

**Lititz recCenter 10<sup>th</sup> Annual Triathlon Sunday, August 4, 2024**  
**Swim 300 Meters- Bike 15.8 miles – Run 3.1 miles.**



**Welcome Triathletes!! 'Day of Event'**  
**Information**

**Packet Pick-up**

- Packets may be picked up the day before the event, Saturday, August 3 from 4:30pm-6:30pm or Sunday, August 4, from 6:30am- 7:45am.
- The packet includes **the Chip**, Tech-Shirt, Goodie Bag, Cue Sheets and Event Info)

**Parking**

- Please Park in the Warwick Middle School or High 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 7:45am listen for details about the swim, bike and run plus transition areas and guidance for spectators.

**Transition Area**

- Transition area opens at 6:30am
- 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.
- Spectators are not allowed in the transition area. It is for participants only. Spectators must stay outside of the orange fence and off the course.

**The Swim**

By approximately 7:45am all swimmers should be lined up in the grassy area adjacent to the pool in numerical order according to their job number.

The starter will instruct each swimmer to enter the water in the deep end (12FT), adjacent to the starting clock. The swimmers, while in the water, will wait for the starters instructions to begin.

- At 8:00 the first swimmer will start. Swimmers will be started at 15 seconds intervals.

- Swimmers will start by pushing off the wall. Diving will not be permitted.
- Swimmers will swim two lengths in each lane. They will start on the left side of the lane and return on the right side of the lane. It will be necessary to swim under the lane lines to start in the next lane. Swimmers will be sharing lanes so they must be conscious of other participants.
- Each swimmer will swim one lap (up and back) in each lane (50 meters) for a total of six laps (300 meters).
- Walking is allowed in the shallow portion on the pool.
- Exiting the pool will be from the deep end. There is a ladder if needed. After exiting to pool, walk or run to the transition area.

### The Bike & the Run

- Volunteers will be located at intersections & turns. Also, signs will direct you at turns & intersections.
- Flaggers will direct traffic at all major intersections.
- Cue sheets will be available at the registration table.
- The bike course is marked in orange.
- The bike course is open to traffic, participants must always ride on the right side of the road.
- Helmet must be secured on the participant's head prior to mounting their bike.
- Participants must mount their bike after crossing the timing mat at the Bike Out Transition Area Exit
- Participants are not permitted to cycle through the transition area. They will be disqualified by the timers.
- Participants must dismount their bike prior to crossing the timing mat at the Bike in Transition entrance.
- The run course is open to traffic, Participants must always run on the left-hand side of the road.
- A water stop for the running course is at Marion Street.

### At the completion of the triathlon

- Awards will be announced approximately at 10:15am.

Any other questions or concerns, please contact Fitness Director, [SimonAbabou@lititzrec.com](mailto:SimonAbabou@lititzrec.com) or 717-626-5096 ext.239

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