

Athlete Guide



June 11, 2017

Dear Athlete,

Welcome to the **Sebago Lake Triathlon Festival**! This letter will go through some of the important parts of the race, and hopefully answer your questions. Please read over the whole document and contact us with any concerns you might have. We look forward to seeing you on Sunday!

Be sure to check the list of registered athletes [HERE](#) to confirm that you are all signed up. There are multiple tabs / links for the different events and distances. If you don't see your name or the name of your relay, or you need to edit the info, [please e-mail us ASAP \(info@tri-maine.com\)](mailto:info@tri-maine.com).

While the weather forecast looks great and June in Maine is generally pleasant, sometimes we have less-than-ideal conditions. Please note that the event will not be cancelled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race management reserves the right to alter the course in whatever way they deem is in the best interest of the athletes and volunteers. This includes, but is not limited to, shortening or changing the course, removing one of the sports, postponing the start, etc. There are no refunds in the case of weather-caused changes or cancellations. If canceled, the Sebago Lake Triathlons will not be rescheduled.

Volunteers are still needed for the Sebago Lake Tri. If you know someone who wants to be a volunteer, please have him or her e-mail volunteer@tri-maine.com. All volunteers receive t-shirts, coffee, and snacks and BBQ. Please be sure to thank the volunteers who are working the event. Without them, the race could never happen!

The Sebago Lake Triathlon Festival promises to be a fun and exciting event. We are looking forward to hosting athletes from across New England in this great competition. Thanks again for registering and we can't wait to see you on the 11th of June!

Thank you to all our 2017 sponsors and partners!



EVENT SCHEDULE

Friday, June 9th

- 4:00 pm Packet pickup at Cyclemania in Portland begins
(You will receive your chip on race day!)
- 6:00 pm Packet pickup ends

Saturday, June 10th

- 12:00 pm Packet pickup at Welcome Center at Point Sebago Resort begins
(You will receive your chip on race day!)
- 2:30 pm FREE Transition Clinic – Meet at Welcome Center
- 4:00 pm FREE Bike Course Preview Clinic leaving from Welcome Center
- 3:00 pm Packet Pick-up closes for the day
- 7:00 pm FREE Michael Phelps Swim Safe Certified Clinic – Meet at Welcome Center to
Head into the resort with Heidi Pare the leader of the clinic.

Sunday, June 11th

- 6:15 am Packet pickup at Point Sebago Resort in Sebago Square
(Under the tent by the restaurant off the beach)
- 6:30 am Transition area Opens, bike check, body marking and Chip pick-up begins
- 7:00 am Packet pickup ends
- 7:15 am Chip pick-up and body marking ends
- 7:15 am Transition area closes for Olympic athletes
- 7:20 am Opening remarks and **mandatory** pre-race meeting on beach
- 7:30 am OLYMPIC and AQUABIKE First Swim Wave
- 7:45 am Transition area closes for Sprint Athletes
- 8:15 am SPRINT First Wave
- 11:00 am Awards Ceremony (approximate time)

PRE-RACE INFORMATION

Scouting the Course

If you are planning to check out the venue **BEFORE RACE WEEKEND**, please park outside of the Welcome Center and let them know what you are doing. This is Monday through Friday only. You may WALK into the resort (you cannot bike) during the hours it is open (9am - 5pm), and you may swim in the lake at your own risk. **Please understand that the Resort Staff are not involved with the planning of the triathlon, so they will most likely not be able to answer your race questions.**



NO DOGS ALLOWED - Dogs are prohibited at the resort. Please make prior arrangements for your dog, and do not bring your dog to the resort. Please do not leave your dog in a vehicle outside the resort.



Race Packet Pick up

Before you can compete in the Sebago Lake Triathlons, you must pick up your official race packet. There are three available times you can do this:

Friday, June 9th from 4:00 pm to 6:00 pm at CycleMania located at 65 Cove Street. Portland, ME. Directions are available by calling 207-774-2933, or by visiting their website by www.cyclemania.com. Please keep in mind the store staff isn't involved with the race planning, so it's best to direct your race questions towards us.

Saturday, June 10th 12:00 pm to 3:00 pm at the Point Sebago Resort at the Welcome Center. See below for directions. Athletes cannot drive into the resort on Saturday unless they are staying there as guests, you can park at the Welcome Center if you are attending a clinic.

Sunday, June 11th from 6:15 am to 7:00 am at the Point Sebago Resort "Sebago Square" in the big white tent by the restaurant off the beach.

You MUST PICK UP YOUR OWN PACKET. THIS IS A USAT / INSURANCE REQUIREMENT. YOU ARE NOT ALLOWED TO PICK UP ANOTHER ATHLETE'S RACE PACKET

Bring your photo ID with you to registration! You are REQUIRED to show it when you sign in. NO EXCEPTIONS

If you are an annual member of USA Triathlon, you MUST present your current USAT card AND a photo ID. If you forget, you will be charged for a one-day membership (\$15). If you are not an annual member of USAT, you have already paid as part of your entry if you registered online.

Not all members of a relay team must show up at the same time. Each member will be given his or her own packet. If any one member of the team does not check in or sign the USAT waiver, the team will not be allowed to participate.

You will receive a race packet that includes a run number, a bike number, a helmet number, safety pins, a swim cap, and an official Sebago Triathlon Festival shirt. Please double-check that you have everything before you leave packet pick up and please check the information on your packet!

Directions to Point Sebago Resort

From the south: Take Route I-95 North and cross into Maine from New Hampshire. At the York Toll Plaza I-95 turns into the Maine Turnpike. Continue north on the Maine Turnpike until Exit 48. Take Exit 48, the "Portland/Westbrook" exit. Go right immediately after the tollbooth and then proceed straight 1.5 miles to the third set of traffic lights. Turn left onto Route 302 West, it is 20.5 miles to Point Sebago. The entrance to Point Sebago is on the left marked by a small white church on the corner. There is also a small blue and white highway sign on the right "Point Sebago Resort". Turn left onto the Point Sebago entrance road (1 mile). You will see the colorful Point Sebago Resort sign.

PLEASE NOTE: There is another (wrong) entrance it goes to the golf course 1/4 of a mile past the first entrance on Route 302. If you get to this second entrance (with a huge Point Sebago sign), simply turn around and look for the church on your right-hand side.

From the North - Exit 63: Route I-95 South (Maine Turnpike) to Exit 63. Take Exit 63, the "Gray" exit. Go left immediately after the tollbooth on to Route 202/4/115. Go about 4 miles and bare right onto Route 115 into North Windham. At traffic light go right onto Route 302. It is about 10 miles to Point Sebago. The entrance to Point Sebago is on the left marked by a small white church on the corner. There is also a small blue and white highway sign on the right "Point Sebago Resort". Turn left onto the Point Sebago entrance road (1 mile). You will see the colorful Point Sebago Resort sign.

PLEASE NOTE: There is another (wrong) entrance to the Point Sebago golf course ¼ of a mile past the first entrance on Rt 302. If you get to this second entrance (with a huge Point Sebago sign), simply turn around and look for the church on your right-hand side.

From North Conway, NH: take 302 East. You will first see the giant Point Sebago Sign to a golf course - DO NOT USE THIS ENTRANCE. Go another ¼ mile past the golf course entrance and turn right at the white church.

Parking

As you approach the resort from Point Sebago Rd there will be a sign directing all vehicles to turn right into a dirt lot. A parking guide will direct you where to go.

Reminder - All vehicles must pay a \$5 parking fee to the Resort, regardless of how many passengers there are. We encourage you to carpool! Athletes that are staying at the Resort on race weekend do not have to pay the fee.

Race Day To-Do List

If you have not signed in before race day, we recommend that you do the following things, in this order:

1. Park your vehicle in the appropriate lot. You will be greeted by parking attendants upon your arrival and assisted with where to park.
2. Carry all your gear to packet pick-up.
3. If you need to pick up your race packet, proceed to the Bingo tent on the other side of the road from TA and pick-up your packet.
4. Pick up your timing chip and go through the body marking line near the Transition Area.
5. Check-in at the Transition Area with your bike and gear.

If you have already picked up your packet, you should go straight to chip pick-up and body marking, located next to the Transition Area.

Remember - you don't get your timing chip until race morning!

Race Day Packet Pick-up

Packet pick-up begins at 6:15 am on Sunday in Sebago Square near the restaurant off the beach. It ends at 7:00 am.

Transition Area, Chip pick-up, Body Marking, Pre-Race Meeting

The Transition Area, chip pick-up and body marking will open at 6:30 am on Sunday, and will close 15 minutes before the start. Chip pick-up and body marking will take place adjacent to the Transition Area. **All athletes, including relay members, must be body marked to participate.** If there are mild temperatures, the front of thighs will also be marked. body marking ends at 15 minutes before the start, 7:15 am.

There will be a mandatory pre-race meeting on the beach at 7:20 am on Sunday. for all athletes, so you must be on the beach at this time! The first swim wave will start at 7:30 am for Olympic and 8:15 am for the Sprint.

Race Numbers You are required to display your race number at all times while competing. This is both for safety and to make sure our volunteers can see you for back-up timing. Numbers also allow the photographers to identify your pictures. If they can't see your number your picture will most likely not be matched with you!

For the swim leg, your number will be written on your body. The bike leg requires your number must be displayed on your helmet (visible from the front) using the specific helmet number given to you, and on your bike (clearly visible from the side) using the specific bike frame number given to you in your packet. During the run, your **race number must be worn on the front.** This is especially important for the finish.

If you are planning on wearing layers and taking them off as you go, find a way of displaying your number the entire time. A good option is to use a race number belt that you can clip and unclip very easily. Another idea is to pin the number to your running shorts and pull them over whatever you are wearing up to that point.



RACE INFO

Swim

The swim is a counter-clockwise rectangular course that starts and finishes on the beach. The conditions are typically calm, and the water is typically in the low 60s. There will be buoys marking the course, which you will keep to your left EXCEPT for the last buoy. The ONLY BUOY you will keep on your right will be GREEN and be the last turn towards the swim finish.

We **highly recommend wearing a wetsuit**. Although it is highly unlikely, race management reserves the right to require wetsuits if they deem it is too dangerous to go into the water without one. If there are unusually cold conditions, and we determine that wetsuits are required, we will post a notice on www.tri-maine.com 48 hours before the race. Wetsuits can be rented from wetsuitrental.com. If wetsuits are required and you don't have one, you won't be allowed to compete in the swim, but will be allowed to do the rest of the race for an unofficial time.

REMEMBER - Safety First! There will be a number of boats in the water and lifeguards on the shore and in kayaks monitoring the race. If you are in need of assistance during the swim, raise your arm in the air, or swim to the nearest kayak/boat. You are allowed to stop and rest on the boat without a penalty as long as you do not make any forward progress.

After the am pre-race meeting, volunteers will stage participants into waves. Each wave is marked by a different color swim cap. You will be assigned a wave based on your age category.

| | | | |
|--------|--|------|--------------------------|
| Wave 1 | Men | 7:30 | FORREST GREEN |
| Wave 2 | Women, Relays and Aquabike (Men & Women) | 7:33 | FLORESCENT ORANGE |
| Wave 3 | Novice Men and Women | 8:15 | FLORESCENT GREEN |
| Wave 4 | Age Group Men and Clydesdales | 8:23 | FLORESCENT YELLOW |
| Wave 5 | Age Group Women, Athena and Relays | 8:26 | WHITE |

This order of waves eliminates much of the concern for bike crossover between the first athletes coming back from the bike, and the last athletes going out on the bike, at the intersection of Rte 302 and Point Sebago Road. It also minimizes our overall impact on Rte 302, which is a major roadway. We recognize that some of the top sprint athletes will encounter more cyclists on the road than other wave formats; however, we start in this order based on overall athlete safety. If you have specific questions, please e-mail info@tri-maine.com.

****Please note that the wave assignments and start times are subject to change. Once registered, you may not opt into the Novice Waves without approval from Race Director.***

Transition Area

You will be assigned to a specific bike rack based on your race number. If you put your bike in the incorrect spot, it will be moved to the correct spot, and we'll try to notify you (but that can't be guaranteed) or you may be given a time penalty. You may not use balloons to mark your spot because of the danger they pose when there is wind. No one is allowed into the Transition Areas except athletes and race staff/volunteers at any time! You must be body marked with

your number in order to enter the Transition Area before the race, and to check your bike out after the race.

Since the Transition Area has such high traffic, you must be aware of other athletes at all times and their space. Please do not move anyone else's belongings without permission and do not let your belongings take up more than your fair share of space (typically a couple of feet on one side of your bike). When you are ready to begin the bike leg of the race, exit out the opposite end of the TA from where you entered. You may not ride your bike until you have exited Transition and reached the designated mount/dismount line.

You MUST have your helmet buckled before you get on your bike. If you mount your bike without your helmet fastened on your head, you risk disqualification. The same is true if you take your helmet off before you dismount your bike. When you return from the roads, you must re-rack your bike in the same spot where it was originally racked. It is a very good idea to understand the flow of the Transition Areas before the race begins.

Bike

The Sprint bike course will be a 14.5 mile lollipop course with varied terrain, including a climb, on low traffic country roads. The Olympic bike course is a 24.6 mile loop. Enjoy views of Mount Washington and Sebago Lake. There are no aid stations, but there will be lead and sweep vehicles. All athletes must be off the course by 10:45 a.m. If you are not finished with the bike leg by that time, you may be picked up by a sweep vehicle and returned to the transition area. You will be allowed to finish the rest of the race, but your time will be considered unofficial and you will not be eligible for awards. The course will be marked with arrows, signs, and cones. **Please exercise caution while cycling and keep your speed under control, especially if the pavement is wet.** At the bottom of some hills you will see orange cones guiding you around a sharp right-hand turn. Please stay to the right of the cones.

The roads inside the resort will be closed to vehicles during most of the bike leg portion (approximately from 7:30 am to 10:45 am). Once you leave the resort the roads will be open to vehicles during the race, with police controlling traffic at big intersections. There is a busy stretch of road on Rte. 302. Please pay attention to the signs and volunteers warning you about upcoming changes. ***Stay as far right on the road as possible and obey all rules of the road regarding cycling.*** If you have bike trouble, please notify the nearest volunteer/officer so a support vehicle can be dispatched. We will dispatch a mechanic but cannot guarantee that he will be able to fix your bike out on course, so you may consider bringing a flat kit with you.

There will not be a water station on the bike course. Plan to bring whatever water you will need for the ride. When you finish the ride, you must dismount your bike at the mount/dismount line, and make your way to the Transition Area. Remember - rack your bike in the same spot it was in before.

All athletes must complete the bike course within 2 hours from the start of the last swim wave (approximately 10:45am). If you are still on-course at that time, you will be picked up by the sweep vehicle and brought to the Transition Area. You will be allowed to finish the race, but you will need to give in your chip, and you will be given a DNF. This rule is in the best interest of the motorists, police, volunteers, and other athletes.

Run

The run is an out-and-back course on resort roads, finishing on the beach. Follow the volunteers, signs, and arrows that are marking the route. Water and electrolyte replacement (Gatorade) drink will be available at approximately each mile. The run course is open to vehicles for resort guests only (not a public road). Vehicles and runners will be separated by cones in the first and last mile of the course. While inside the coned lane runners should stay to the **right** side and be aware that other runners may be coming from the opposite direction. Once runners pass the coned lane on the way out they should always stay on the right side of the road.

IMPORTANT: OLYMPIC PARTICIPANTS DO TWO LAPS. IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU DO BOTH LAPS. THERE WILL BE A BIG SIGN REMINDING YOU, LAP LEFT AND FINISH RIGHT

All course maps can be found at the end of this guide.

POST-RACE

Following the race there will be a BBQ with beer and some light snacks available for all competitors. There may be a small number of tickets still available. Please ask at packet pick-up.

The transition area will be open following the last cyclist, at approximately 10:30 am. Please do not ask to retrieve your gear before this time, out of respect for the athletes who are still competing. **If you are prone to getting chilly, plan ahead and store any warm clothes outside of the Transition Area, or with friends.**

The awards ceremony will take place at approximately 11:00 am. Awards that are not claimed will not be shipped.

Photography

Look for links on our website, and in our post race follow-up email for information on complimentary photos sponsored by Tri-Maine and All Sports Events.

RULES AND OTHER CONSIDERATIONS

A Message from USA Triathlon to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

Position Rules:

Ride on the right side of your lane.

Keep three bike lengths between yourself and the cyclist in front of you.

Pass on the left of the cyclist in front, never on the right.

Complete your pass within 15 seconds.

If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass. Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

Position– riding on the left side of the lane without passing.

Blocking – left side riding and impeding the forward progress of another competitor

Illegal Pass – passing on the right.

Overtaken - failing to drop back three bike lengths before re-passing

Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Time penalty or disqualification

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right-hand side of the lane of travel unless passing.

Illegal Pass--cyclists must pass on the left, not on the right.

Blocking--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion, time penalty or disqualification

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkmans (does anyone still have these?), ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Time penalty

Variable Time Penalties

| Distance Category | 1st Offense | 2nd Offense | 3rd Offense |
|-------------------|--------------|---------------|------------------|
| Sprint | 2:00 minute | 4:00 minutes | Disqualification |
| Intermediate | 2:00 minutes | 4:00 minutes | Disqualification |
| Long | 4:00 minutes | 8:00 minutes | Disqualification |
| Ultra | 6:00 minutes | 12:00 minutes | Disqualification |

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:

<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

Inclement Weather

The Sebago Lake Triathlon Festival will not be canceled for any reason other than severe conditions that pose extreme danger to athletes and volunteers. Race Management reserves the right to alter the course in whatever way they deem is in the best interest of the athletes and volunteers. This includes, but is not limited to, shortening or changing the course, removing one of the sports, postponing the start, etc. There are no refunds in the case of weather-caused changes or cancellations. If canceled, the Sebago Lake Triathlon Festival will not be rescheduled.

First Aid

The race will be monitored by paramedics, Fire/Rescue personnel, lifeguards, volunteers and Police who are in close contact with race management. If at any point during the race you have a medical concern, notify a race official or a volunteer immediately for assistance. There will be an ambulance provided by The Town of Casco on the event venue.

Medical Services

Emergency.... Call 911

If you have any pre-existing conditions that race management should know about, please make them aware before the race. Please e-mail any concerns or information to info@tri-maine.com.

Resort Info

Parking - There is a \$5 vehicle parking fee at the resort. This will be paid directly to the resort. Please have cash to pay when you arrive. There is no parking allowed on Point Sebago Road.

Bathrooms and Showers - There will be indoor restrooms and showers available for use in Sebago Square, and behind the Grove Pavilion near the marina.

Lodging - Point Sebago Resort will offer a discount to registered athletes and their families on camping, housing and weekend packages. Call 1-800-530-1555 for complete details. To receive the discount while making a reservation you must say that you've registered for the triathlon.



Other Considerations

Saturday at 7PM

FREE Michael Phelps Skill Center Swim Safe Certified tri-safety clinic – We are excited to be able to offer athletes the chance to prepare for the rigors of an open-water swim. In 2017, we once again have partnered with the Michael Phelps Skill Center in Saco to give you the opportunity to train in a dynamic environment. The Center offers programs and clinics to address safety and comfort in competition, develop stroke efficiency, and maximize performance. The Center is located at the OA Sports Complex in Saco. Visit - www.michaelphelpsskillcenter.com

Swim Safe Certified is a tri-safety clinic that was developed in collaboration with triathletes and open-water swimmers. It is designed to build confidence in open-water events through an exclusive, interactive instruction curriculum that will help competitors prepare to swim.

During this clinic we will address feelings of anxiety & panic that often occur when swimming in crowded conditions, talk about ways to breathe and maintain breath control in dynamic water, and discuss different open-water emergencies that may arise and the best way to handle those situations (cramping, fatigue, water-filled goggles etc.).



Age Groups - You will be assigned to an age group based on your numerical age as of December 31, 2017, so if you are going to turn 50 at any point in 2017, you will race in the 50-54 group. Age groups are every 5 years male and female starting at 19 and under. There will be awards for the top 3 finishers in each age group; top relays in all male, all female, and mixed categories; and the top three men and women overall as well as the top duathlon finishers.

CycleMania - CycleMania will be on-site providing bike mechanic support and selling last-minute race items. Look for their tent and truck near the transition area and finish line.



Relays - Relay chip hand-offs take place inside the Transition Area at your designated rack position. Each member of the relay team must collect their own packet and numbers. There will be awards for the top relay in each category (male, female, mixed).

Timing - The Sebago Lake Tri will be chip timed by **All Sports Events**. Your results will include five splits in addition to your overall time - swim, transition from swim-to-bike, bike, transition from bike-to-run, and run time.



Results - Live and searchable results are available during the race. Check the results link [HERE](#) or go to our website, www.tri-maine.com and follow the links race week to choose your favorite athletes for web tracking or to download a mobile app for real time athlete web tracking! On the website you can choose your “favorite” athletes to follow, and those participants will be at the top of the screen all of the time with the last time they went through a timing point and the location.

Volunteers - Volunteers will be stationed throughout the course for your support. Let one of them know if you have a question or concern about the race; they are there to help you. After the race, be sure to thank the volunteers who are working the event. Without them, this race could never happen!

Food - Point Sebago Resort will have their general store open at 7:00 am. if you would like to buy light snacks and coffee.

Race Day Checklist

What to bring on the big day?

Whether you're a seasoned pro or a nervous newbie, everyone makes mistakes and forgets things. Be sure to bring the following items with you on Race Day and keep this checklist handy for future races!

General

- ☐ USAT Membership Card (if applicable)
- ☐ Picture ID
- ☐ Athlete Packet (Directions, maps, Etc)
- ☐ Money
- ☐ Race Numbering (from Packet Pickup)
- ☐ Timing Chip (from Packet Pickup)
- ☐ Water, Gel Packs, Energy Bars, Etc
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Change of Clothes
- ☐ Good Attitude!

Swim Gear

- ☐ Bathing Suit or Tri Shorts
- ☐ Wetsuit
- ☐ Swim Cap (from Packet Pickup)
- ☐ Goggles
- ☐ Water Bin for Transition

Bike Gear

- ☐ Bike
- ☐ Helmet
- ☐ Helmet # (from Packet Pickup)
- ☐ Bike Shoes
- ☐ Socks
- ☐ Tire Pump/CO2 Cartridges
- ☐ Spare Tubes and Tires
- ☐ Tools
- ☐ Bike Numbering (from Packet Pickup)

Run Gear

- ☐ Running Shoes
- ☐ Extra Safety Pins for Race
- ☐ Numbers or race belt if you have one

Transition Area

- ☐ Socks
- ☐ Towel
- ☐ Bin/Bag to keep Gear Contained

Other Personal Items

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Race Information

Race: _____

Location: _____

Start: _____

Notes: _____

www.tri-maine.com

SEBAGO LAKE TRIATHLON SWIM COURSES
SPRINT



OLYMPIC



SEBAGO LAKE SPRINT TRIATHLON BIKE COURSE



SEBAGO LAKE OLYMPIC TRIATHLON BIKE COURSE



SEBAGO LAKE RUN COURSE

