



# **2015**

# **ATHLETE GUIDE**

## WELCOME ATHLETES!

The 2015 New Orleans Triathlon is fast approaching. We welcome you to New Orleans and look forward to producing two amazing races and giving you a great triathlon experience! Keep current on updates regarding the races at [www.neworleanstriathlon.com](http://www.neworleanstriathlon.com).

## REGISTRATION

Online registration for the New Orleans Triathlon and the Big Easy Sprint Triathlon will be available until noon on March 26, 2015.

Register Here: <https://endurancecui.active.com/event-reg/select-race?e=10973652>

Race weekend registration is available only on Saturday, March 28, 2015 at South Shore Harbor from 11:00 a.m. to 5:00 p.m.

New Orleans Triathlon - Olympic race weekend registration is \$110.00 for individuals and \$180 for relays.

New Orleans Triathlon – Sprint race weekend registration is \$99 for individuals and \$150.00 for relays.

## SCHEDULE OF EVENTS

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### Saturday, March 28, 2015

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**11am-5pm** Athlete Briefings will be held at 11 am, 1:00 p.m. & 3:00 p.m. and will occur at the top of every hour in the Expo area. Premier Event Management strongly encourages all athletes to attend an informational race briefing to receive the most updated race information.

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**11am-7pm** Athlete Check-in. **Notice:** Only the registered athlete is permitted to pick up their race materials. A photo ID is needed to pick up your race packets. Minors must be accompanied by a legal guardian.  
**New Registrations accepted on Saturday only**

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### Sunday, March 29, 2015

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**5:00am-7:00am** Transition open; Bike Check-in

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**5:00am-6:45am** Packet Pickup Only. **The 6:45 a.m. deadline to pick up a race packet will be strongly enforced.**

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|                |                                                                          |
|----------------|--------------------------------------------------------------------------|
| <b>7:00am</b>  | Transition closes                                                        |
| <b>7:30 am</b> | Race Start / New Orleans Triathlon Olympic                               |
|                | <b>Swim Course Cut Off</b> - 1 hour after start of final swim wave       |
|                | <b>Bike Course Cut Off</b> – 3.5 hours after start of final swim wave    |
|                | <b>Run Course</b> – 5.5 hours after start of final swim wave (Tentative) |
| <b>8:15am</b>  | Race Start, New Orleans Triathlon Sprint                                 |

Please note the following additional information:

Packet Pickup will be held in the post event party area (see course map) at the race site at Southshore Harbor, 6701 Stars & Stripes Blvd., New Orleans, Louisiana.

- Please review the Athlete Check-In hours carefully and plan your weekend accordingly. Please do not wait to pick up your packet on race morning if it can be avoided. We will not hold up the race start for late athletes. Once transition closes, tardy racers will not be allowed to enter transition.
- **Each athlete, whether an individual racer or a member of a relay team, must pick up their own race packet.** We cannot make exceptions.
- Relay members can pick up their individual race packet separately from their other relay team members, if more convenient.
- **You must bring a government-issued photo ID** and your valid USAT card (facsimile, smart phone copy, temporary printed card, etc.) if you are an annual USAT member to athlete check-in. If you are not an annual USAT member, it is likely you paid the one-day USAT race fee when you signed up online. If you did not pay the fee online when you signed up or if you are an annual USAT member and do not bring a valid USAT card to Athlete Check-In, you will be required to pay \$12.00 (cash or check) for the one-day USAT race fee in order to get your race materials.
- **Minors must be accompanied to Athlete Check-in by a parent. No exceptions.**
- A schedule of the race briefings is included in the schedule of events. We **strongly encourage** all athletes to attend a race briefing. Course changes and race updates will be covered.
- Your race wristband will be affixed to your wrist at packet pickup by a volunteer. Your wristband allows you access to athlete areas.

## COURSE MAP



## SWIM

- For the New Orleans Triathlon Olympic & Sprint races, the swim will occur entirely within the protective walls of South Shore Harbor Marina. We anticipate the swim being wetsuit legal.

| Swim Group | OLYMPIC                         | Wave Time  |
|------------|---------------------------------|------------|
| 1          | Age Group Elite - Male & Female | 7:30 a.m.  |
| 2          | Relays & ParaTriathlete         | Time Trial |
| 3          | Men 34 & Under                  | Time Trial |
| 4          | Men 35-44                       | Time Trial |
| 5          | Men 45 & Over & Clydesdale      | Time Trial |
| 6          | Women 39 & Under                | Time Trial |
| 7          | Women 40 & Over & Athena        | Time Trial |

\*Swim caps will be provided by the race

- New Orleans Triathlon - Olympic – Athletes will proceed from transition to the area marked “START-Olympic” on the swim course map.
- Age Group athletes and Relay athletes will begin the race in a time trial format with 6-8 athletes going into the water every 10 seconds.

| Swim Group | BIG EASY SPRINT – DIVISION   | Wave Time  |
|------------|------------------------------|------------|
| 8          | Men 39 & Under               | 8:00 a.m.  |
| 9          | Men 40 & Over and Clydesdale | Time Trial |
| 10         | Relays                       | Time Trial |
| 11         | Women 39 & Under             | Time Trial |
| 12         | Women 40 & Over and Athena   | Time Trial |

\*Swim caps will be provided by the race

- New Orleans Triathlon - Sprint – Athletes will proceed from transition to the area marked “START-Sprint” on the swim course map.

- Sprint Triathlon – Athletes will proceed to area marked “START-Sprint” on the course map to begin their race.
- Starting at 8:00 a.m. athletes will enter the water 6 athletes every 10 seconds.

## BIKE

The bike course for the races is a simple out and back course with the Olympic athletes completing two loops and the Sprint athletes completing a single loop of the course.

- Your bike number must be on your bike in order to bring the bike into the transition area race morning.
- All athletes will have a reserved spot in transition which corresponds to his/her race number. Bikes should be racked by the seat so that a majority of the bike is on the side of the rack where the number is facing. If your bike cannot be racked by the seat, seek assistance from staff or volunteers in the transition area.
- Make sure you bring fluids on the bike course with you which equal at least the amount used and needed while training for this race. There are no aid stations on the bike course.
- All athletes must have a bike helmet.
- No iPods or listening devices of any kind are allowed on the swim, bike or run courses. It is a disqualification penalty if you race with headphones in your ears.
- Be aware of the mount and dismount line outside of the transition area

## RUN

The run course for the races is also an out and back run course with the Olympic athletes completing two loops of the run course and the Sprint athletes completing a single loop of the course.

- Aid stations on the run will be at every mile marker. You will find the following items at the run aid stations:
  - Water
  - Perform
  - Sponges
  - Port-o-let

## GENERAL

- **Your timing chip will be issued in your race packet. Be sure to pick up a strap at packet pick-up as well.** It should be worn during the entire race. It will be collected from you in the finish line chute.
  - Should you decide to quit the race at any time during the event it is imperative that you notify race personnel at once so that staff can be notified.
- **RELAYS:** The biker and runner should wait by the numbered bike rack for their relay swimmer to return to the bike. When the swimmer returns, the timing chip is transferred to the biker, at which time the biker can unrack their bike and proceed to the bike course. When the biker returns, he/she racks the bike then transfers the timing chip to the runner. The runner should pick up medals for each member of the relay team upon crossing the finish line. Bikers must walk or run their bike through transition and only mount their bike once they pass the mount line outside of transition.
- Race photographs will be available at [www.finisherpix.com](http://www.finisherpix.com) after the race.

## AWARDS

- New Orleans Triathlon Olympic & Sprint – The top three in each division will win an award medal which will be given out at the awards ceremony.
- Each member of a relay team who places will receive an award.
- If you are attending the awards ceremony and hear the name of a friend who could not stay for the awards ceremony, please pick up their award for them.
- Any awards not picked up can be obtained from the Premier Event Management office. Please call 504-454-6561 or email Paige at [paige@pem-la.com](mailto:paige@pem-la.com).

## AGE GROUP ELITE

If you wish to race in the Age Group Elite wave in the New Orleans Triathlon - Olympic, please submit to [Laura@pem-la.com](mailto:Laura@pem-la.com) results showing a sub 2:15 Olympic distance finish for men and a sub 2:30 Olympic distance finish for women in the last 12 months.

We look forward to seeing you race weekend!