the Sprint Triathlon are: 400 Yd Swim/21K Bike/3 Mi Run

The Distances for the Sprint Duathlon are: 3 Mi Run /21K Bike/3 Mi Run

### Sanction and Regulations

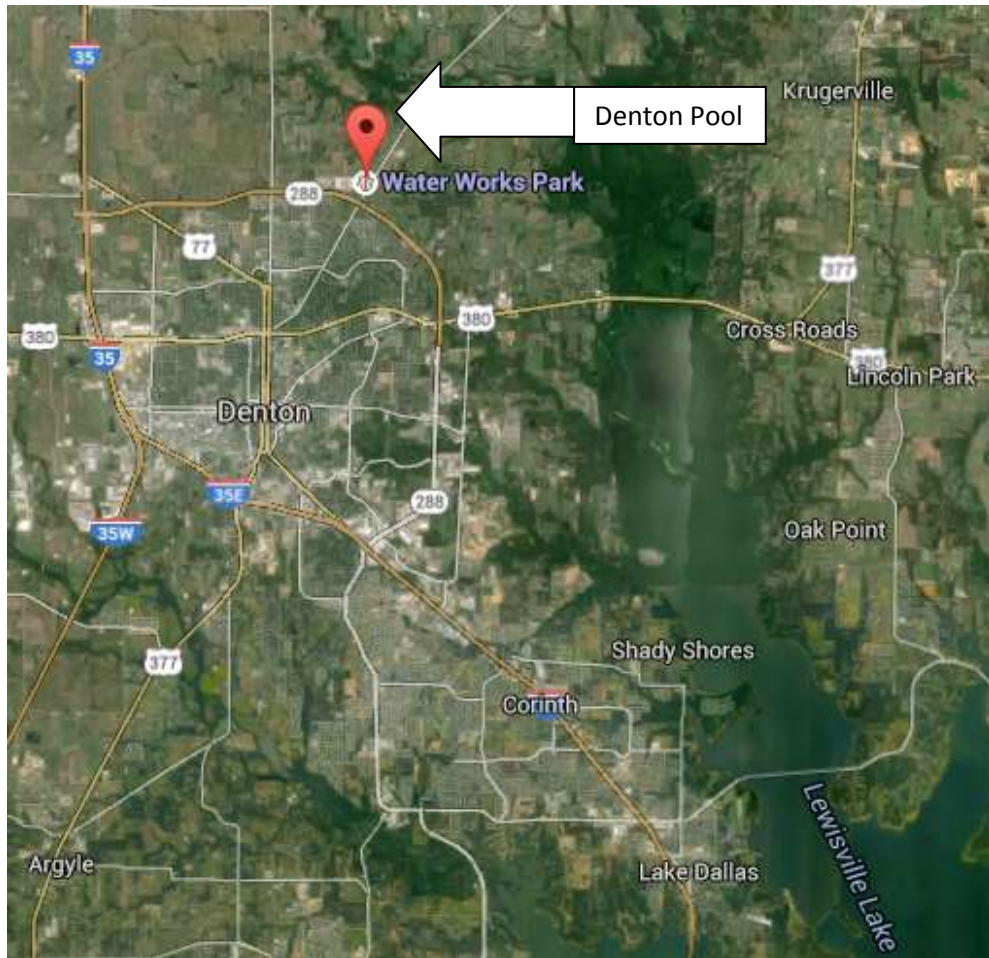
This is a USA Triathlon sanctioned event. It is incumbent upon the athlete to know and comply with all USAT rules prior to, during and post event. USAT rules shall apply to all competitors.

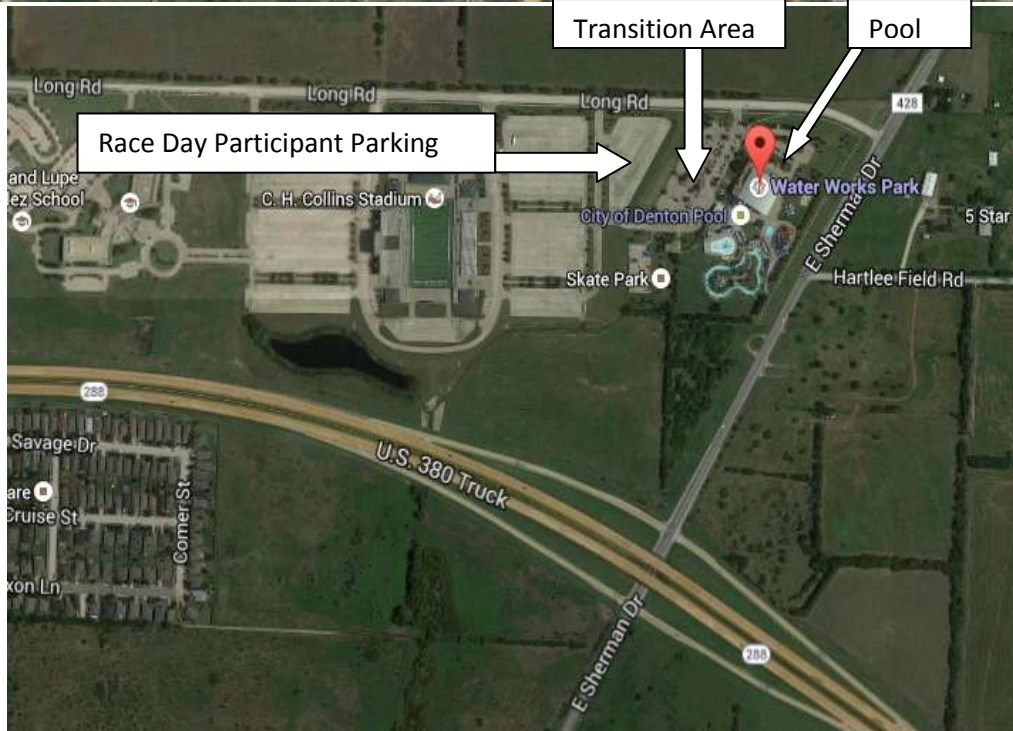
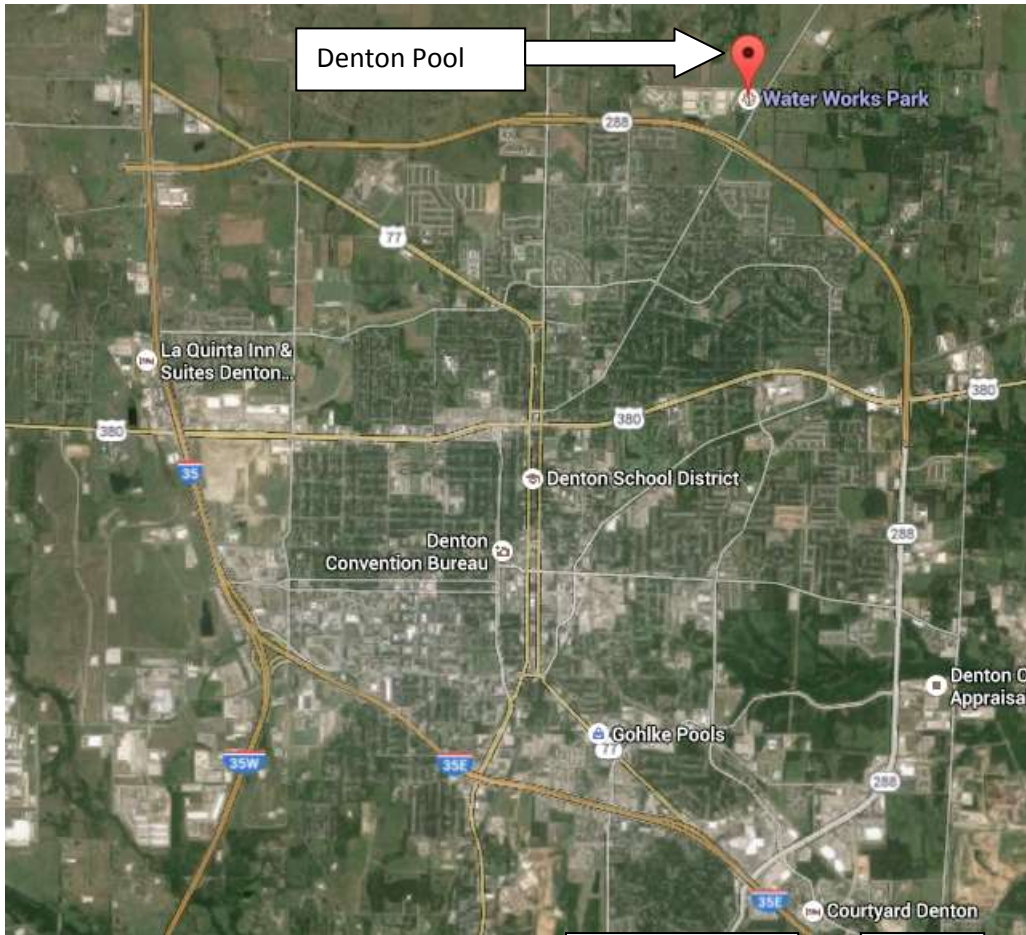


## Location

### Venue Location

Denton ISD Pool is located off Loop 288 just north of Denton. The Transition is located in the Upper Parking Lot of the Water Works, Denton Pool.







## **Nearest Airports**

### **Dallas Fort Worth International: (DFW)**

A major gateway to the Mid South US. Dallas Fort Worth Airport serves both Continental USA and Destinations from Asia, Europe and South America.

DFW is southeast of race site and is approximately 30-50 minutes away from Race site depending upon traffic.

### **Love Field: This is South West Airline Air port.**

Love Field is South east of the race site and depending on Traffic is 40 -65 minutes from race site.

### **Accommodations**

As the event takes place in the DFW metroplex, there are many accommodations options. Hotels or Long Stay rentals are available. The following are hotels that are within minutes of the Speedway.

There are several hotels in close proximity to the race Venue:

Please click on the below Link to access additional info on Lodging locations.

[http://www.tripadvisor.com/Hotels-g55732-Denton\\_Texas-Hotels.html](http://www.tripadvisor.com/Hotels-g55732-Denton_Texas-Hotels.html)

### **Local Transportation:**

If you are flying in, it is recommended that you use a rental vehicle to get to and from the airports and venue.

As a general rule , it is best to double driving time with the DFW area. Due to Large population in the region, Traffic conditions are unpredictable.

### **Climate / Weather**

In Mid March , the average daily low is in the mid 50's and the Highs are in the 60's to Low 70's. The chance of rain at this time of year is low to moderate.



## Registration Information:

### Registration:

Advance Registration for all events is available online via the "I Am Athlete" Website as follows:

<http://www.imathlete.com/events/EventOverview.aspx?fEID=39574&z=1480344188091>

- **Important:**
- **Online Registration closes for Mean Green Triathlon at 5:00pm Central Time on 3/18/2017**
- In person registration is also possible during the Packet pick up times listed with the event schedule.

### Racing Licenses / ID Requirements.

- Whether registering online or in person, all participants must pick up their own race packet.
- Each Participant must present a Valid Photo ID as well as either a Valid Annual UAST membership or will be required to purchase a One day permit.
- Only the individual registered is allowed to pick their race packet.
- This event has a no refund policy

### Registration Fees

Individual Pricing	Relay Team Pricing
<ul style="list-style-type: none"><li>• \$69 Through - midnight 2/12/17</li><li>• \$79 2/13/17 - 10:00pm 3/18/17</li><li>• \$89 Cash/\$89 CC or Debit In person onsite registration</li></ul>	<ul style="list-style-type: none"><li>• \$130 Through - midnight 2/12/17</li><li>• \$145 2/22/16 - 5:00pm 3/18/17</li><li>• \$165 Cash/ \$173 cc or Debit In person onsite registration</li></ul>

## Event Schedule

March 18 -- 2:00pm - 4:30pm

- Denton Pool 2400 Long Rd, Denton, TX 76208 ([Location Map](#))
- March 19 - Denton Pool 2400 Long Rd, Denton, TX 76208 ([Location Map](#)) - **Race Day**
  - 6:30am - 8:15am Packet pick up open
  - 6:45am Transition Area Opens
  - 8:25am Pre race meeting
  - 8:30am Transition area Closes (All Bikes must be in Transition)
  - 8:40am Duathlon Start
  - 8:45am Triathlon Start
  - 10:50am Race awards (*Approximate time, actual time depends on field size and finish times*)



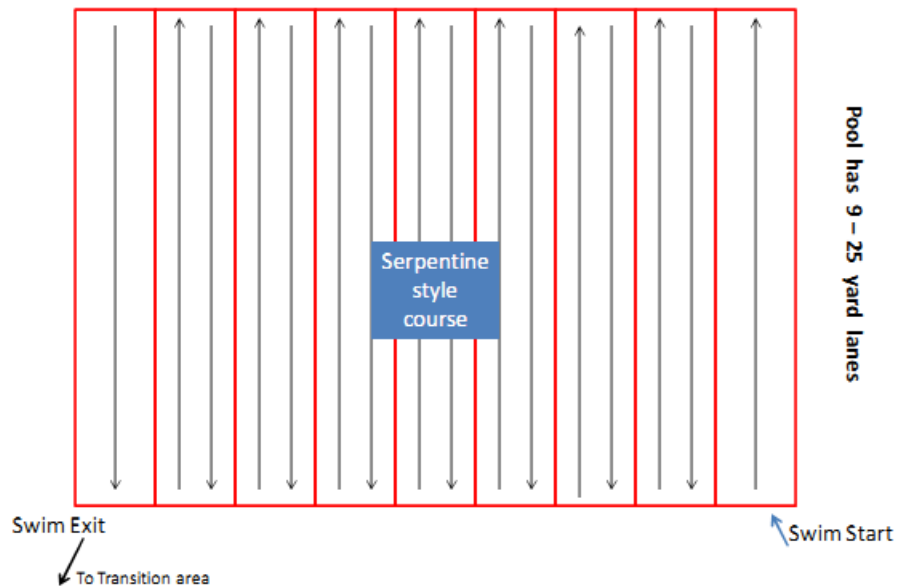
## Event Procedure

### Sprint Distance Triathlon

#### 400 yard Swim

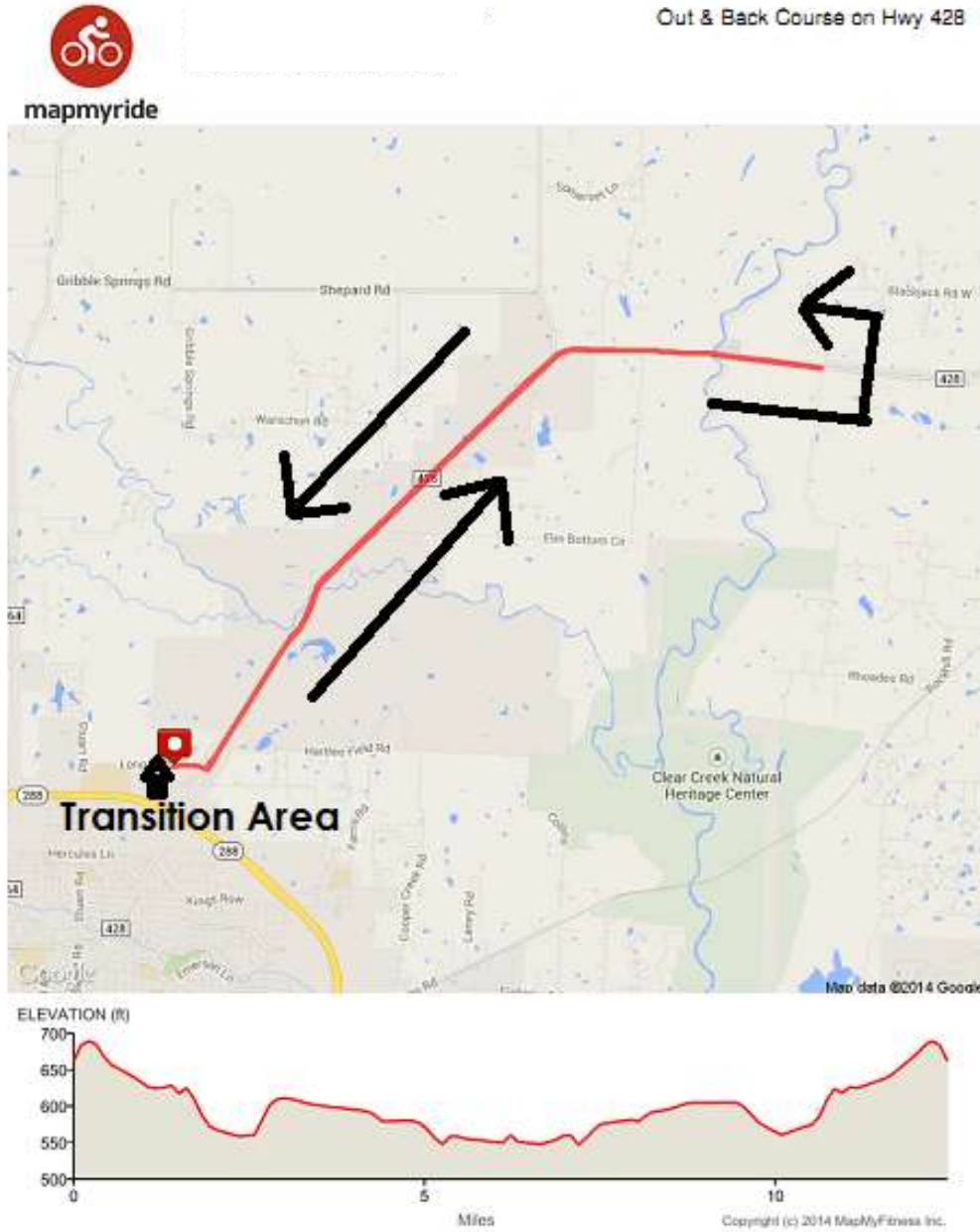
- This triathlon uses a pool for the swim portion
- This will be a time Trial Start.
- Athletes start approximately 10 seconds apart
- Athletes will be staged by the swim time provided by the athlete during the registration process.
- This will be a serpentine swim accruing the required distance.

#### Mean Green Swim Course – 400 Yards





**21K bike Course:** The Bike course is an out and back style course. There are no aid stations on the Bike Course.





**3 Mile Run Course:** This is a 2 lap run course. This course will be used for both runs of the Duatlon and the final run of the Triathlon. The 1st Aid Station will be roughly 75 yards from the exit of the Transition Area. Aid Station 2 is at the back end of the Gonzalez. At the completion of the second lap the athlete will go pass the transition aid station to the Finish Line. Each Lap is approximately 1.5 miles. A listing of the Aid Station and their location on the Run Course:

- Station #1 - 75 yards from exit of transition
- Station #2 - roughly .7 miles at entrance to back of Gonzalez school
- Station #1 - 1.5 Miles ( Turnaround #1)
- Station #2 - roughly 2.25 Miles at entrance to back of Gonzalez school
- Station #1 - 2.9 Mile ( pass by to go to finish)
- Finish Line - 3.0 Miles





## Podium Ceremony / Awards info

It is requested those achieving a Podium position stay for the Awards presentation.

### Collegiate Awards

- Male overall - 5 deep
- Female overall - 5 deep
  - All Collegiate Athletes will be eligible for Age Group Awards

### Age Group Awards

- Male / Female overall - 3 deep
- Male / Female Masters (40+) 1 deep
- Male / Female Grandmaster (50+) 1 deep
- 5 year Age Group Male/Female - 3 deep Starting with 12-14, 15- 19 thru 75+
- Clydes' / Athena / PC open - 3 deep each
- Relay Teams (Male/Female/coed) 3 deep

## Timing and Results

Event Timing will be provided by Atomic Timing. In addition to Back up manual timing all races will use Chrono track's chip timing. Results are scheduled to be post on [www.Tridallasevents.com](http://www.Tridallasevents.com) within 24 hours after the event.

### Sprint Triathlon and Duathlon:

- Each Participant will be issued an ankle chip.
  - the Ankle Chips will be Issued on race morning.
- Timing Points
  - Start line
  - Transition in's and out's
  - Finish Line

### Parking

- Parking on event day will be in the Stadium Parking lot below the Pool.
- There is no parking Fee.
- Parking is first come first serve on race day.



## Course Information

### **Mean Green Sprint Tri: 400 Yd Swim / 21K Bike / 3mi Run**

### **Mean Green Duathlon: 3mi Run / 21K Bike / 3mi Run**

\* **Important:** Course Distances have been measured with GPS , but have not been certified .

\* **Important:** Race course knowledge as per USAT rules:

#### **USAT rule 3.4a Entire Course.**

Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the head referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(1). In the event the head referee makes such a determination, the penalty shall be disqualification.

#### **Discussion points of rule 3.4a:**

- The obvious premise of 3.4a is the requirement that each participant will traverse the entire course as laid out by race management. Enforcement and penalty assessment is determined by how much of the course was missed or cut by the athlete.
- This rule is most often applied at events that have a multiple loop design for bike or run and athletes have been found doing less than the required number of loops.

#### **Emergency Information**

In case of emergency ( security risk, fire, accident or Injury outside of competition), assistance can be reached by calling 911 from any mobile phone or payphone,

On Competition Days at the venue, emergency first aid is provided for event participants. First aid will be available adjacent to the Finish area. Additionally, medical support will be available during competition across the length of the course. Please be advised, medical assistance will be dispatched during competition and will arrive as soon as possible.

#### **Nearest Hospital**

Texas Health Presbyterian Hospital

Address: 3000 North I-35, Denton, TX 76201

Phone:(940) 898-7000



### **Shipping your Bike to the event:**

- Bicycles Inc. will accept your shipment, assemble and disassemble and repack your bike.
- Contact them Directly for details.

Bicycles Inc.  
143 East Harwood Road, Hurst, TX 76054  
(817) 268-6572

- The Hurst Store is conveniently located near the DFW airport.

### **Onsite Mechanical and Sag Support**

Mechanical support may be onsite on Race days. They may be available to handle minor repairs onsite prior to the event.

During Competition support may be available also. In Competition Mechanical support, if offered, is a courtesy. Depending on the amount of use of this courtesy service it may take up to 30 min or more for this service to reach you. Please be prepared to handle your own minor issues. Accept assistance during the event will place you on the DNF (Did Not Finish) list and you will not be eligible for award or for rankings.

***\*Important: Each Athlete should be prepared to repair your own bike during competition.***

The event will have a **Sag support** vehicle on the course. Please note, this is a courtesy service. Once notified it may take a period of time for the Sag vehicle to get to your location.



## Organization Contact info

Should you need assistance or further information concerning the event please contact us as follows.

Email inquires during the time frame Starting on March 17 through Nov 19 may have delayed responses.

You are asked to first review this guide as your answer will most likely be found within. If it is a crisis situation during this period please call.

### Off-Site / Marketing / Permitting

- Brad Davision
  - Tel: 512 350 9178
  - E-mail TriDallasEvents@gmail.com

### Race Director - General race questions

- Fred Phillips
  - Tel 870 403 2790
  - Email: DLTevents@gmail.com

### Registration issues

- Rose Phillips
  - Tel 870 403 1379
  - Email: RAPhillips94@yahoo.com

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# TRI DALLAS EVENTS