

Welcome Triathletes!! 'Day of Event' Information

Packet Pick-up

- Packets may be picked up the day before the event, Saturday, August 4 from 4:00pm-6:00pm or Sunday, August 5, starting at 6:30am.

Post Registration

- Registration will be open on event day at 7:00am.

Parking

- Please park in the Warwick Middle School parking lot. The main entrance to the Lititz recCenter (LrC) will be closed.

Bathrooms & Changing Area

- Please use the Lititz Springs Pool bathrooms & changing areas.

Event Detail Announcements

- At 7:40am listen for details about the swim, bike and run plus transition areas and guidance for spectators.

Transition Area

- Triathlon transitions will be located at the LrC south side parking lot (directly across from the Warwick Stadium). The finish line will be a few yards on the main entrance driveway to the Lititz recCenter. The transition area will be closed at 7:45am.
- Cycling is not permitted through the transition area. This will be a disqualification decided by the timers.

The Swim

- The swim is executed in a serpentine pattern. Swimmers will start one at a time every 10-15 seconds.
- No diving to start. Participant will start with hands on the wall.
- Swimmers may pass **ONLY** where there is plenty of room to do so.

The Bike & the Run

- Volunteers will be located at intersections & turns. Also, signs will direct you at turns & intersections.
- Flaggers will direct traffic.
- Cue sheets will be available at the registration table.
- The biking course is marked in orange.
- Participants are not permitted to cycle through the transition area. They will be disqualified by the timers.
- A water stop for the running course is at Marion Street.

At the completion of the triathlon

- Enjoy the refreshments!
- Awards will be announced approximately at 10:15am.

Any other questions or concerns, please contact Fitness Director,
SimonAbabou@lititzrec.com or 717-626-5096 ext.239

Thanks for your support and Good Luck! Have a Safe and Enjoyable Event!