

GR Tri Transition Volunteer Instructions

TRANSITION SCHEDULE:

- 5:15 AM - Transition Area opens to athletes
- 6:45 AM - Half Distance (Bib # 5000-5999) transition area closes
- 6:45 AM - MANDATORY Course Meeting
- 7:30 AM - Transition Area closed to ALL ATHLETES
- 10:00 AM - Transition Opens for athletes to remove gear
- 12:00 PM - Sprint Transition Tear Down Begins
- 1:00 PM - Olympic Transition Tear Down Begins
- 2:00 PM - Half Transition Tear Down Begins
- 6:00 PM - Roads Open to traffic transition area must be completely cleaned up

WAVE TIMES:

- 7:00 AM - Half Distance Waves Start
- 7:45 AM - Sprint Distance Waves Start
- 8:15 AM - Olympic Distance Waves Start

BIB NUMBERS:

- Sprint** 1000+ (White Bibs) - Aquabike 1700+ (green w/white), Relay 1800+ (white w/yellow) Swim 1900
- Olympic** 3000+ (Blue Bibs) - Aquabike 3700+ (green w/blue), Relay 3800+ (blue w/yellow) Swim 3900
- Half** 5000+ (Red Bibs) - Aquabike 5700+ (green w/red), Relay 5800+ (red w/yellow) Swim 5900

IMPORTANT NOTES:

- **CRITICAL!! ATHLETES ONLY IN TRANSITION! NO EXCEPTIONS.** For relay teams, only the biker will be in transition.
- **HANDLEBAR END CAPS:** All bikes that enter transition must have end caps on their handlebars (plugs that fill the hole in the metal of the handlebars, this is a must). There will be some to the entrance of transition and at the bike support tent.
- **BIKE STICKERS:** Athletes must have their bike sticker number on their bike to enter transition. Any athlete who does not have a bike sticker needs to be directed to the volunteer tent to have one made.
- **RACKING:** Athletes will rack their bike based on their bib/bike sticker number. All racks are numbered, 8 bikes per rack. They may rack anywhere on the rack that has their number, first come first serve. Bike needs to be racked by the seat hanging on the bar, alternating which direction they face. If bike 1 face with the handlebars towards the river, bike 2 must have its handlebars facing towards the bike out, bike 3 towards the rivers, bike 4 bike out. . .and so on.
- **TRANSITION SPACE:** Athletes are limited to 2 feet of space directly under their bike. If they're sprawling too much please direct them to take up less space.
- **NO MARKING RACKS:** Athletes MAY NOT mark their bike rack in any manner with flags or balloons or chalk on the ground. This is against USAT rules and they will be penalized. If you notice any such markings please remove them or tell the athlete to take them down (if chalk it needs to be rinsed with water).

- **RELAY TEAMS:** members have their own corral at the river end of transition. They will keep their gear there and change timing chips in that area. The only exception is the biker on the team which will be able to rack their bike in regular transition and keep their gear there.
- **SWIM IN/BIKE OUT/RUN OUT:** Athletes will come in from the swim on the river end of transition. They will bike out (and back in) on the opposite end (up the hill). They will run out on the river end and make an immediate left to get on the run course.
- **CRITICAL!!! NO ATHLETE MAY BE MOUNTED ON THEIR BIKE IN TRANSITION.** If an athlete is straddling their bike or sitting on the seat in transition urgently instruct them to get off and walk their bike out (or in as the case may be). If you see an athlete holding a bike in transition without their helmet on and strapped, please instruct them to put their helmet on and secure it. They should have their helmet on and secure any time they're moving their bike in transition (obviously during the race, not pre/post race). There is a mount/dismount line just outside transition, that is where they may get on their bike or need to get off.
- **AQUABIKE ATHLETES:** These athletes have their race time recorded the moment they cross their bike over the timing mat near the dismount line. They still need to rack their bike and head to the opening of the finish line chute to cross the finish line for a photo, their medal, and to hand off their timing chip. No bikes are allowed to cross the finish line. Remind them to take their time to the finish line, their time is no longer being calculated, their race is done.
- **AID:** There is an aid station on the river end of transition where athletes can get water before/during the race and Gatorade during the race.
- **MEDICAL:** The Medical tent is located just beyond the finish line should an athlete require assistance
- **OUTSIDE ASSISTANCE:** Volunteers may offer assistance to athletes they'd offer to any athlete. No special assistance allowed. Spectators are NEVER allowed to assist athletes in any way.
- **RIGHT OF WAY:** Right of way should always be given to faster athletes. Please give audible warnings to athletes if they're hindering the progress of others. This transition area is narrow and they need to be mindful of one another.
- **LEAVING TRANSITION:** Athletes may not leave transition with their gear until 10 AM. Please be firm about this. They will hinder the races of other athletes. If they are demanding exception to this please direct them to talk to a race crew member. The only exception is Swim Only athletes as they are not taking bikes out. After 10:00 AM, please remind athletes who are removing their gear that athletes are still racing. Right of way is always given to the athlete racing!
- **TAKING BIKES FROM TRANSITION:** If you are working one of the exit/entrances of transition athletes may not take a bike from transition until the number on the bike sticker on the bike has been compared to their body markings. Only the athlete themselves may take their gear out of transition (non-athletes should be in transition anyway). If there is an exception due to medical reasons please direct them to a race crew member. Please, direct athletes to remove their bike from one of the side exits, not where athletes are heading out on the run course or coming in from the bike course.
- **LOST & FOUND:** This is located at the volunteer tent. If an athlete is missing an item or if you find an item you believe someone lost please direct the athlete to the volunteer tent or drop the item there.
- **TIMING CHIPS:** If you become in the possession of a timing chip an athlete dropped or didn't turn in at the finish line, please give those to a race crew person or bring them to the volunteers at the finish line.