

# CRYSTAL COASTS



# TRIATHLON



## Crystal Coast Half Booty Triathlon Schedule of Events

### Friday, May 13:

**9:00 am – 6:00 pm:** Vendor Expo and Participant Packet Pickup at the Beaufort Historic Site, 130 Turner Street, Beaufort, NC, 28516. Bike service available by Inside-Out Sports.

Notes:

All participants are required to pick up their OWN packet on Friday at the Expo including each Relay Team member. Packet pickup will not be offered on race morning. The transition area will not open until Saturday morning and there will not be overnight security there. Bikes and race gear can NOT be left at the transition area until Saturday morning.

**5:00 pm:** Participant informational session at Expo location.

Participants are not required to attend informational sessions but are strongly encouraged to do so. Course maps will be provided at informational sessions.

### Saturday, May 14:

**4:30 am:** Transition area opens. NC Maritime Museum Gallants Channel Annex, 275-293 West Beaufort Road Extension, Beaufort, NC 28516

**6:45 am:** Transition area closes.

**7:00 am:** Half Booty Event starts

**4:00 pm:** Half Booty Award Ceremony at Middle Lane, Beaufort, NC

**6:00 pm:** ALL BIKES MUST BE REMOVED FROM TRANSITION AREA

Helpful links:

Expo Location: Beaufort Historic Site, 130 Turner St, Beaufort, NC, 28516

Transition Location: NC Maritime Museum Gallants Channel Annex, 275-293 West Beaufort Road Extension, Beaufort, NC, 28516

Finish Line address: Middle Lane, Beaufort, NC, 28516

## **Half Booty Triathlon, Aquabike, Relay – 7:00 AM FIRST WAVE START**

**Arrival Time:** Arrive at the transition area no earlier than 4:30 am as the gates are scheduled to open at 4:30 am. **EVENT START- 7:00 am Half Booty.** The transition area will close at 6:45 am.

**Participant Hotline** - 919-805-4009 available Thursday at 4 pm to Saturday at 6 pm. Call or text if you have any questions.

**Packet Pick Up:** Friday (5/13) – 9:00 am - 6:00 pm @ The Beaufort Historic Site, 130 Turner St, Beaufort, NC, 28516.

**USAT Annual Members:** All members should have a copy of their USAT card and their driver's license in order to pick up their packet. You must be an annual member or purchase a one day license when you register online. You should have received a copy of that number from USA Triathlon. ***YOU MUST PICK UP YOUR OWN RACE PACKET PER USA TRIATHLON RULES including Relay teams.***

**Parking:** All parking will take place at the transition area on the NC Maritime Museum Gallants Channel Annex property on West Beaufort Road Extension or in downtown Beaufort vicinity. Once the swim portion of the event begins (at 7:00am), vehicles will not be allowed to enter the Maritime Museum lot. Vehicles will not be allowed to leave the Maritime Museum lot until 1:00pm. The parking at the transition area is 1 mile from the finish line and is easily walkable. **REMEMBER: IF YOU ARE ON YOUR BIKE AT ANY TIME AT ANY USAT EVENT YOUR HELMET MUST BE FASTENED!**

**Body Marking:** All participants must be marked at the body marking area located near the transition area. Body marking will stop at 6:45am.

**ULTRA by RFID:** You will receive a timing chip and strap **on race morning**. All straps should be secured to your **LEFT ANKLE** with velcro going all the way through and attaching to the other side of the velcro band. Relay teams will use a neoprene strap to attach the timing chip that is located in your race packet around your left ankle. You will exchange with your team members at your bike rack location each time.

- **NOTE: You must have your run number with you on race morning to pick up your timing chip.**
- **NOTE: Do not cross any timing mats while the event is in process unless you are racing.**

**Pre-Event Instructions/Meeting:** A pre-race meeting will be held Friday 5/13 at 5 pm at the Beaufort Historic Site (Expo location). This meeting will go over course logistics and race instructions. Please plan to be there!

**Pick Up Your Trash:** We ask you to be considerate and not throw debris on the ground during the run and bike. Littering compromises our chances of staging these races at selected venues. It also makes it difficult for staff and volunteers following the race. It will also get you DQ'd if a USAT official catches you! Please help us out and look for trash bins - there will be plenty of them scattered around the course.

**Awards:** The estimated time for the awards ceremony is 4:00 pm for the Half Booty event.

**Results:** Results will be posted throughout the race. Complete results will be posted on [www.fsseries.com](http://www.fsseries.com) by Sunday (5/15). <https://crystalcoasttri.com/evtresults>.

### **Transition Area:**

- All participants will have a designated bike rack depending on the assigned bib number. However, there are no specific positions assigned on the designated rack. Find your range of bike numbers and rack your bike. **For example, if you are #67, place your bike anywhere on the rack with # ranges 61-80!**
- **NO bike storage the night before the race or overnight of the race.**
- Participants only in the transition area. You are the only one that can remove your bike.
- At the bike start, participants will have to run their bikes across the timing mats and past the mount line before getting on the bike. At the bike finish, participants will have to dismount at the same place and run their bikes across the timing mat to re-enter the transition area.
- Bike technical support will be available Saturday morning at the transition area and on course.

### **Relay Teams:**

- Swimmers will tag the bikers at the bike rack location and exchange the timing chip. Bikers will place the chip band on their left ankle.
- Bikers will tag runners at the bike rack location and exchange the timing chip. Runners will place the chip band on their left ankle.

### **Additional Notes:**

- When you finish the race, Your chip will be removed by a volunteer immediately after you cross the finish line
- **Runners - Please do not pin your BIB number on your back. Have it facing forward at the finish line!**

TIMES BY AGE/ Cut-off times are established for each of the event components as described below. The Crystal Coast Triathlon reserves the right to pull athletes off the course who exceed any established course time cut-offs.

### **HALF Booty,Relay and Aquabike Cut-Off Times**

#### Swim Course Time Limit

If the race is deemed wetsuit optional, athletes who choose to wear a wetsuit will enter the water after the last non-wetsuit wave. Wetsuit athletes will have to adhere to the Age-Group course cut-off and course closures.

The swim course will close 1 hour and 10 minutes after the last swim wave. Each athlete will get the full 1 hours and 10 minutes to complete the 1.2 mile swim regardless of what time they start the swim.

Athletes who take longer than 1 hours and 10 minutes to complete the swim will receive a DNF. CCT reserves the right to pull athletes off the course who exceed any established course time cut-off.

#### Bike Course Time Limit

The bike course will close 6 hours after the first wave start time. Each athlete will have 6 hours to complete the swim and bike course regardless of when they start the swim. Any athlete that takes longer than 6 hours to complete the swim and bike course will receive a DNF.

#### Run Course Time Limit

The run course will close 8:30 hours after the swim starts. Each athlete, regardless of what time they start, will have 8:30 hours to complete the entire (swim, bike, run) course.

## Half Booty Individual, Relay, Aquabike Course Details

### Swim Course - 1.2 miles (1 Loop)

- The swim start is in deep water so you will need to tread water until the cannon goes off
- The swim directional will be counterclockwise around the course keeping ALL buoys on your left side. YELLOW buoys are sight buoys. ORANGE buoys are turn buoys where swimmers will make left turns.
- Swimming is not permitted at the event venue at any time. Please be aware there is current in the channel.
- Swimming is available at the Sports Center (252) 726-7070. Please call to check pricing and availability.



The Crystal Coast Triathlon is a USA Triathlon sanctioned event and will comply with all USAT wetsuit rules:

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 wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.

The water temperature will depend on many factors including the spring weather in the area. The surface sea water temperature in Gallants Channel where the swim will occur averages 72.1 degrees on event day with the average temperature range between 68.7 and 75.5 degrees Fahrenheit.

## **START TIMES/AGE GROUP/CAP COLOR**

### **Half Booty Triathlon and Aquabike Start Times**

<u>Start time</u>	<u>Group</u>	<u>Swim Cap</u>
7:00 am	Males 39 and Under	Red
7:03 am	Males 40+	Neon Green
7:06 am	All Females	Pink
7:09 am	All Relay Teams	Gold

\*More waves will be added if additional participants register

## **Bike Course - 56 miles (1 Loop)**

- **Hard shell helmets must be worn – make sure the number (sticker) is placed on the front of the helmet.**
- **Bike frame numbers will stick to the bike frame. They will not leave a residue.**
- Helmets must be fastened before leaving the transition area.
- Bright Blinking lights are highly recommended but not required.
- Stay to the right to allow faster cyclists to pass on the left.
- No headphones, earphones, or any radio-type devices will be allowed.
- There are plenty of volunteers and police officers along the course, but it is ultimately your responsibility to know the course.
- No drafting – please make sure you are at least 4 bike lengths behind the person in front of you. USA triathlon officials will be on course.
- Bike technical support will be available on course but please be sure to bring spare tubes and cartridges.
- Aquabike will finish across the bike in mats as your official time. You can then turn in your timing chip and pick up your medal at the transition in/out tent. Please see an official event from FS Series.

### Food and Drink on the Bike Course:

- Gu Gel (flavors: Salted Caramel and Vanilla)
- Stroopwafel (flavors: Chocolate and Berry)
- There will be Sport water bottles and Gatorade Bottles available at all Bike Water Stations.

### Course overview:

- The bike course is one large loop with a smaller loop contained. Cyclists will ride the loop in a clockwise direction.
- Once cyclists depart Beaufort, they will not return to Beaufort until the course is completed.
- The Half Booty Bike Course includes completing the large loop once and a 4-mile “lollipop” segment off of Highway 101 near the end of the course.
- Half Booty participants are required to complete the additional 4-mile segment. They will make a right turn onto Tuttle Grove Road from Highway 101 to begin the segment. They will complete the segment when they return to Highway 101 at the same location they started the segment.

### ***56 mile Half Booty Bike Course Water Stations:***

#### ***Porta Potties are available at each Water station***

1. Mile 15 at Business Drive in Morehead City (Trusty Water Sports)
2. Mile 28 at Theater on McCotter Boulevard in Havelock
3. Mile 45 near Tuttle Grove Road loop





Mileage	Distance To Turn	Direction	Road
0.01 mi		Right	W Beaufort Rd
0.09 mi		Slight Left	W Beaufort Road Extension
0.2 mi		Right	Beaufort Bypass Rd
2.78 mi		Right	4th St
2.84 mi		Left	Bridges St
4.15 mi		Right	N 20th St
5.75 mi		Right	Blair Farm Pkwy
6.87 mi		Left	Country Club Rd
12.71 mi		Right	Bridges Street Ext
13.07 mi		Right	Gloria Dawn Rd
13.35 mi		Left	Business Dr
14.62 mi		Left	Old Airport Rd
15.15 mi		Right	US-70 W
17.57 mi		Slight	E Chatham St
19.53 mi		Right	Market St
19.66 mi		Left	Church St
20.57 mi		Slight Left	Newport Loop Rd
23.7 mi		Right	Chatham St
25.53 mi		Straight	US-70 W
27.89 mi		Right	McCotter Blvd
29.88 mi		Right	NC-101 E/Fontana Blvd
43.55 mi		Right	Tuttles Grove Rd
45.33 mi		Right	Eastman Creek Dr
45.41 mi		Left	Anglers Way
45.56 mi		Left	Noreaster Ln
45.66 mi		Left	Tuttles Grove Rd
47.58 mi		Right	NC-101 E
54.18 mi		Right	Beaufort Bypass Rd
55.09 mi		Right	W Beaufort Road Extension
55.3 mi		Left	Destination



Half Booty  
Bike Course  
Turn-By-Turn

## Run Course - 13.1 Miles (2 Laps)

- Please follow all RUN signs/arrows to be sure you are running the correct track.
- **If you must go to the bathroom on course - please use the Port-O-Lets located at every aid station!!!**
- Course overview:
- The course is a flat 13 mile out and back and a 2nd Out and back from the Craven Street Turnaround through downtown Beaufort, the Beaufort waterfront, and Beaufort residential areas with the turnaround on Craven Street
- Fuel and Aid Stations:

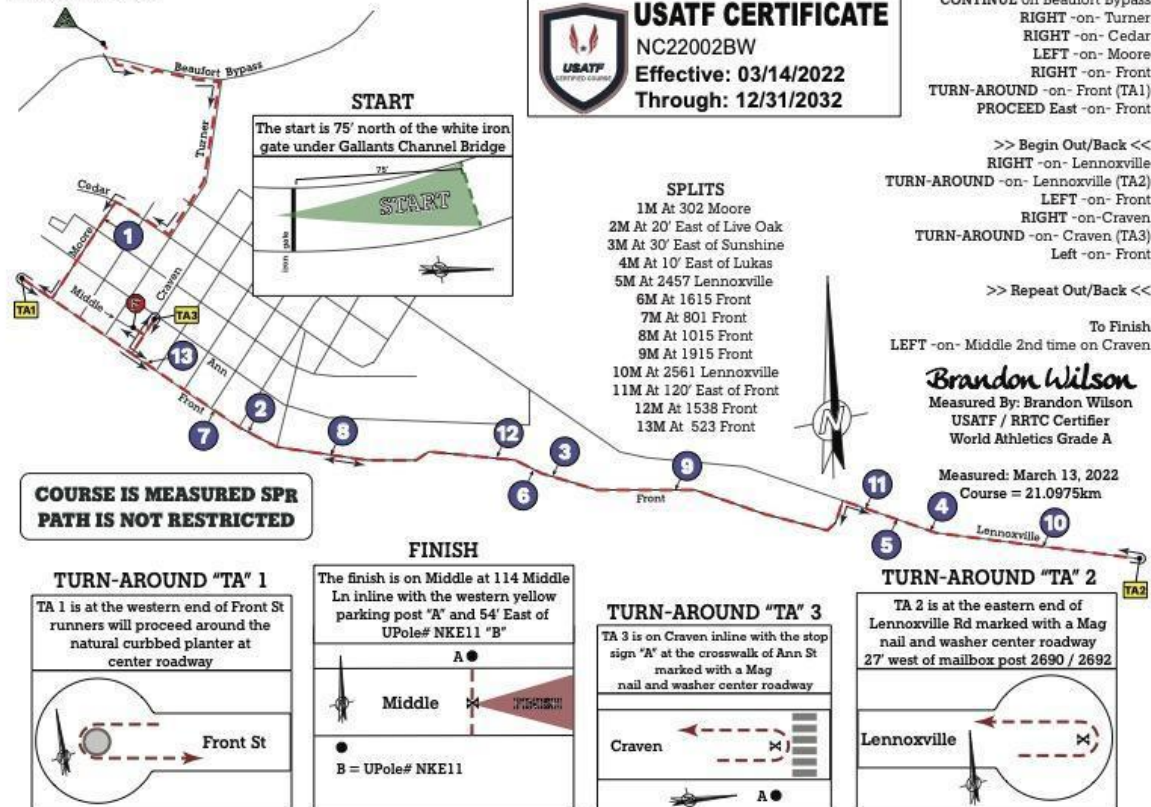
Locations:

1. Transition area exit under bridge at Town Creek Marina (.25 mile)
2. Moore Street and Front Street in the Traffic Circle (1.5 miles)
3. Mile 3/6 Front Street (Pump Station) (Mile 3 and 6)
4. Lennoxville Road (hit 2x on the out and back each time) (Mile 4.5 and 9.75)
5. Craven Street Turnaround (Mile 7.35)

Food and Drink available at the aid stations:

- Water and Gatorade will be provided in cups
- Flat Coke
- Gu Gel flavors Salted Caramel and Vanilla
- Stroopwafel in Chocolate and Berry.
- There may be other drinks and snacks including pretzels and cookies at some of the aid stations.

### Half Booty Triathlon Run Course Beaufort, NC



## Half Booty Run Course Turn By Turn

- Exit the transition area and proceed under the Gallants Channel Bridge
- Proceed up the sidewalk to the water station #1 at Town Creek Marina
- Proceed up the side of Highway 70 east (not the access road to the boat ramp) inside the cones
- Turn right on Turner Street sidewalk
- Turn right on Cedar Street (on road)
- Turn left on Moore Street
- Turn right on Front Street to the roundabout where water station #2 is located
- Around the roundabout then proceed east on Front Street
- Continue on Front Street where you pass water station #3 at the Pump Lot
- Turn right on Lennoxville Road
- Continue on Lennoxville Road where you pass water station #4 (Gravel Lot pass Beaufort Hotel)
- Proceed to the deadend and turn around over the timing mat and RUN Turnaround Sign
- Proceed west on Lennoxville Road passing water station #4
- Turn left on Front Street
- Proceed west on Front Street passing water #3 at the Pump Lot
- Turn right on Craven Street
- Proceed North on Craven Street to the turn around over the timing mat and RUN Turnaround Sign
- Turn Left on Front Street for second Loop
- Continue on Front Street where you pass water station #3 at the Pump Lot
- Turn right on Lennoxville Road
- Continue on Lennoxville Road where you pass water station #4 (Gravel Lot pass Beaufort Hotel)
- Proceed to the deadend and turn around over the timing mat and RUN Turnaround Sign
- Proceed west on Lennoxville Road passing water station #4
- Turn left on Front Street
- Proceed west on Front Street passing water #3 at the Pump Lot
- Turn right on Craven Street
- Turn left on Middle Lane to finish line (**DO NOT GO TO THE TURNAROUND ON CRAVEN FOR THE SECOND LOOP**)

# 2022 Most Commonly Violated Rules and 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 buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

**Penalty:** Disqualification on the course; Variable 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:** Variable 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:** Variable time penalty

## 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.

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

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

**Penalty:** Variable 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

## 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, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**Penalty:** Variable time penalty

## 9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT**

**transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Variable 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 wear 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:** Variable time penalty

We look forward to seeing you at the Crystal Coast!