



Athlete Guide

Dear Athlete,

We, at TRIMOM Productions, are very excited to welcome you to the "OH MY GODDARD! Olympic & Sprint Tri! 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 Goddard Park!

info@trimomprod.com

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

The "OH MY GODDARD!" Olympic Tri

The Olympic Tri will be held on
Sunday, June 17th at 6:30am
at [Goddard Memorial Park!](#)

Please arrive as early as you can!

We open at 5:00am for
Transition, Body Marking and any
last minute Bike Tech Support!

The "OH MY GODDARD!" Sprint Tri

The Sprint Tri will be held on
Sunday, June 17th at 7:00am
at Goddard Memorial Park!

Please arrive as early as you can!

We open at 5:00am for
Transition, Body Marking and any last
minute Bike Tech Support!

RACE WEEKEND TIMELINE

Saturday June 16

3:00pm-6:00pm: Packet Pickup Opportunity #1 at
The Carousel at Goddard Park

Sunday June 17th

5:00am - Transition/Registration/Bike Tech Open

6:15 - Registration Closes

6:25 - Transition Closes

6:30 - First wave in water

Pre-Registration Pick-Up Times & Locations

PACKET PICKUP Opportunity #1:
Saturday, June 16th from 3:00pm to 6:00pm
at
The Carousel at Goddard Park!

PACKET PICKUP Opportunity #2
Sunday, June 17th from 5:00am - 6:15am at
The Carousel at Goddard Park

**Please plan accordingly - after 6:15am - you will not be able to pick up your packet! We strongly advise that you pick up your packet on Saturday!!

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 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 in Goddard Park - Please use the main entrance and follow directions of the Park Rangers

- Body Marking Area and Transition open at 5:00am. Please get your body markings 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 CLOSES PROMPTLY AT
6:25AM!!! ALL ATHLETES MUST BE SET UP
AND OUT OF TRANSITION BY 6:25AM !!**

RACE DAY INFORMATION CONTINUES!

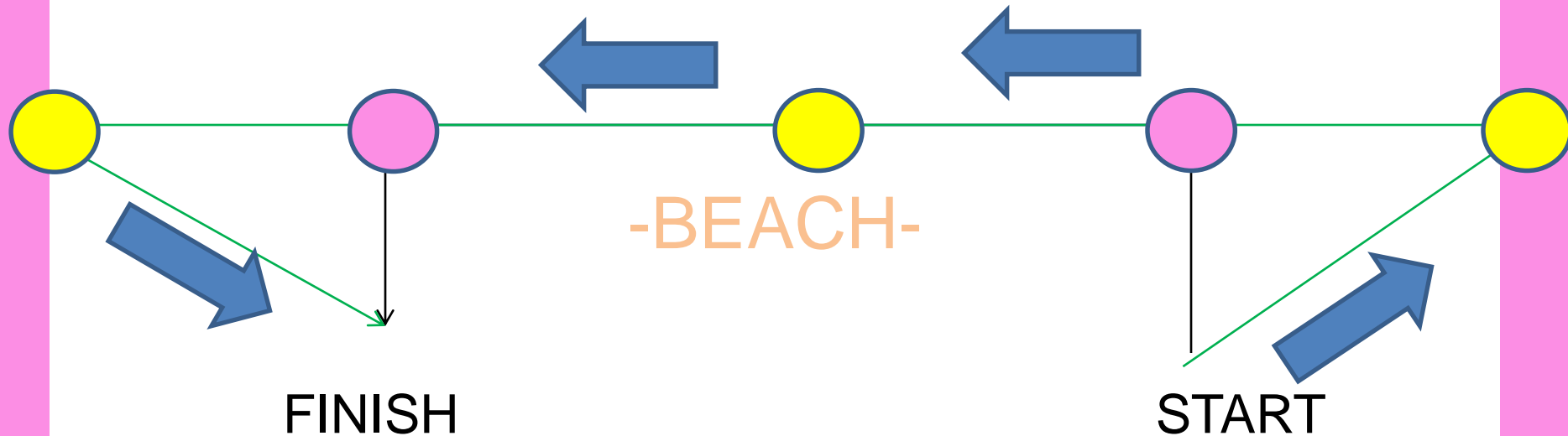
- You will receive a swim cap, timing chip, and bib number at packet pickup. Please affix your bib number to your t-shirt/top that you will be wearing on race day and your timing chip to your left ankle.
- Timing Services will be provided by The TRIMOM Timing Company. As mentioned above, you will receive a timing chip at the entrance to transition on race morning. 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. Results will be available immediately at the finish in our kiosks and ONLINE at www.trimomprod.com, the [TRIMOM Facebook Page](#) and [The TRIMOM Timing Co. Facebook Page](#). You will also receive an email with all the result info before and after the event!
- 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 OH MY GODDARD! Swim Waves are 5 Minutes Apart.

OUR COURSES

The Swim!

OLYMPIC SWIM COURSE

SINGLE LOOP - .9 MILES

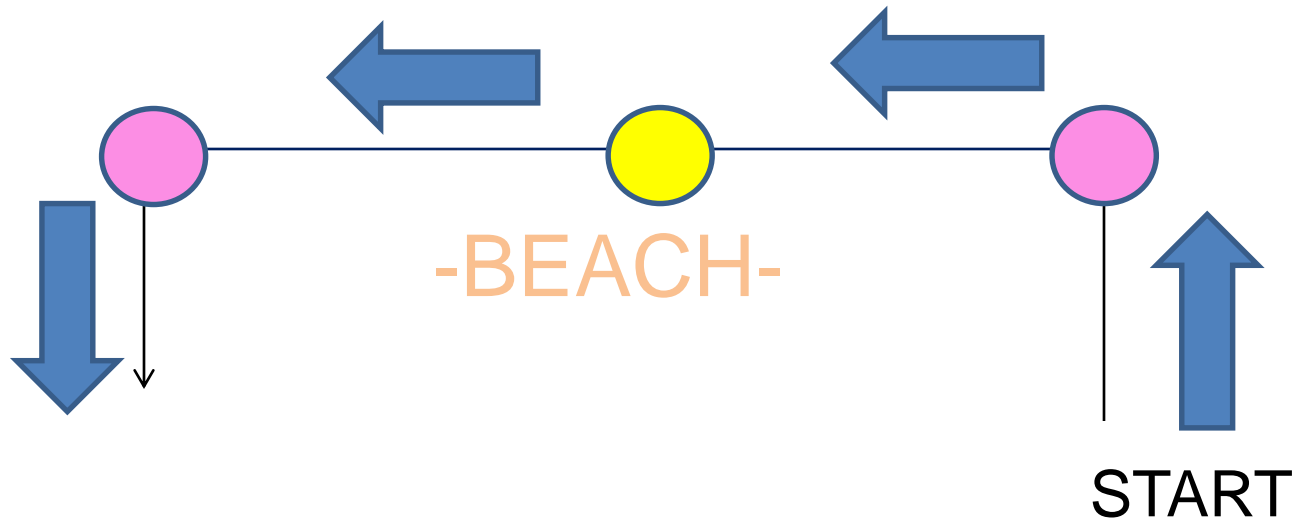


OUR COURSES

The Swim!

SPRINT SWIM COURSE

SINLGE LOOP - .25 Miles



OUR COURSES! THE BIKE

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

OLYMPIC & SPRINT ONLINE
BIKE COURSE MAP

OUR COURSES THE RUN!!

The Olympic and Sprint Run courses are located within the park on the wooded trails

[Sprint Run Course Map](#)

[Olympic Run Course Map](#)

Please watch for the Olympic/Sprint Run Course Splits at Mile 1 and please pay attention to our on-course signs!



WAVE ASSIGNMENTS

WAVE #	CATEGORY	CAP COLOR	START TIME
1	Olympic/Aquabike 40 and Over Men	PINK	6:30 AM
2	Olympic/Aquabike 39 and Under Men + Clydesdale	WHITE	6:30 AM
3	Olympic/Aquabike Under 40 Women	ORANGE	6:30 AM
4	Olympic/Aquabike 40 and Over Women + Athena + Olympic Relays	YELLOW	6:35 AM
5	Sprint 40 and Over Men	PINK	7:00 AM
6	Sprint 39 and Under Men + Clydesdale	WHITE	7:05 AM
7	Sprint Under 40 Women	ORANGE	7:10 AM
8	Sprint 40 and Over Women + Athena + Sprint Relays	YELLOW	7:15 AM