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Thank you for entering the 17th Annual Havasu Triathlon. The following is both your confirmation that we have received your entry and information about the race. Any additional information will be given at the pre-race meeting or at the swim start.

**PLEASE READ THE FOLLOWING INFORMATION!**

**WETSUITS ARE ENCOURAGED! THE INTERNET SAYS THE CURRENT WATER TEMPERATURE IS UPPER 60s. IF IT CHANGES SIGNIFICANTLY FROM THE UPPER 60s WE WILL POST THE NEW INFORMATION ON [tucsonracing.com](http://tucsonracing.com).**

**RACE WEATHER IS PROJECTED TO BE MOSTLY SUNNY WITH TEMPS IN THE MID 70s.**

**REGISTRATION: 3-8pm, HAVASU ROOM, QUALITY INN, MARCH 13**

**TRANSITION OPENS: 5:30am**

**COLLEGIATE START: 7:30am**

**AGE GROUP OLY: After collegiate**

**SPRINT START: 8:00:am (after Oly waves)**

If you want to switch from sprint to Olympic or vice versa, you may do so at any time up through registration. If you are going to switch, please email [jhgrinder@gmail.com](mailto:jhgrinder@gmail.com) as soon as you know as early notification helps us get it right. If you are in the Oly race and want to switch to Sprint you must tell us!

**PLEASE TELL US IF YOU SWITCH RACES!**

**CORONA VIRUS:** We have no information beyond what is posted on the CDC website. Please adhere to their recommendations (stay home if ill, wash hands, don't touch your face). We have had no information that there is any chance at all of race cancellation. Race staff and management are planning to have the race and are full speed ahead.

**HOST HOTEL:** Our host hotel is the Quality Inn at 271 S. Lake Havasu Ave. The Quality Inn and Suites is a short bike ride from the transition area and is the site of packet pick up. Special triathlon room rates are available for triathlon weekend. Please call 928-855-1111 and ask for the special triathlon rate when making reservations.

**DIRECTIONS TO TRANSTION:**

From Quality Inn. Right out of hotel, immediate right at the light. Right on Highway 95. Left on Industrial. The triathlon is straight to park entrance, through the guard gate and straight on the access road for a mile. Parking is in the big lot across from the transition area. DO NOT park on the Park access road.

**WETSUITS:** Wetsuits are strongly encouraged. We are expecting water temperatures in the 60s. Please check the website for water temperature updates. If you do not have a wetsuit, we recommend going to [wetsuitrental.com](http://wetsuitrental.com) (not affiliated with the Havasu Triathlon) to rent a wetsuit.

**BIKES:** Havasu Bikes is standing by to assist you with minor bike adjustments at no charge. On Friday, please go to the Havasu Bikes shop at 151 Swanson, Lake Havasu City, Arizona 86403. Phone: (928) 453-9777. Havasu Bike will also be at the transition area on race morning. If you need something more substantial (or your bike put together after shipping) we urge you to contact Havasu Bike before you arrive.

**CHECK IN PROCEDURE:** Packet pickup and registration is on Friday, March 13 from 3-8:00pm at the Quality Inn, 271 S. Lake Havasu.

Typically we have long lines at 3pm when we open and no lines after 5pm. If you want to avoid the lines, please come after 5pm.

There is no packet pick up on race morning unless you notify us ahead of time. We are happy to accommodate you although we would much prefer it you pick up your packet on Friday evening. If you are planning on arriving in Havasu after 8:00pm on March 13, please email [racedirector@tucsonracing.com](mailto:racedirector@tucsonracing.com) so that we can make sure you get your packet.

**USAT MEMBERS:** you must present a photo ID and your valid USAT card. If you do not, USAT rules mandate that we must charge you the one day fee of \$15. This is a USAT rule and our insurance agreement mandates no exceptions to this rule.

**COLLEGIATE DIVISION:** Participants in the collegiate division, must present a valid college ID in order to race in the collegiate wave and/or take advantage of the collegiate discount. If you are a USAT member you must present your valid USAT card as well as photo ID (your collegiate ID is fine if it has a photo).

These rules are per our insurance agreement with USAT and we cannot make exceptions – if you are an annual member you must bring your USAT card and photo ID or pay the 1 day fee.

**PICKING UP SOMEBODY ELSE'S PACKET:** Unfortunately USAT has notified us that, pursuant to our insurance, you must pick your own packet and cannot have another person do it.

**USAT RULE ENFORCEMENT:** We are told by USAT that we will have a USAT official at the race. Please see the Letter from the Head Referee on the website under the Course Notes heading. They will be on the course and will be also be in the transition area prior to the race.

**AGE GROUP RULE:** Please be aware of USAT's age group rule. Your race age for the year is your age on December 31 of that year. For example, if you are 39 and turn 40 in September, you are racing in the 40-44 age group for the entire year – including the Havasu Triathlon. Please check to make sure you have entered the correct race age. If you have not, notify us and we will be happy to make the correction. No corrections will be made on race day or after the race and athletes racing under an incorrect age or in a wave not corresponding with their age group will be disqualified from age group awards.

**AWARDS CEREMONY:** The awards ceremony will take at the finish area at approximately 11:00am. We will make announcements throughout the morning.

**RESULTS:** Results will be posted at the race on race morning. It is your responsibility to check your results for accuracy and to notify the timer of an error. No adjustments to time or place, for the purposes of the Awards Ceremony, will be made after ½ hour before the Awards Ceremony.

Please email [jhgrinder@gmail.com](mailto:jhgrinder@gmail.com) if you note an error after the race.

Results will be posted on [www.tucsonracing.com](http://www.tucsonracing.com) on race afternoon.

**PARKING:** Parking is available in the big lot across from the transition area.

## **SCHEDULE**

Friday, March 13

- 3:00 – 8:00pm Registration & Packet Pick Up  
Quality Inn  
271 S. Lake Havasu Ave.  
Lake Havasu City, AZ 86403
- 4:00pm Collegiate Athlete Meeting – Swimming Pool at the Quality Inn
- 5:00pm Athlete Pre Race Meeting for all races – Swimming Pool at the Quality Inn

Race Day. March 14

- 5:30am Transition Area Opens
- 7:10am All bikes must be racked in transition
- 7:15am Transition closes
- 7:30am OLY Race starts, starting with collegiate waves.
- 8:00am Sprint Race Starts

## **INFO ABOUT THE RACE**

### **GENERAL INFORMATION FOR ALL TRIATHLONS**

1. Please do not email requesting a refund or entry transfer. At this point we will be strictly adhering to our refund policy in order to be fair to everybody.
2. As this is Spring Break, remember to make hotel reservations early. Our hotel has rates well below the going spring break rate but reservations need to be made early. Please call the Quality Inn at 928-855-1111 and ask for the special triathlon rate when making reservations.
3. This will be a wetsuit swim and wetsuits are strongly encouraged. The temperature of the lake is dictated by air temperature, the temperature of Lake Meade and water releases down the Colorado River. Please do not email with a question about water temperature. We arrive in Havasu on March 11 and will take the water temperature and post it by March 12.

4. We encourage you to get in the water and warm up before the race. A warm up area will be provided.
5. The transition will be at the new boat ramp, just to the north of Windsor 4.
6. Maps are posted on the website. We will NOT be printing and distributing maps.
7. Please email with any questions you have. We are glad to answer all emails until March 12. After that time we will be onsite setting up for the race and will not be able to answer email inquiries until after the race.
8. We will make every effort to get results up on [www.tucsonracing.com](http://www.tucsonracing.com) by the afternoon of the race.
9. Registration and packet pick up will be at the Quality Inn from 3:00pm to 8:00pm on Friday, March 15. Please bring your USAT card if you are an annual member. There is no general registration/packet pick up on race day! If you cannot make it on Friday night please email us so we can make special arrangements for you on Saturday morning.
10. Please be aware of the USAT age group rule. You race the whole year as of your age on December 31 of that year. In other words, if you turn 40 in September, you are racing in the 40-44 age group for the entire year.
11. Lake Havasu City, Arizona, like the rest of Arizona, does not "spring ahead" an hour for daylight savings time. On race day, March 14, Lake Havasu City is the same time as Los Angeles, California (Pacific Standard Time). For athletes coming from out of state, please adjust your clocks accordingly.
12. Many thanks to our sponsors and hosts, Lake Havasu City, Lake Havasu City Visitor and Convention Bureau, Havasu State Park, and the Quality Inn.
13. If you are bringing a boat, California Fish and Game has advised the following: Upon entering California (which is across the lake), "any conveyances, including vehicles, boats and other watercraft, containers and trailers that may carry or contain adult or larval dreissenid [quagga] mussels" may be subject to "inspection and impoundment or quarantine". Please check the link for full information: <https://www.wildlife.ca.gov/Conservation/Invasives/Quagga-Mussels>

#### **MCTC INFORMATION**

1. The MCTC entry list is posted on [www.tucsonracing.com](http://www.tucsonracing.com).
2. Please note the MCTC scoring procedures on [tucsonracing.com](http://tucsonracing.com). Scoring for the MCTC Championships will be done by MCTC.
3. MCTC will be scored among member schools only.
4. Points for the MCTC Championships may only be scored by athletes competing as an individual in the Collegiate Division (International Distance). Relays and sprint distance athletes may not score points.
5. You must be a full time student with a valid ID to race in the collegiate division or take advantage of the collegiate discount. At registration you must present a valid collegiate ID (plus photo ID if your college ID does not have a photo) and, if a USAT annual member, a valid USAT membership card. There will be absolutely no exceptions to this rule. If you have entered the collegiate division and did not bring, or do not have, a collegiate ID indicating full time enrollment, you will be asked to pay the difference in entry fee. Note that if you are a member of a collegiate club, but not a full time student, you are not eligible for the collegiate discount.
6. Collegiate men will start in the first Olympic distance wave, collegiate women in the second. The remaining men will be in the third wave.