



2023 ATHLETE GUIDE



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Welcome to the 13th annual Maple Grove Triathlon!

Around 1,000 athletes are coming from all over the region to the city of Maple Grove to compete in one of the toughest sports around. It is our goal to produce a safe, challenging, and memorable event for each athlete.

We want you to have a premier race experience, so we ask you to please take a few minutes to read through the information in this Athlete Guide.

We'd like to extend a very special "Thank You" to the City of Maple Grove Parks and Recreation for welcoming this event year after year to its beach at Weaver Lake.

More so, we extend a heartfelt appreciation to more than 200 local volunteers who will be out there to support your efforts and to celebrate your dedication. This race would not be made possible without them!

Each athlete that steps up to the starting line has already done the hard part, you had the guts to register, and you've put in the long hours of training. It's now time to get your reward of enjoying every moment of the race. We're excited to host you at our event and hope you all have a successful and safe race!

Thank you,

Your Maple Grove Triathlon Team



OFFICIAL SCHEDULE OF EVENTS

FRIDAY, AUGUST 25

- | | |
|------------------------|---|
| 11:00 a.m. – 7:00 p.m. | Expo Open
Mandatory Packet Pick Up
Optional Bike and Gear Check-In |
| 2:00 p.m. - 6:00p.m. | Gear West Bike & Tri on-site for bike tech. support and sales |
| 2:00 p.m. | Athlete Meeting |
| 4:00 p.m. | Athlete Meeting |
| 5:00 p.m. | Splash & Dash Transition opens |
| 6:00 p.m. | Kids Splash & Dash Start - Junior (ages 7-10) Kids
Splash & Dash Start - Senior (ages 11-15) |

SATURDAY, AUGUST 26

- | | |
|------------------------|--|
| 5:00a.m. | Transition Opens – All distances |
| 6:40a.m. | Transition Closes – All distances |
| 6:45a.m. | Race Start - International |
| 7:45a.m. | Race Start – Sprint |
| 8:00a.m. | Race Start – Duathlon (from Transition Area) |
| 9:00a.m. | Race Start – Super Sprint |
| 11:00 a.m. – 1:00 p.m. | Transition Bike/Gear Check Out |
| 11:00 a.m. | (estimated) Awards Ceremony |



PACKET PICK UP & EXPO

Athletes must check in and pick up their packet on Friday, August 25th between 11:00 p.m. and 7:00 p.m. There is no Race Day pick up option.

Athletes are highly encouraged to attend one of the Athlete Briefings, emphasizing timelines, rules and provide a great deal of details and last-minute tips to having a successful race. The briefings are held on Friday at 2pm and 4pm

Individual Participants

All athletes are required to pick up their own registration packet at the Expo, except relay teams.

Participating athletes may pick up ONLY their own packet. NO EXCEPTIONS.

Relay Teams

Relay Teams can either pick up as a team (all team members must be present together) or have the Team captain pick up for the team.

Captains must have a copy of each team members photo id. NO EXCEPTIONS

Required Check-In Items

In order to successfully complete the Packet Pick Up process, athletes need to provide a current driver's license/photo ID.

Registration Packet Items

Athletes will receive the following items during Packet Pick Up:

- Swim Cap
- Bib Number
- Race Number Tattoos
- Bike/Helmet/Gear Bag number
- Safety Pins

Timing chips will be picked up race morning.



Timing Chips

Timing chips and straps will be distributed race morning at the registration pavilion.

- Please always wear the timing chip and strap on the outside left ankle during the race in order to receive an official race time.
- If wearing a wetsuit, please strap the timing chip underneath the wetsuit to avoid it inadvertently falling off.
- Athletes must return your timing chip upon crossing the Finish Line. Volunteers will be on hand to collect timing chips and to help with chip removal.
- Those who do not finish are asked to please turn-in their timing chip into an event staff member immediately after dropping out.

Want your time? Wear your chip correctly!



MAPLE GROVESM Triathlon



Race Numbers

You will be issued a series of items at Packet Pick Up, including the following:

- **Bike Number:** must be attached to your bike and the number must be visible from both sides before you will be allowed to bring your bike into the Transition area.
- **Helmet Number:** placed on the front of your helmet.
- **Bib Number:** worn facing the front on the run.
- **Drop Bag Number:** placed on dry clothes bag. This can be any reasonably sized bag supplied by you the athlete (the race does not supply them) and dropped before the race starts at the Athlete Services Tent. This bag can be reclaimed by the athlete or any friend or family member who possess the athletes race bib.

Bike Stickers

Please adhere the large sticker across your bike's top tube or seat tube. This number will match the athlete tattoo and is mandatory for bike checkout.



Run Bib

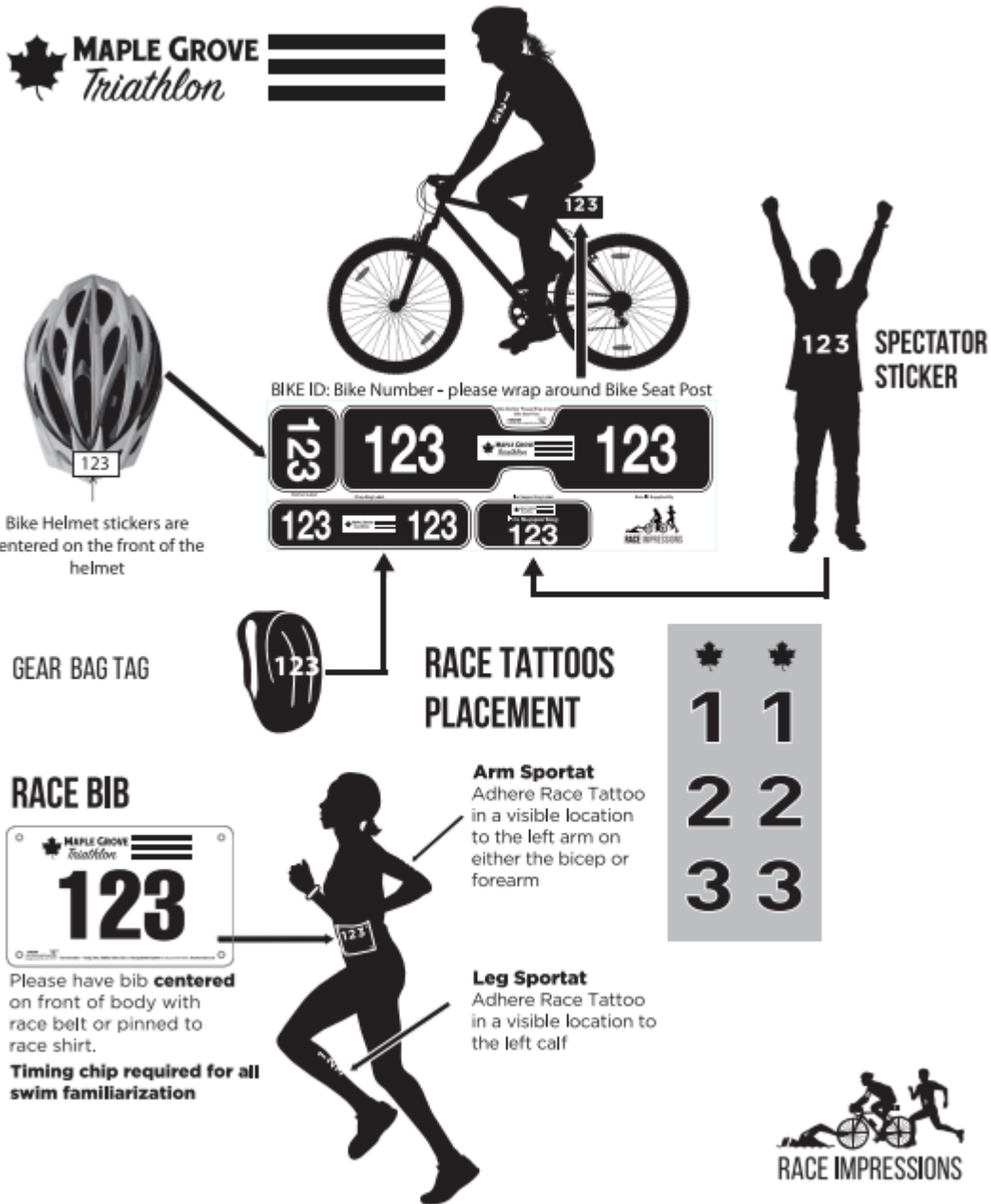
Please wear on the front of your running shirt or shorts. The number **MUST** be visible while you run. Do not cut, fold, or alter your race number in any way.



MAPLE GROVE SM Triathlon



Athlete Race ID System Placement



Competition Rules and Race Information. It is the athlete's responsibility to know the competition rules for the event in which they are competing, review all pre-race briefing materials and athlete guides and attend any required briefings and/or virtual briefings.

Race Number Systems, Sportstiks, SporTats (R), PaceTats(R), Race Bibs, Wristbands and Dreaming up More!

MAPLE GROVESM Triathlon



Swim Caps

Your official swim cap will be provided to you at packet pickup. This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the swim staging area without it. - one swim cap color will be issued for each race distance (Collegiate wave). Be alert and ensure that you start with the correct wave. Participants must start in their designated swim wave (please follow signage), NO EXCEPTIONS.!

Body Marking

Body marking is a customary process in triathlon where athlete numbers will be applied to each arm (and race age to the left calf). You will be provided temporary tattoos for your arms and they should be applied race morning before you arrive. If you are wearing a race suit with sleeves, your number should go on your forearm.





THE MAPLE GROVE TRIATHLON COURSE

International Course	.93-mile swim 23-mile bike 6.2-mile run
Sprint Course	.47-mile swim 11-mile bike 3.1-mile run
Super Sprint Course	.25-mile swim 5-mile bike 3.1-mile run
Duathlon Course	3.1-mile run 11-mile bike 3.1-mile run

Swim Course

Athletes are NOT able to warm up for the event on the north side of the beach Saturday morning due to safety reasons. Athletes are NOT to be in the water to practice on Friday while the swim course is being set up.

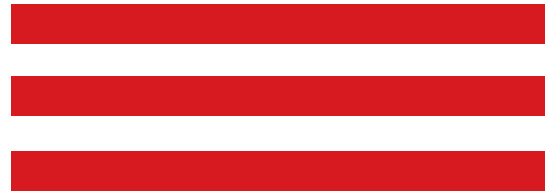
Athletes will begin the Swim from the beach. Elite waves will utilize a mass start while others will use a time trial start (two athletes starting every three seconds). Athletes will line up near the Start Line according to their dedicated wave starts.

All swimmers will complete a triangular, clockwise loop around Weaver Lake. Large red buoys will mark the international turns. Large orange buoys will mark the Sprint turns. Green buoys will mark the Super Sprint turns. Swimmers will only make right turns, staying to the left of their respective turn buoys.

Bike Course *(see map, following page)*

All athletes leave the park and turn right (south) onto Maple Grove Parkway. The Bike Course is open to one lane of traffic on parts of the course. This requires athletes to ride with caution and being aware of their surroundings. Each race distance will ride a one loop course. **It is the athlete's responsibility to know their racecourse and know where to turn.** There will be police and volunteer support out on course for safety, but each athlete is responsible for their safety on the course, so please ride with caution.

MAPLE GROVE SM Triathlon



Run Course

The run course follows the park path west through the ball fields then drops you into the neighborhood at 83rd Ave N. Run west to Lawndale Ln. N. and take a left to head south. Next, take a right on 82nd Ave. N. and head west. When you hit the “T” you go left to continue on 82nd Ave. N. You hit another “T” and go left to continue on 82nd Ave. N. At County Rd 101 (Troy Ln. N) you take a right onto the path that parallels the road to head north. Turn right onto Weaver Lake Dr follow Weaver Lake Dr. as it brings you around back to the park follow the path that brings you into the lower level of the park.

SPRINT, SUPER SPRINT and DUATHLETES stay right and head into the finish line after you complete one lap.

INTERNATIONAL COURSE stay left running past the finish line, merging with athletes coming out of transition to begin your 2nd loop.

As you run through the neighborhoods around the lake, please be respectful to these communities and stay out of the middle of the road as they are open to car traffic.

Relay Teams

The Relay pen will be near the **RUN OUT** flag. Swimmers will meet their biker and pass their timing chip to the biker at this location. Biker will complete the course, come back to transition, rack their bike, and return to the relay pen to exchange bib with runner for the final run. Athletes can enter the relay pen from South corner.

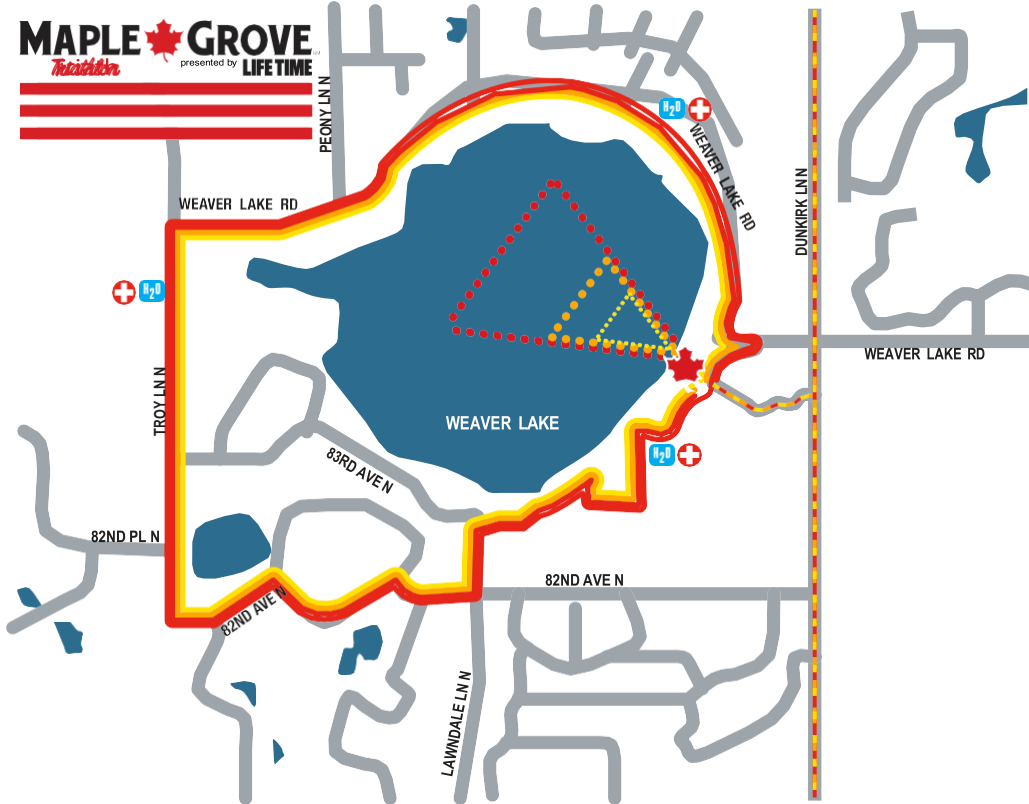
Duathletes

The first run portion will start from just outside the relay pen in transition. Look for the Duathlon Start flag. You can get into the start staging area from the South end of the relay pen. Please do not walk over the timing mats from the Swim In area that racers will be coming through at the time of your race. You will start in a time trial fashion as well.

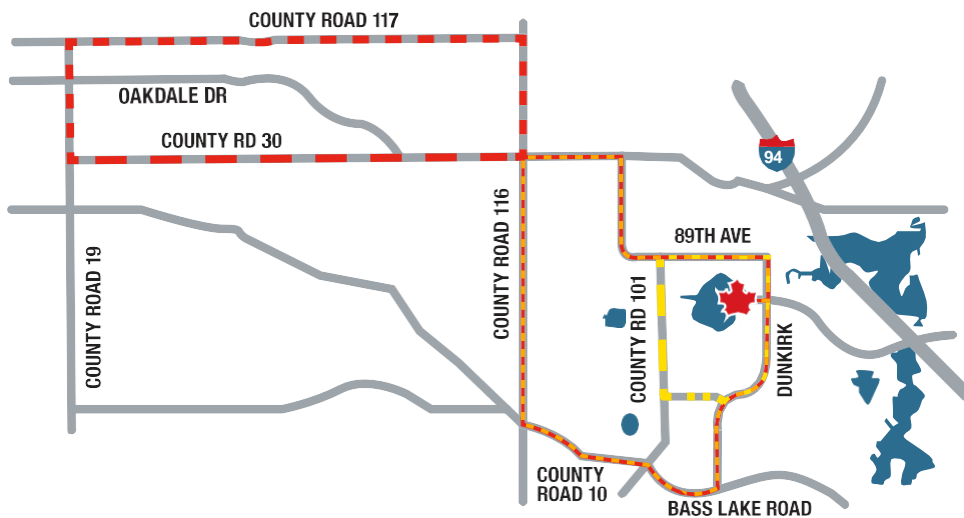
MAPLE GROVE Triathlon



MAPLE GROVE Triathlon presented by LIFETIME



RUN/SWIM COURSE



BIKE COURSE

	Start /Finish		INTERNATIONAL COURSE		SPRINT COURSE		SUPER SPRINT COURSE		DUATHLON COURSE
	Aid Station		.93 Mile Swim		.47 Mile Swim		.25 Mile Swim		3.1 Mile Run
	Water Station		23.17 Mile Bike		11.16 Mile Bike		5.03 Mile Bike		11.16 Mile Bike
			6.2 Mile Run		3.1 Mile Run		3.1 Mile Run		3.1 Mile Run

MAPLE GROVESM Triathlon



KEY BIKE COURSE SIGNAGE

The bike course is straight forward, with two key areas where athletes will make a turn based upon their specific event. We will have signs on course marking these two locations. Signs will be colored to match the events bib color. We strongly recommend you review the event course map and pre-ride or drive the course before race day. **It is the athlete's responsibility to know the course they are to bike.** Law enforcement will be present to direct traffic and volunteers will help steer athletes at corners, **but the responsibility to make the correct turns comes down to you the athlete.**

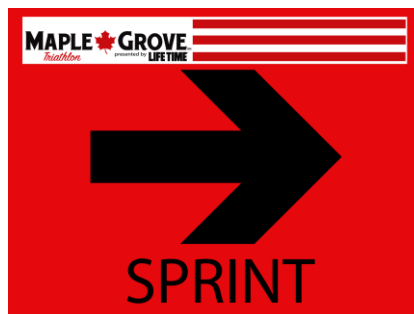
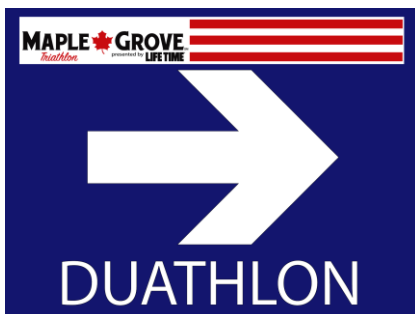
MAPLE GROVE PKWY/LAWNDALE LN N

Super Sprint Distance athletes will make a right turn from south bound Maple Grove Parkway to north bound Lawndale LN. This corner will be marked with a yellow sign.



CO RD 116/CO RD 30

The roads at this intersection are also labeled Fletcher Ln(CR116) and 97th Ave (CR30). International and Collegiate athletes will turn left on 97th Ave (CR30), Sprint and Duathlon athletes will turn right on 97th Ave (CR30). Please follow the signs for your event.





RACE DAY LOGISTICS

Race Day requires all athletes, spectators, volunteers, and staff to abide by a variety of special timelines, access points and security processes.

Parking Information

Participant drop off location

82nd Ave

If riding with a family member or friend, please use 82nd Avenue N. as a drop off location. Prepare and unload your gear close to the park without the rush of parking and walking on your own. Note: the parking lot on the south side of Weaver Lake Park off of 82nd Ave is reserved for handicap, volunteers, staff and VIP

Participant parking

Weaver Lake Elementary School
15900 Weaver Lake Road
Maple Grove, MN 55311

Easily Park in the Weaver Lake Elementary School lot and walk just blocks to the park entrance. Please allow approximately 10 minutes to park and walk.

Athletes can also use public streets for parking on race day unless marked as no parking zone.

Spectators and participant overflow

Boston Scientific
One Scimed Place Maple Grove, MN 55311

NO ATHLETE DROP OFFS CAN OCCURE ON MAPLE GROVE PKEY! WE HAVE STRICT ORDERS FROM THE POLICE DEPARTMENT TO NOT ALLOW THIS TO OCCUR DUE TO TRAFFIC BACK UPS AND OBSTRUCTION OF TRAFFIC FLOW. PLEASE RESPECT THIS REQUEST.

MAPLE GROVE SM Triathlon



Transition Information

5:00 a.m. Transition area opens for all athletes

6:40 a.m. Transition closes for all athletes

- All bikes must be stickered prior to entering Transition.
- Athletes must wear your tattoo to enter Transition as well to remove bikes following the event.
- Race Staff and Volunteers will close and secure Transition during the race to ensure the safety of all athletes.
- Bike number stickers will be checked against bib numbers and race tattoos before bikes are permitted to exit Transition.
- Please do not ask to retrieve your bike or gear prior to 11:00 a.m.
- Be courteous to fellow athletes, volunteers, and race staff. Harassment or unkind behavior will not be tolerated and will lead to disqualification.

Bike Check In

Participants have the option to rack their bikes in the Transition Area on Friday, between 11:00 a.m. and 7:00 p.m. or on Saturday morning. Once Transition closes, athletes will no longer be allowed to rack their bikes.

- Bike labels must be applied.
- Overnight security will be provided.
- Look at signs at the ends of the bike rack rows within the Transition area to locate your specific rack and spot.
- Transition racks will be designated with athlete number stickers.
- Once a bike has been checked into the Transition Area, it cannot be removed until after the start of the race (for the bike leg).
- Athletes will need a bib number to reclaim bikes after the race.
- Bike tech will be provided by Gear West Bike both Friday and Saturday.



WAVE START SCHEDULE

The Maple Grove Triathlon will utilize a combination of mass starts and time trial starts to help provide a smooth Swim Start sequence:

- Premier and Collegiate Divisions will begin in a mass start.
- All other divisions will utilize a time trial start from land with two (2) athletes being released into the water every three (3) seconds.
- You are encouraged to enter the water with your wave, but if you miss your start time, you can enter with another wave.

It is important to note that wave times listed below are guidelines, waves will most likely move faster than times listed. To be safe, we recommend all athletes be at the start area at least 15 minutes before the time their distance (not wave) is scheduled to start.

MAPLE GROVE SM Triathlon



INTERNATIONAL DISTANCE

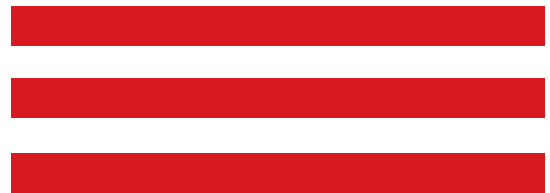
WAVE #	DIVISION	START TIME	START TYPE	CAP COLOR
1	COLLEGIATE MALES	6:45 AM	MASS START	GREEN
2	COLLEGIATE FEMALES	6:47 AM	MASS START	GREEN
3	PREMIER MALES	6:50 AM	MASS START	WHITE
4	PREMIER FEMALES	6:52 AM	MASS START	WHITE
5	ALL RELAYS	6:53 AM	TIME TRIAL	WHITE
6	MALES 19 & UNDER	6:54 AM	TIME TRIAL	WHITE
7	FEMALES 24 & UNDER	6:55 AM	TIME TRIAL	WHITE
8	MALES 20-29	6:56 AM	TIME TRIAL	WHITE
9	MALES 45-49	6:57 AM	TIME TRIAL	WHITE
10	MALES 35-39	6:58 AM	TIME TRIAL	WHITE
11	MALES 55-59	6:59 AM	TIME TRIAL	WHITE
12	FEMALES 40-44	7:01 AM	TIME TRIAL	WHITE
13	MALES 40-44	7:02 AM	TIME TRIAL	WHITE
14	MALES 50-54	7:04 AM	TIME TRIAL	WHITE
15	MALES 30-34	7:05 AM	TIME TRIAL	WHITE
16	FEMALES 25-39	7:06 AM	TIME TRIAL	WHITE
17	FEMALES 45-54	7:07 AM	TIME TRIAL	WHITE
18	FEMALES 55-64	7:08 AM	TIME TRIAL	WHITE
19	MALES 60+	7:09 AM	TIME TRIAL	WHITE
20	FEMALES 65+	7:10 AM	TIME TRIAL	WHITE
21	BUDDY WAVE	7:11 AM	TIME TRIAL	WHITE
22	FIRST TIMER WAVE	7:12 AM	TIME TRIAL	WHITE

***PLEASE ARRIVE EARLY. THESE TIMES ARE AN ESTIMATE**

MAPLE GROVESM



Triathlon



SPRINT DISTANCE

WAVE #	DIVISION	START TIME	START TYPE	CAP COLOR
23	ALL RELAYS	7:45 AM	TIME TRIAL	RED
24	FEMALES 19 & UNDER	7:46 AM	TIME TRIAL	RED
25	MALES 29 & UNDER	7:47 AM	TIME TRIAL	RED
26	MALES 35-44	7:48 AM	TIME TRIAL	RED
27	FEMALES 20-29	7:49 AM	TIME TRIAL	RED
28	MALES 30-34	7:50 AM	TIME TRIAL	RED
29	MALES 65-69	7:51 AM	TIME TRIAL	RED
30	FEMALES 35-49	7:52 AM	TIME TRIAL	RED
31	MALES 45-49	7:53 AM	TIME TRIAL	RED
32	MALES 60-64	7:54 AM	TIME TRIAL	RED
33	FEMALES 30-34	7:55 AM	TIME TRIAL	RED
34	FEMALES 60-69	7:56 AM	TIME TRIAL	RED
35	MALES 50-59	7:57 AM	TIME TRIAL	RED
36	FEMALES 50-59	7:58 AM	TIME TRIAL	RED
37	MALES 70+	7:59 AM	TIME TRIAL	RED
38	FEMALES 70+	8:00 AM	TIME TRIAL	RED
39	PARATRIATHLON OPEN	8:01 AM	MASS START	RED
40	BUDDY WAVE	8:04 AM	TIME TRIAL	RED
41	FIRST TIMER WAVE	8:05 AM	TIME TRIAL	RED

DUATHLON

	ALL DUATHLETES	8:00 AM	TIME TRIAL	NONE
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SUPER SPRINT

WAVE #	DIVISION	START TIME	START TYPE	CAP COLOR
42	ALL MALES	8:30 AM	TIME TRIAL	YELLOW
43	ALL FEMALES	8:31 AM	TIME TRIAL	YELLOW
44	BUDDY WAVE	8:32 AM	TIME TRIAL	YELLOW
45	FIRST TIMER WAVE	8:33 AM	TIME TRIAL	YELLOW

***PLEASE ARRIVE EARLY. THESE TIMES ARE AN ESTIMATE**

MAPLE GROVESM Triathlon



Duathlon Information

The Duathlon will consist of a run-bike-run event, in this order:

- Run: 3.1 miles (1 Run Course loop)
- Bike: 11 miles (Sprint Bike Course)
- Run: 3.1 miles (1 Run Course loop)

Duathletes will begin their first run segment from the Run Out area in Transition. They will complete one 3.1 mile run loop, then re-enter Transition from the Run Out chute and proceed to the Bike Course as usual.

All Duathletes should congregate at the Run Out chute approximately 10 minutes prior to the posted start time for a pre-race briefing.

Relay Team Information

- Only the biker of the relay team will be allowed to enter Transition.
- The Swimmer and Biker will pass their timing chip to their teammate outside of Transition at a special Relay Pen located immediately adjacent to the Swim In and Run Out areas.
- The Swimmer will run up to the pen after the swim and pass the timing chip to the Biker.
- The Biker will enter Transition, take their bike off the rack, and complete the bike portion. When the biker comes back to Transition, they must rack their bike, run to the Relay Pen and pass the timing chip to the Runner who is waiting in the Relay Pen.
- Athletes can enter the Relay pen from the South corner

Medical Support

The event will operate a Medical Tent located in the Finish Chute area staffed by the professionals at Odom Sports Medicine.

Should you experience any medical issues, please notify the nearest official or Aid Station who will dispatch appropriate medical attention.

Please be sure to hydrate well with the heat expected

MAPLE GROVE SM Triathlon



Aid Station Information

Fluids will be available before, during and after the event.

- Pre-Race: Water will be provided along the south end of Transition.
- Bike Course: There will be no aid stations on the bike course
- Run Course: The Run Course offers three Aid Stations. Water and Sports Drink will be served at Aid Stations approximately located at miles .5, 1.5, 2.5, 3.5, 4.5, and 5.5.

Restroom Facilities

Portable toilets will be available in transition, near the Start Line, Finish Line, Run Aid Station at mile 1.5/4.5 and in the spectator area.

Post Race Food

Water and sports drink will be provided in the Finish Line, along with snacks and bananas.

Course Cut Offs

To adhere to city and park permit timel i n e s , this event requires athletes to make continual forward progress. Each discipline will close at these specific times:

- Swim Course: The International Swim Course will close one hour after the start of final International wave. The Sprint Course will close 30 minutes after start of final Sprint wave. The Super Sprint Swim Course will close 20 minutes after the final Super Sprint wave.
- Bike Course: The Bike Course will close at 11:00 a.m.
- Run Course: The Finish Line will close at 12:00 p.m.

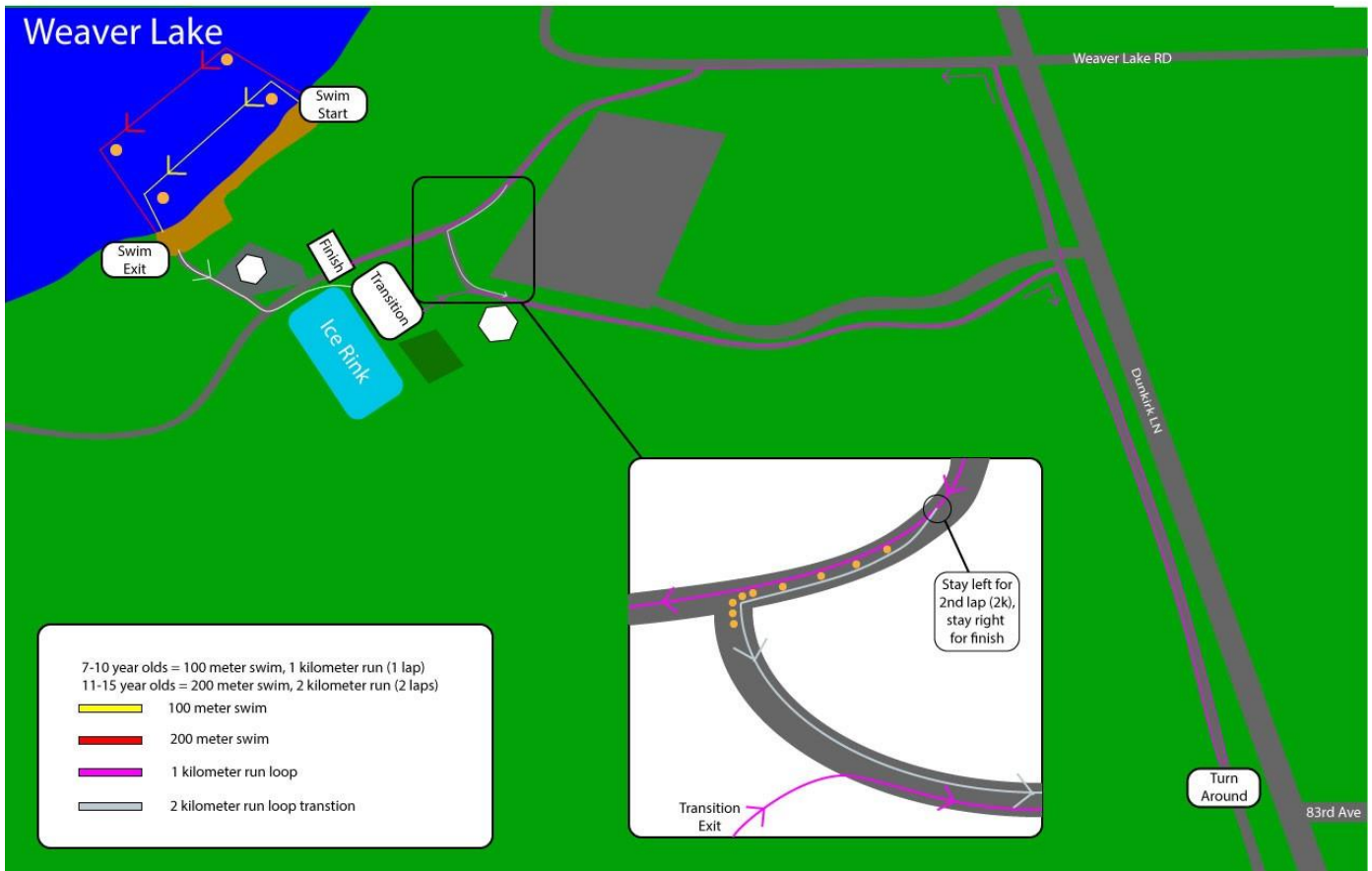
MAPLE GROVESM Triathlon



YOUTH SPLASH & DASH

Packet pick up will be Friday August 25th from 11am - 5pm at Weaver Lake Park. Transition will open at 5pm. Kids will not be allowed in the water until all lifeguards are staged. Transition will be grouped into two zones, junior and senior. Athletes will be free to stage their equipment in their chosen area inside their designated zone. Volunteers will help coordinate this process. Kids should stage on the beach at 5:45pm for race briefing and safety talk. Athletes will enter the water 2 at a time every 3 seconds. A single aid station will be set up with water as the athletes exit the transition. Senior athletes will pass the aid station a second time as they begin their second run lap. All running will be on path, no running on the street please. Wave grouping and start times will be:

- Seniors ages 11-15 starting at 6:00pm
- Juniors ages 7-10 starting at 6:10pm (approximately)



MAPLE GROVESM Triathlon



Event Alert System

This race will employ the EAS system, encompassing a color-coded system to display current event conditions.

Participants will notice flags posted in transition, as well as near the athlete services tent. Please be attentive to conditions and adjust your activities accordingly.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

In the event that lightning occurs along the course, please immediately seek shelter under a permanent structure.

USA TRIATHLON

This race is a USA Triathlon (USAT) sanctioned event. All USAT rules apply:

- Per USA Triathlon rules, we will be enforcing the Age-Up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete age on December 31, 2022.
- For USAT Rules, please visit www.usatriathlon.org.



Do You Know the Rules?

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

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

Chin Straps: Chin straps must be always fastened when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification (on course); time penalty (in Transition).

Unauthorized 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

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. Penalty: Variable

Position: Keep to the right-hand side of the lane of travel unless passing. Penalty: Variable

Illegal Pass: Cyclists must pass on the left, not on the right. Penalty: Variable

Blocking: Riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass. Penalty: Variable

Overtaken: Once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. Penalty: Time penalty

Full 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 always obey all applicable traffic laws. Penalty: Referee's discretion, time penalty or disqualification

Unsportsmanlike 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

MAPLE GROVE SM Triathlon



Headphones and Mobile Phones: Headphones, Air pods, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Phones may be carried, but must be stored out of sight, and in the “off” position. A participant may only use the phone when dismounted, off course, and not making forward progress. Penalty: Time penalty

Race Numbers: All athletes are required to always wear race numbers during the run. Numbers must be always clearly visible. 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.

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

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.

For a complete list of rules, read the most current USA Triathlon Competitive Rules at: <http://www.usatriathlon.org/about-multisport/rulebook.aspx>

Transition Area Conduct

For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition area - you must walk or run your bike. There will be clearly marked mount and dismount lines; please obey them for your safety and for the safety of spectators and other participants. Watch for other athletes as you move through the Transition area and follow the instructions of race officials and volunteers. No glass containers are allowed in the Transition area.

Dropping Out

If you drop out of the race FOR ANY REASON, it is imperative that you notify a Race Official or Race Staff immediately and return your timing chip to them or the Timing Tent located at the Finish Line.



RESULTS & AWARDS

Results

Race results will be updated regularly online throughout the day. Please visit the results tent after you finish for your personal time. You can also access your results directly from your phone with three easy options:

1. Navigate directly to the “Results” page online, selecting the 2023 event.
2. Visit Athlinks.com for all your race results
3. Scan one of the many QR code signs in the race venue and on your race bib

Awards;

All finishers will receive a Finisher Medal. Top performing individuals and relay teams will earn awards from the competitions below.

International & Sprint Distance: Awards will be given to the top 3 overall male and female finishers in the following divisions:

- Premier Athletes (International only)
- Collegiate Athletes (International only)
- Overall Age Group
- Age Groups: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, 80-85, 85+
- Paratriathlon
- Relay Teams

Super Sprint Distance: Awards will be given to the top 3 overall male and female finishers.

Duathlon: Awards will be given to the top 3 overall male and female finishers, as well as the top 3 relay teams.

The Awards Ceremony will be held at approximately 11:00 a.m. near the Athlete Services Tent. This time can vary depending on participants still on course.

GENERAL ITEMS

Athletes with Special Needs

The event will provide a special needs table at the Swim Exit for those athletes who will need eyeglasses, inhalers, challenged athlete needs, etc. immediately after the swim portion of the race. Athletes are responsible for handing their items to a volunteer for placement on this table as they head to the Swim Start.

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Spectator Information

Spectators will be able to see their athletes at various points along the course - primarily the swim start, swim exit, bike start, entrance to Transition, the run start and at the finish. Crosswalks will be set up to allow spectators to see athletes during the race.

Non-race personnel and spectators are not permitted to assist athletes in any way. Those who receive outside assistance (of any type) have an unfair advantage over their competition. If athletes are seen accepting assistance, they are subject to time penalties or disqualification. Families and spectators must stay off the course and may not enter the Transition area or the Finish Line chute. Please be respectful of all participants.

Staff may disqualify any athlete who brings family or friends into Transition.
ONLY ATHLETES ARE PERMITTED IN TRANSITION AND FINISH LINE.

Children

Parents, please always supervise your children. The race site and course are busy and potentially dangerous areas.

Pets

We recommend leaving pets at home. If there are any pets on site, we will ask to make sure they are always leashed.

Photography/Social Media

We'd love to see your race weekend photos- use our hashtag all weekend long!
#MGTri #RaceLocal

Volunteers

This event requires hundreds of volunteers to dedicate their time during the big holiday weekend. Please remember to thank them as you come across their services! The event would not be possible without them.

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Lost And Found

Lost and Found items should be turned in or claimed at the Athlete Services/ Volunteer Tent. Unclaimed items will be relocated to the warehouse following the event. Items remaining after 30 days will be donated to a local charity

Personal Belongings/Valuables

Please make sure any valuables left in your car are not out in the open. We recommend you leave them at home. This also pertains to Swim Gear Check, as the race will not be liable for any lost or stolen items. Personal Belongings: Anything you take with you on the course must remain in your possession. With exception of dedicated aid stations, no garbage, clothing, etc. may be thrown on the course.

Shirt Exchanges

Unfortunately, there will be no shirt size exchanges at the Expo/Package Pick Up. However, if you need to exchange your shirt for a different size, you may do so on Race Day at the Athlete Services tent after the race. Shirt size exchanges will be based on availability.

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