



Athlete Guide

Dear Athlete,

We, at TRIMOM Productions, are very excited to welcome you to TriNEWPORT Sprint & Olympic Triathlons! Inside, you will find all the information that you will need for a great race experience. If you have any questions, do not hesitate to contact us. Good luck with the rest of your training and we'll see you at 2nd Beach, Middletown!

info@trimomprod.com

Kathy Robbins - Owner, Managing Member of TRIMOM
Productions, LLC

TriNEWPORT

TriNEWPORT will be held on
Sunday, September 10th at 2nd Beach,
Middletown!

The Olympic begins at 7:15am

The Sprint Begins at 7:30am

Please arrive as early as you can!

We open at 6:15am for
Transition, Body Marking, Timing Chips and any last minute Bike

Tech Support graciously provided by [Providence Bicycle!](#)

RACE WEEKEND TIMELINE

When: Saturday, September 9th 4pm to 6pm

What: Packet Pickup Opportunity #1

Where: 2nd Beach Middletown under the TRIMOM Tent

When, Sunday, September 10th at 6:15am

What: Transition/Packet Pickup #2/New Registration/Bike Tech Open

What: Registration/Transition closes - 7:00am

**Please plan accordingly - after 7:00am - you will not be able to pick up your packet! We strongly advise that you pick up your packet on Saturday!!

Where: 2nd Beach Middletown under the TRIMOM Registration Tents

What: First wave in water -7:15am

What You Need To Know About Picking Up Your Registration Packet...

1. ALL ATHLETES MUST HAVE A PHOTO ID IN ORDER TO PICKUP THEIR PACKET - NO EXCEPTIONS
2. YOU MAY NOT PICK UP ANOTHER ATHLETE'S PACKET - NO EXCEPTIONS!!
3. IF YOU ANSWERED THAT YOU HAD A VALID USAT CARD OR HAD A PENDING MEMBERSHIP DURING THE ONLINE REGISTRATION PROCESS- YOU MUST SHOW YOUR VALID USAT CARD, PRINTED TEMPORARY MEMBERSHIP CARD, OR CARD ON THE USAT APP - IF YOU DO NOT YOU WILL BE REQUIRED TO SIGN THE USAT WAIVER AND PAY FOR A ONE-DAY LICENSE.
4. IF YOU PURCHASED A ONE-DAY LICENSE DURING THE ONLINE REGISTRATION PROCESS, WE HAVE RECORD OF YOUR PAYMENT YOU WILL BE REQUIRED TO SIGN THE USAT WAIVER.

RACE DAY INFORMATION!

All race day parking is at 2nd Beach Middletown - Please use the main entrance and follow directions of our staff.

- Body Marking Area and Transition open at 6:15am. Please get your body markings and timing chip before heading into transition area. All Athletes need to get body marked. It is essential for identifying athletes on the course and in race photos.
- Transition Area is for Athletes only! Once you enter transition proceed to your rack position. The end cap of the rack will be labeled numerically by bib numbers. Find the rack that corresponds to your bib number. Please respect the space of other athletes when laying out your gear.

**TRANSITION AREA CLOSSES PROMPTLY AT
7:00AM!!! ALL ATHLETES MUST BE SET UP
AND OUT OF TRANSITION BY 7:00AM !!**

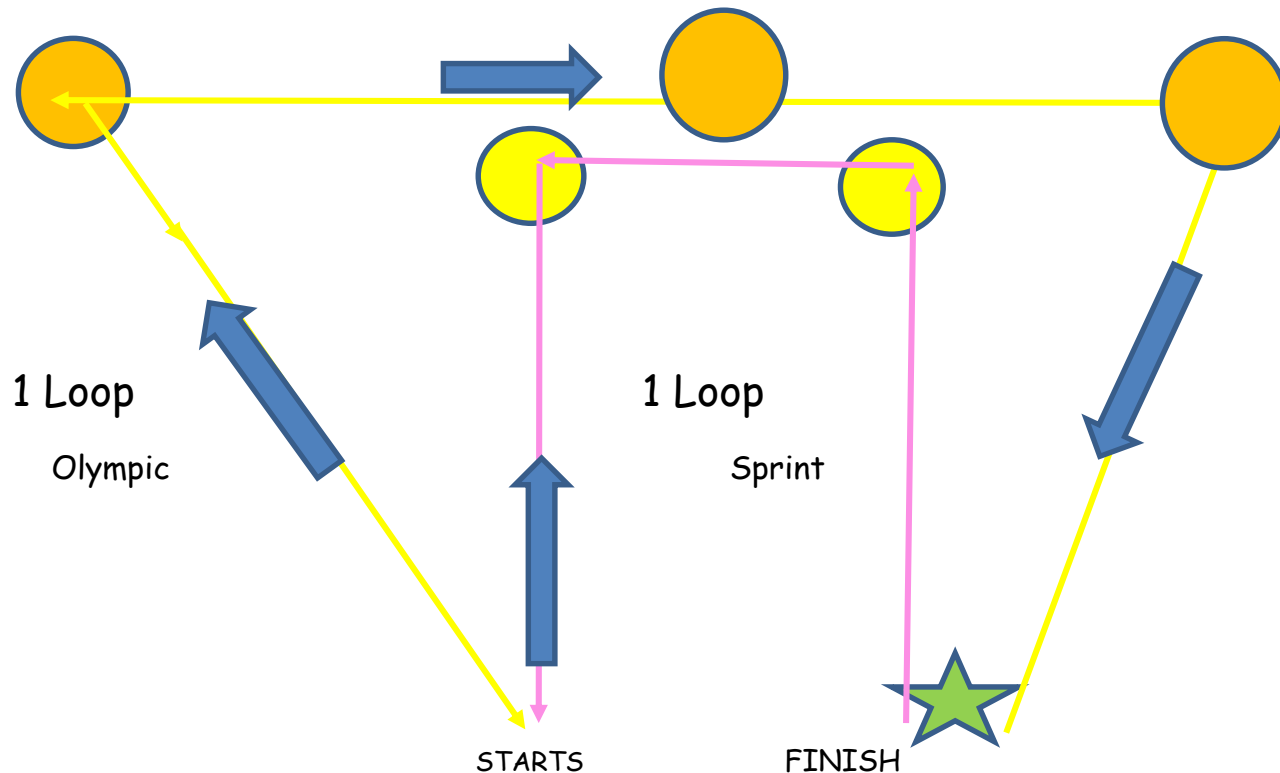
RACE DAY INFORMATION CONTINUES!

- You will receive a swim cap, bike number and bib number at packet pickup. You will pick up your timing chip on race morning! Please affix your bike number to your bike frame, your bib number to your t-shirt/top that you will be wearing on race day and your timing chip to your left ankle.
- Timing Services will be provided by The TRIMOM Timing Company. As mentioned above, you will receive a timing chip upon entering transition. Please wear around your left ankle. All athletes will receive 6 times upon completing the race: (1) SWIM (2) T1(3)BIKE(4)T2(5)RUN(6) Overall Time.
- We are utilizing [LIVE ATHLETE TRACKER!](#) Pass the link to [LIVE ATHLETE TRACKER](#) to your family and friends, tweet it, share it...everyone can see your race progress in real-time.
**Please tell your family members to click on the "RESULTS" tab! We get quite a few emails and phone calls during the events...Give us a bit of help!!
- Results will be available immediately at the finish! It is your responsibility to check your results and notify us of any discrepancies prior to the awards ceremony!! **PLEASE CHECK THE RESULTS!!**
- Post - race the events will be available online at www.trimomprod.com.
- You are placed in an age-group based on the USAT Age-Up Rule: "All athletes will compete in the age group corresponding to their age on Dec. 31 of the event year." Please confirm your swim cap color and age-group are correct. All TriNEWPORT Swim Waves are 5 Minutes Apart.

Our Courses - The Swim!

THE SWIM - ALL RACES

The swim is in the open Ocean off of 2nd Beach in Middletown.



Short Beach Run Back to Start for Olym 2nd Loop

OLYMPIC - Orange Buoy to Orange Buoy - 1 LAP - .9 Mile

SPRINT - Pink Buoy to Pink Buoy - 1 LAP - .25 Mile

OUR COURSES!

THE BIKE

It is your responsibility as an athlete to know the course!!!

BIKE COURSE MAP - One Million Revolutions

BIKE COURSE MAP - Strava

This is a very fast bike course! The OLYMPIC is TWO LOOPS of the SPRINT COURSE

The course is marked with large arrow directional signs.
Police at major Intersections.
Roads are open to traffic!!

OUR COURSES THE RUN!!

[Run Course Map](#) - One Million Revolutions

[Run Course Map](#) - Strava

The OLYMPIC IS TWO LOOPS of THE SPRINT RUN!
The Course is marked with large arrow directional signs

This is very picturesque run along 2nd and 3rd Beaches of Middletown with water at almost every point! Water Stations will be located at mile 1 and mile 2!
Enjoy!



WAVE ASSIGNMENTS

WAVE #	CATEGORY	CAP COLOR	START TIME
1	Olympic Men	ORANGE/PINK	7:15 AM
2	Olympic Women & Olympic Relays	PINK/ORANGE	7:20 AM
3	Sprint Men	ORANGE/PINK	7:30 AM
4	Sprint Women & Relays	PINK/ORANGE	7:35 AM

POST RACE CELEBRATION

Following the event in
the registration area!