

LAKE LAS VEGAS

T100

TRIATHLON

October 19th - 20th, 2024

ATHLETE GUIDE

Please read carefully



CONTENTS

03 LLV Tourism Info

05 Event Schedule

08 Watch the Pros

10 Expo/Package Pick UP

11 Key Race Timings & Cutoffs

Pre Race

12 QR code & Insurance

13 Race Pack Collection

14 Swag Checklist

15 Parking

17 Bike Check-In

19 Athlete Tracker App

21 Race Day Morning

T100 Course Details

22 Swim

26 Transition

28 Bike

30 AG Bike Rules

32 Bike Aid Stations

34 Run

36 Run Aid Stations

Post Race

38 AG Awards

38 Bike Check Out

Side Events

41 Open Water Swim

KNOW / LAKE LAS VEGAS



KNOW / Lake Las Vegas

Beautiful outdoor scenery, an Italian style village, and lake front resorts are not typically what one thinks of when picturing Las Vegas. However, that is exactly what is to be found only 20 miles from the famous Las Vegas Strip, where desert, lights, and gambling convert into a scenic, quiet retreat. The main attraction is the man-made Lake Las Vegas, located in the City of Henderson, Nevada.

KNOW / The Westin Lake Las Vegas Resort & Spa

The Westin Lake Las Vegas Resort and Spa offers a world of opportunities for recreation and relaxation. You will find our Henderson, NV, resort a short drive from the energy of the Las Vegas Strip. But, this resort offers an atmosphere of tranquility that feels a world away. Stretch out in spacious rooms and suites with calming decor and modern technology. Many rooms offer stunning views of Lake Las Vegas. Invigorate your body with a treatment at Aveda Spa Lago, make a splash at the two-level Nuala Pool or move well with a visit to the WestinWORKOUT Fitness Studio. Let us help you arrange a tee time at one of two championship golf courses, both of which are moments away; each part of the Jack Nicklaus Signature course family. Varied resort dining options include award-winning Marssa Steak and Sushi, serving quality ingredients like Certified Angus Beef and Wagyu Steaks.

KNOW / Reflection Bay Golf Club

Reflection Bay Golf Club is located in the luxurious high end resort residential community of Lake Las Vegas. Created in 1998, Reflection Bay Golf Club is designated as a prestigious Jack Nicklaus Signature Design course, the only such course located in the state of Nevada. Reflection Bay has hosted the Wendy's 3 Tour Challenge PGA event several times and has been the recipient of some of the most sought after awards by industry magazines including Golf Magazine and Golf Digest.

KNOW / Las Vegas

Only 20 Miles from the Famous Las Vegas Strip! Las Vegas remains one of the most-visited destinations in the world, with gambling, shops, nightclubs, dayclubs, dining, shows and fabulous outdoor opportunities all available within a short drive.

The resorts are full of lavish stage shows, big-name performers and restaurants by celebrity chefs.

Outdoor activities such as biking, hiking, rock climbing and horseback riding are available close by to Las Vegas and give visitors plenty of reasons to return to the city.

Of course, the gaming tables and slot machines create a backdrop for the Las Vegas spectacles. For many visitors, the thrill of winning and losing makes the casinos the most exciting show in town.

PTO PARTNERS

CANYON

deboer

EKOI

FORM[®]
SMART SWIM GOGGLES

GARMIN[®]

M!
MAURTEN

EVENT SCHEDULE

OCTOBER 2024

FRIDAY, OCTOBER 18th

TIME	ACTIVITY	LOCATION
15:00 - 18:00	Packet Pick Up + EXPO <i>(Mandatory for Open Water Swim Comp)</i>	WESTIN LAKE LAS VEGAS - OUTSIDE THE CASABLANCA BALLROOM (MEDINAS FOYER)
17:00 - 17:45	Tri Talks PRO Athlete Panel for Age Group Athletes	WESTIN LAKE LAS VEGAS - OUTSIDE THE CASABLANCA BALLROOM (MEDINAS FOYER)

SATURDAY, OCTOBER 19th

TIME	ACTIVITY	LOCATION
7:00 - 9:00	Open Water Swim Packet Pick Up	REFLECTION BAY GOLF CLUB- SWIM START
8:15	PRO WOMEN RACE START	REFLECTION BAY GOLF CLUB- SWIM START
9:00 - 11:00	Bag Check Open for Open Water Swim	REFLECTION BAY GOLF CLUB- SWIM START
9:30	4km Open Water Swim Competition	REFLECTION BAY GOLF CLUB- SWIM START
9:45	2km Open Water Swim Competition	REFLECTION BAY GOLF CLUB- SWIM START
10:00 - 17:00	Packet Pick Up	WESTIN LAKE LAS VEGAS - OUTSIDE THE CASABLANCA BALLROOM (MEDINAS FOYER)
10:00 - 16:00	Expo Hours	WESTIN LAKE LAS VEGAS - OUTSIDE THE CASABLANCA BALLROOM (MEDINAS FOYER)
10:00 - 17:00	Age Group Bike Check-In (Mandatory)	WESTIN LAKE LAS VEGAS - TRANSITION (PARKING LOT)
11:45	PRO WOMEN AWARDS	WESTIN LAKE LAS VEGAS - FINISH LINE
14:15	PRO MEN RACE START	REFLECTION BAY GOLF CLUB- SWIM START
15:30 - 16:30	Age Group Swim Familiarization <i>*must have picked up packet and wear timing chip</i>	REFLECTION BAY GOLF CLUB- SWIM START
17:45	PRO MEN AWARDS	WESTIN LAKE LAS VEGAS - FINISH LINE

EVENT SCHEDULE

OCTOBER 2024

SUNDAY, OCTOBER 20TH

TIME	ACTIVITY	LOCATION
4:30 - 6:55	Age Group Transition Opens	WESTIN LAKE LAS VEGAS - TRANSITION (PARKING LOT)
4:30 - 15:00	Bag Check Open	WESTIN LAKE LAS VEGAS - BAG CHECK TENT
6:30 - 6:40	Swim Warm Up - Waves 1 - 2	REFLECTION BAY GOLF CLUB- SWIM START
6:40 - 6:50	Swim Warm Up - Waves 3 - 4	REFLECTION BAY GOLF CLUB- SWIM START
6:50 - 7:00	Swim Warm Up - Waves 5 - 8	REFLECTION BAY GOLF CLUB- SWIM START
7:05	Wave 1 - Male 29 & Under	REFLECTION BAY GOLF CLUB- SWIM START
7:10	Wave 2 - Female 29 & Under	REFLECTION BAY GOLF CLUB- SWIM START
7:15	Wave 3 - Male 40 - 59	REFLECTION BAY GOLF CLUB- SWIM START
7:22	Wave 4 - Female 60+	REFLECTION BAY GOLF CLUB- SWIM START
7:29	Wave 5 - Male 60+	REFLECTION BAY GOLF CLUB- SWIM START
7:37	Wave 6 - Male 30 - 39	REFLECTION BAY GOLF CLUB- SWIM START
7:42	Wave 7 - Female 40 - 59	REFLECTION BAY GOLF CLUB- SWIM START
7:48	Wave 8 - Female 30 - 39	REFLECTION BAY GOLF CLUB- SWIM START

Note that starts will be in time trial format within each wave

EVENT SCHEDULE

OCTOBER 2024

SUNDAY, OCTOBER 20TH

TIME	ACTIVITY	LOCATION
9:10	Age Group Swim Cut Off	
13:10	Age Group Bike Cut off	
15:45	Age Group Course Cut off	
9:00 - 14:30	Expo Hours	WESTIN LAKE LAS VEGAS - OUTSIDE THE CASABLANCA BALLROOM (MEDINAS FOYER)
15:30	Age Group Awards	WESTIN LAKE LAS VEGAS - FINISH LINE

T100 / WATCH

Get ready to watch the world's best triathletes battle it out on the Lake Las Vegas course!

The pro races will take place at **8:15 (Women)** and **14:15 (Men)** on Saturday, October 19th, and promise to deliver incredible action, as 40 of the world's best triathletes compete for victory.

19
SAT

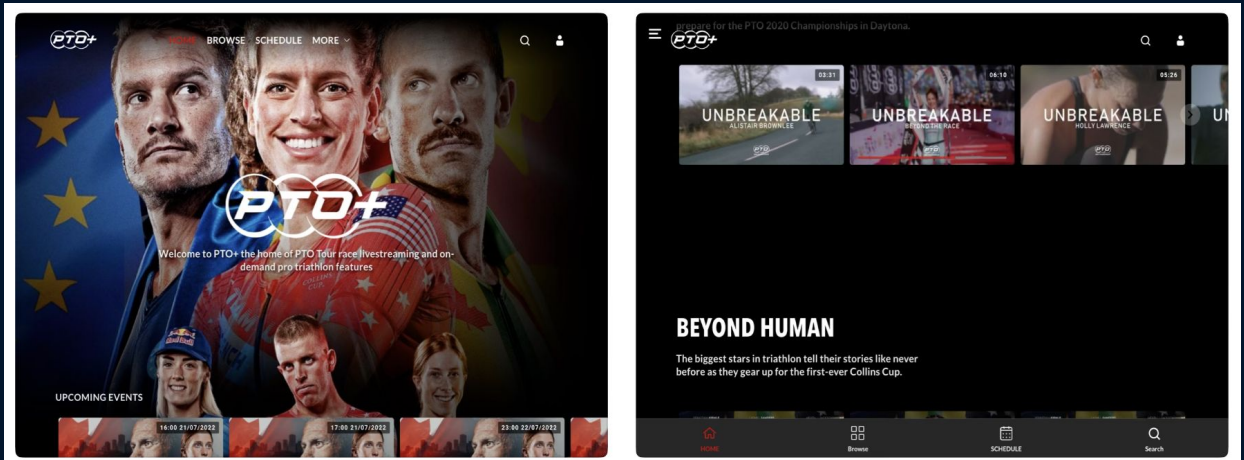
WHERE TO WATCH THE PROS

TIME	ACTIVITY
6:15	Transition Check-In Open - PRO Women
8:00	Live Broadcast Begins
8:15	PRO Women Race START
11:48	PRO Women First Finisher
12:15	PRO Women Award Ceremony
12:15	Transition Check-In Open - PRO Men
14:00	Live Broadcast Begins
14:15	PRO Men Race START
17:28	PRO Men First Finisher
17:45	PRO Men Award Ceremony



A big screen at the Pro Transition area will show all the action – or you can head out and cheer for the athletes anywhere along the bike and run course.

Watch for free, live, from anywhere in the world!
Simply download our PTO+ app and watch on PTO+ or the T100 YouTube channel.



You can also watch the Lake Las Vegas T100 Triathlon PRO races live in Spain and Europe on Discovery+, Eurosport and max.

BROADCAST PARTNERS



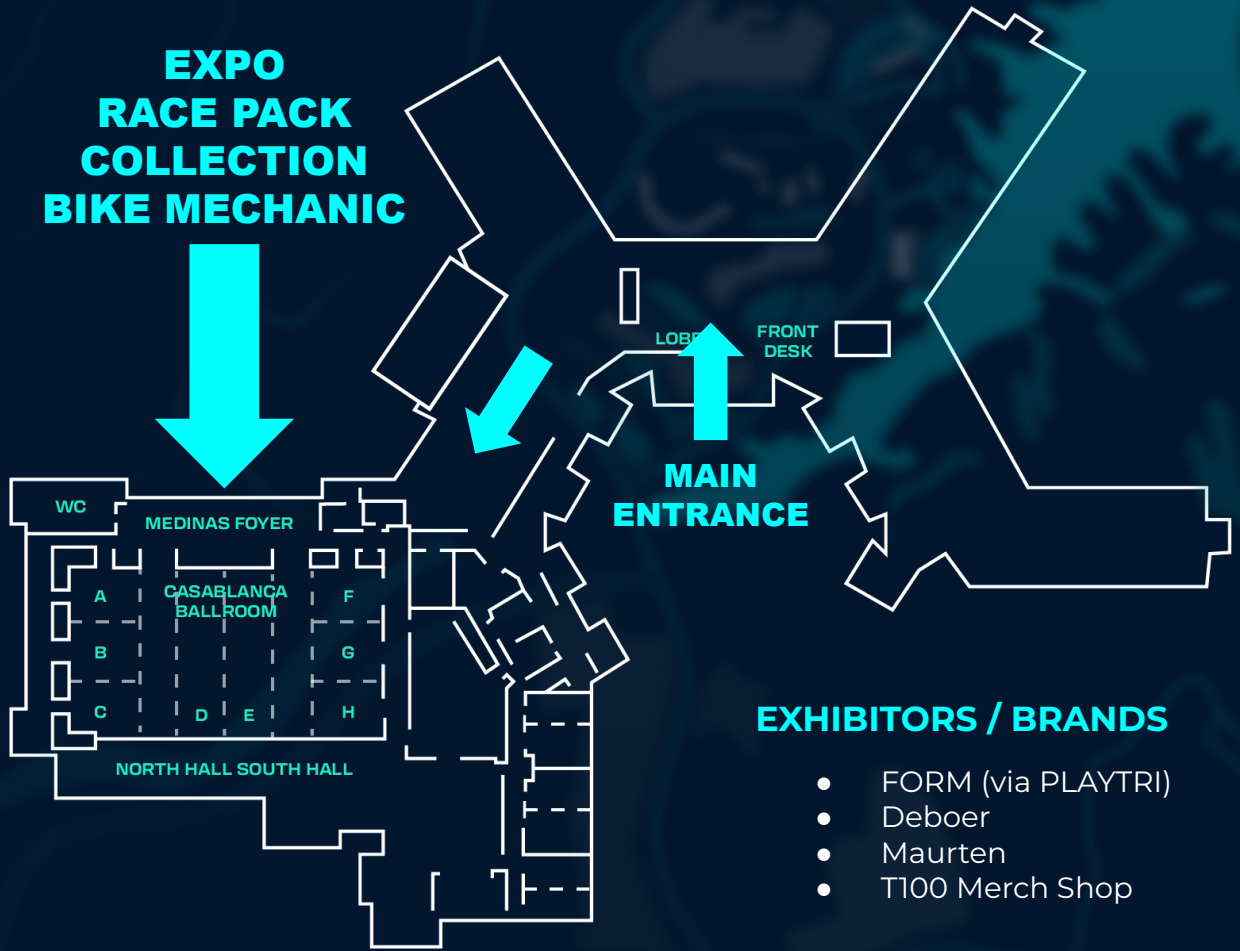
LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in US & Europe (excl. UK Germany, Italy)



RACE PACK COLLECTION ([MORE DETAILS CLICK HERE](#))

BIKE MECHANICS ([HOURS OF OPERATION](#))

HOURS	DAY	LOCATION
15:00 - 18:00	18 FRIDAY	WESTIN LAKE LAS VEGAS - OUTSIDE THE CASABLANCA BALLROOM (MEDINAS FOYER)
7:30 - 17:00	19 SATURDAY	WESTIN LAKE LAS VEGAS - OUTSIDE THE CASABLANCA BALLROOM (MEDINAS FOYER)
ALL DAY	20 SUNDAY	WESTIN LAKE LAS VEGAS - OUTSIDE THE CASABLANCA BALLROOM (MEDINAS FOYER)

T100 / KEY RACE TIMINGS

Mandatory Bike Check-In: Saturday Oct. 19, 10:00 to 17:00

Bike check in AND Helmet check is required the day prior to racing. Only your bike may be left in transition which will be safe and secured by security. NO RACE MORNING BIKE CHECK-IN!

Transition Open on Race Day: 4:30 - 6:55

Only race essentials may be left in transition. No bags are permitted to be left in transition.

TIME	ACTIVITY	CAP COLOR
------	----------	-----------

7:05	Wave 1 - Male 29 & Under	Pink
------	--------------------------	------

7:10	Wave 2 - Female 29 & Under	White
------	----------------------------	-------

7:15	Wave 3 - Male 40 - 59	Purple
------	-----------------------	--------

7:22	Wave 4 - Female 60+	Orange
------	---------------------	--------

7:29	Wave 5 - Male 60+	Green
------	-------------------	-------

7:37	Wave 6 - Male 30 - 39	Yellow
------	-----------------------	--------

7:42	Wave 7 - Female 40 - 59	Red
------	-------------------------	-----

7:48	Wave 8 - Female 30 - 39	White
------	-------------------------	-------

No Bike Check - In will be allowed on Sunday!

CUT OFF TIMES

9:15	Swim Cut off
------	--------------

13:15	Bike Cut Off
-------	--------------

15:45	Course Cut off
-------	----------------

T100 / QR CODE & INSURANCE

RACE PACK COLLECTION

You will need:

1. YOUR ID
2. RACE QR CODE
3. NATIONAL FEDERATION MEMBERSHIP CARD (unless you purchased a day license)*

You can collect your Race Pack in the Expo Area (Outside the Casablanca Ballroom in the Medinas Foyer) during the following times:

Friday 18th 15:00 - 18:00
Saturday 19th 10:00 - 17:00

**Open Water Swim Competition packets must be picked up no later than 9:00 on Saturday*

IMPORTANT: Please have your **Triathlon Federation Membership Card** ready to show.

NO RACE PACK COLLECTION ON RACE DAY.

QR CODE

You must be ready to show the QR code sent to you prior to the race when you collect your Race Pack. This will be emailed to you in the week leading up to the event.

YOUR RACE PACK

Your Race Pack contains all the essential items for your race and you must pick it up on the scheduled days and times at the Expo Area Casablanca Ballroom). Upon picking up your race pack, you will be required to write your race number on your swim cap.

DOING THE OPEN WATER SWIM COMPETITION AND TRIATHLON?

If you are doing both events, you will receive a timing chip for each race, as well as a different race number for each race.

1. ID



2. FEDERATION CARD*



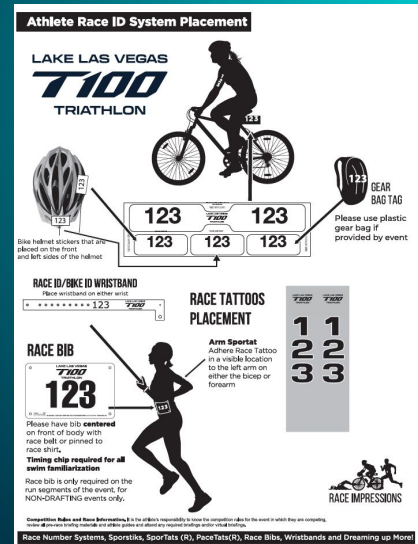
3. RACE QR CODE



T100 / RACE PACK

RACE PACK CHECKLIST:

- One (1) Wristband**
- One (1) Bib Number**
 - To be worn on your front on the run. (not required to be worn on the bike).
- One (1) Sticker sheet**
 - 2x Helmet Stickers
 - 1x Bike Post Sticker
 - 1x Bag Drop Sticker
- One (1) Swim Cap**
 - There will be different colours for wave. It is mandatory to wear the swim cap during the swim, so don't lose it! Upon picking up your race pack, you will be required to write your race number on your swim cap.
- One (1) Race Number Tattoo Set**
- One (1) After Race Bag**
- One (1) Timing Chip**
 - Timing chips will be delivered to you upon picking up your packet.
 - In the preparation area, to avoid it getting caught in your bike chain/gears, **fasten your timing chip around your left ankle** using the velcro strap.
 - Please do not remove your timing chip until you have completed your triathlon or you will not receive a result.
 - We advise that you **put your wetsuit over the timing chip strap**. This will help to keep it secure in the water and prevents you from having to remove the strap in Transition.
 - All timing chips must be returned once you cross the Finish Line – there will be a **charge of \$95 for any unreturned timing chips**.



T100 / SWAG

MAURTEN NUTRITION PACK

If you ordered a Maurten nutrition pack when you entered the event, you will be able to collect this from the Maurten Expo Stand after you've picked up your Race Pack- to collect your nutrition pack, you will need your BIB

SWAG & RACE T-SHIRT

After Race Pack collection, don't forget to pick up your Lake Las Vegas T100 Triathlon swag & race T-shirt at the designated area at the Expo.

T100 SWAG CHECKLIST:

- One (1) T100 Backpack**
- One (1) T100 Cap**
- One (1) T100 Insulated Mug**
- One (1) T100 Race T-Shirt**

- One (1) Finisher Medal**
Awarded Post Race



T100 / PARKING

T100 Athlete Parking is at the Self-Parking Garage at the Village (next to the Hilton) on the top two levels.

There will be Shuttle Buses on a first come first served basis (athletes competing that day will be given priority).



All Athletes

Please note that there is one parking option for athletes which is located at the Self-Parking Garage at the Village (next to the Hilton). **The address is 20 Via Bel Canto.** Please make sure that you arrive early to park.

THERE IS ABSOLUTELY NO PARKING AT THE WESTIN HOTEL.

T100 / SHUTTLES

Shuttles will run between the Self-Parking Garage at the Village (20 Via Bel Canto) & Reflections Bay Parking Lot

Please No Bikes on Shuttles

There will be Shuttle Buses on a first come first served basis (athletes competing that day will be given priority)



SHUTTLE SCHEDULE

SATURDAY

6:30 - 18:30

Please Ride Your Bike to Check In

SUNDAY

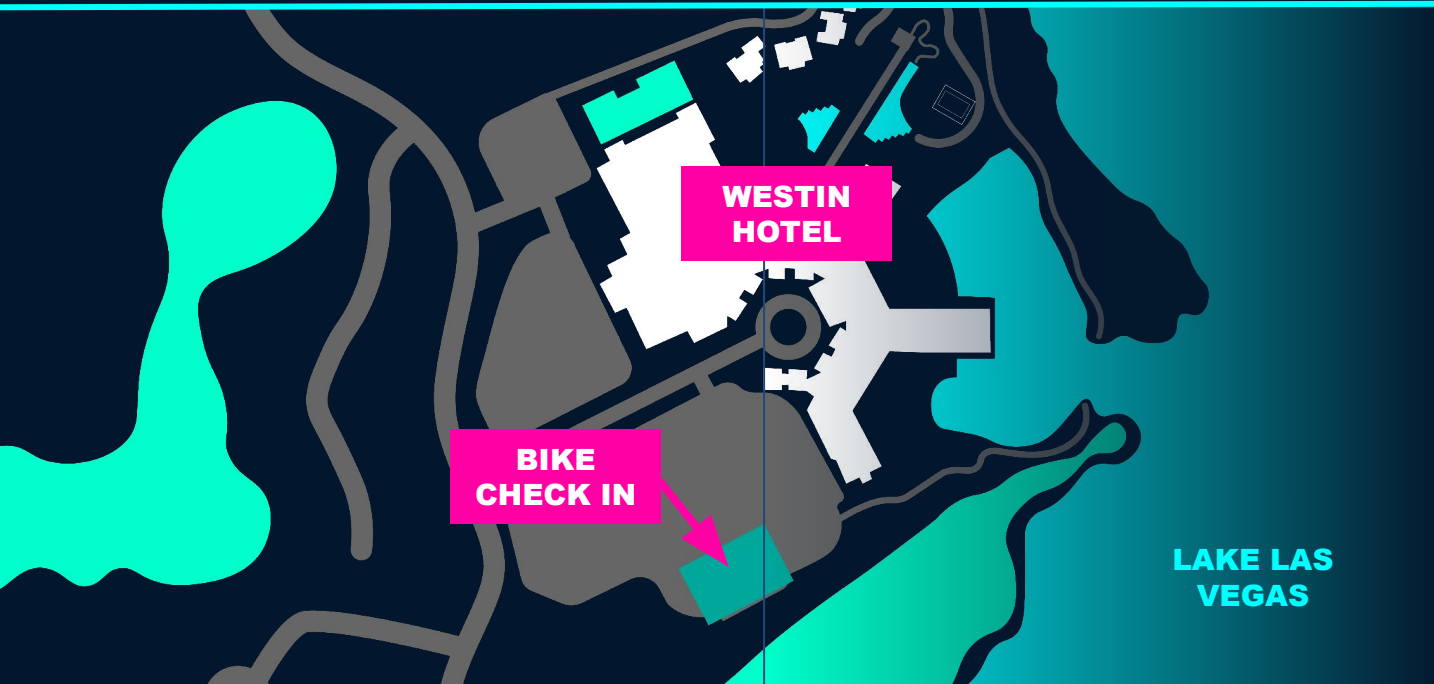
3:35 - 18:00

All Athletes

T100 Athlete Parking is at the Self-Parking Garage at the Village. You must park on the top two levels. Due to road restrictions, it is best to go north on Lake Las Vegas Parkway, turn right on Strada Di Villaggio, then a left on Via Bel Canto. The address of the Parking Garage is 20 Via Bel Canto. The walk to the main venue at the Westin is about one-mile.

PLEASE ARRIVE EARLY TO ALLOW TIME TO PARK AND NAVIGATE TO THE VENUE!

T100 / BIKE CHECK - IN



19
SAT

BIKE CHECK - IN (MANDATORY)

10:00 - 17:00

BIKE CHECK-IN

MANDATORY Bike Check-in at transition area in The Westin Lake Las Vegas Parking Lot on Saturday, October 19 from **10:00 to 17:00**. On Sunday, October 20, transition will be open from 4:30 to 6:55 for *gear only* check-in.

IMPORTANT: NO BIKE CHECK-IN ON RACE DAY

Once you have collected your Race Pack on Friday or Saturday, please go to the Transition Area for Bike Check-in on Saturday and rack your bike. You will enter Transition at a designated entry point (Bike Out) where staff will check your bike, along with wristband.

Before proceeding to check-in at the transition area:

1. Secure the numbered wristband around your wrist. Please do not remove your wristband. It is essential for identification purposes and must be worn until after your race.
2. Affix the seatpost sticker on your seat post.

AT TRANSITION AREA CHECK-IN:

Find your designated bike rack spot, according to your bib number, and rack your bike.

Rack your bike in Transition at the position that corresponds with your race number. Volunteers and event staff will be on hand to guide you.

On race day, place your race belongings next to your bike. Don't leave your bike gear (race bib, shoes, helmet, nutrition, etc.) or your run gear (cap/visor, shoes, etc.) under your bike nor overnight.

NO BAGS MAY BE LEFT IN TRANSITION. BAG CHECK (RACE DAY ONLY) IS LOCATED BY THE FINISH LINE.

T100 / BIKE CHECK - IN

BIKE CHECKS

It is your responsibility to bring a bike and your helmet that is roadworthy and complies with USA Triathlon rules.

You are responsible for verifying the safety of your bike before taking it to Transition, in order to prevent its rejection by race officials. Officials will inspect various aspects, such as:

- End plugs on handlebars
- Tires in reasonable condition
- Brakes in working order

Tip: the transition area is exposed to the sun. Don't fill your tires to the maximum pressure, to avoid them bursting in the sun when the tires warm up.

Ensure the safety of your helmet and confirm that it meets the required standards before bringing it to transition, to avoid rejection.

YOUR HELMET:

- **Must** be approved by a TRI Member Federation testing authority..
- **Must** not be altered. Alterations to any part of the helmet are not allowed. This includes - but is not limited to - any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- **Must** be undamaged.

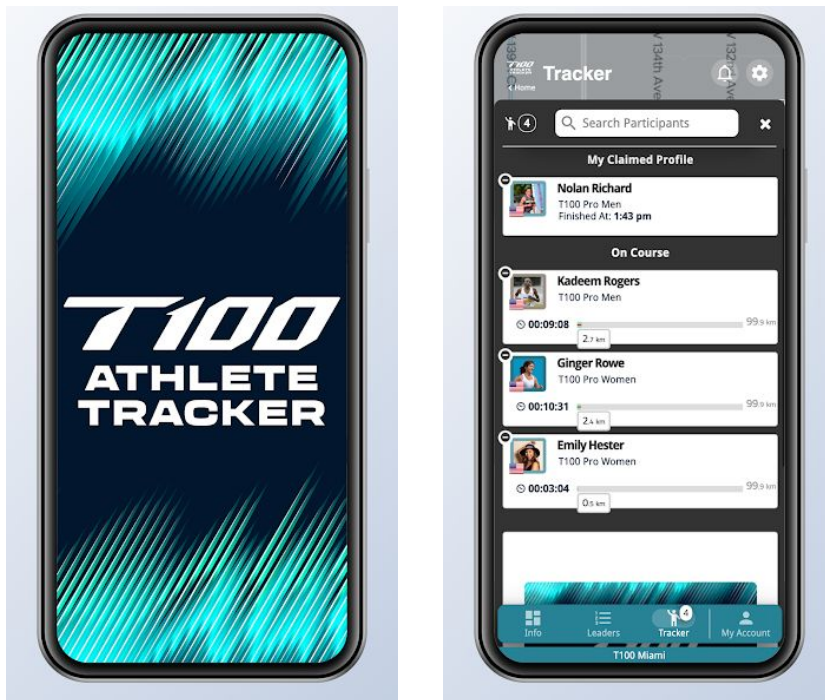
BAG CHECK GEAR BAG

There will be no bags permitted to be left in transition. Upon check-in to transition on race morning, you may bring a bag in, but upon exiting transition, your bag must go with you. There will be a bag check tent located by the finish line where you may check your bag by placing it within the bag that is provided to you at the bag check tent. Upon completion of your race, you may retrieve your bag by showing your race number.

T100 / ATHLETE TRACKER APP

Available in all App Stores - it is a simple and easy way for your loved ones to track your progress and times during the race.

Then when you're finished, you all can track your favourite pros as they tackle the course!



SAVE
\$500

ON A
FJORD 3.0

WITH THE CODE
SWIMWITHDEBOER
(@DEBOERSWIM.COM)



deboer
JUST ADD WATER.

T100 / RACE DAY, BAG CHECK, SHOE DROP

BAG CHECK GEAR BAG

There will be no bags permitted to be left in transition. Upon check-in to transition on race morning, you may bring a bag in, but upon exiting transition, your bag must go with you. There will be a bag check tent located by the finish line where you may check your bag by placing it within the bag that is provided to you at the bag check tent. Upon completion of your race, you may retrieve your bag by showing your race number.

SHOE DROP AREA

It is a 300m run from swim exit to transition upon exiting the water. Prior to race start, there will be a shoe drop area located on the paved cart path upon exiting the water. At this location, you are free to leave your shoes inside the bag that will be provided to you at this location. This is not required to leave shoes, but it is available for your convenience. **NOTE THAT THIS MUST BE DONE PRIOR TO THE FIRST WAVE START AT 7:05AM.**

MEDICAL ADVICE

You should discuss any medical problems with your General Practitioner before competing in the triathlon. On the back of your race bib number, please write an emergency contact phone number for someone who is not taking part.

For the swim, please do not use washing up liquid to prevent your goggles from steaming up – this can irritate your eyes. We also advise not putting your wetsuit on fully until you are about to enter the water, especially on warm days. This is to keep you as cool as possible – overheating in a wetsuit is a common problem seen by the medical team. Lastly, participants MUST NOT swim with any open wounds.

Please be aware that on race day, the weather will be warm. Serious heat-related medical problems are common, even in triathlon. If you are feeling hot, slow down and stop in a safe, sheltered area to cool off – if you still feel unwell, please flag down a marshal or a passing event vehicle to ask for medical help and we will come to you.

HYDRATION – DRINKING SAFELY

Sensible fluid intake is necessary for participating in a triathlon. You are expected to bring plenty of water to the event with you. Your thirst is the best and safest guide as to how much you should drink during the event. You should start the race sufficiently hydrated, and sip small amounts as your thirst dictates. Avoid drinking too much fluid before, during or after the race, as it is possible to get ill from drinking too much fluid (this applies to water OR sports drinks).

VOLUNTEERS AND OFFICIALS

We all know that the success of any sporting event is largely due to the Volunteer Team. Their help in carrying out various essential organisational tasks is vital for the perfect execution/operation of the safest and most fantastic event possible, for athletes and their supporters alike!

Around 250 volunteers will help with different aspects of the event's organisation, supporting the event team with tasks such as administration, TOs, helping with protocol, access control and management, athletes' and spectators' support etc. This is a unique opportunity to enjoy the sports event from within the organisation, to meet athletes from all over the world and be involved in endless exciting aspects related to Lake Las Vegas T100 Triathlon 2024!

Be part of an unforgettable experience! We encourage you to say THANK YOU to the Volunteers and Technical Officials whenever possible. Without them, this event would not be possible!

SWIMWEAR

The USA Triathlon guidance on swimwear can be found in a pdf located at:
<https://www.usatriathlon.org/multisport/rules>

AND FINALLY...

We hope you have a fantastic race and enjoy your Lake Las Vegas T100 Triathlon experience to the max at the inaugural Age-Group LLV event. We can't wait to welcome you over the weekend of October 19th - 20th, 2024, and look forward to seeing you – and your family and friends – for two days of world-class triathlon action. Good luck, and don't forget to smile for the cameras as you conquer the Lake Las Vegas T100 Triathlon!

WANT TO VOLUNTEER?

There are still volunteer opportunities available!

SIGN UP HERE:

<https://usatriathlon.volunteerlocal.com/volunteer/?id=90882>



T100 / SWIM

TRANSITION AREA CHECK IN

The Transition Area will be open from **04:30 to 06:55 for last minute Gear Check-In**. Remember the Bike Check-In is MANDATORY on Saturday.

TOILETS

There will be +10 toilets in the transition area, for athletes use only, as well as at the swim start, and finish line.

IT IS FORBIDDEN TO LEAVE PUMPS IN THE TRANSITION AREA

You can access the transition with your own pump, but you can't leave it there. When you leave transition, you must take your pump with you and give it to a family member or carer. The organisation will provide several pumps in transition for those who want to check their tire pressure.

SHOE DROP AREA

It is a 300m run from swim exit to transition upon exiting the water. Prior to race start, there will be a shoe drop area located on the paved cart path upon exiting the water. At this location, you are free to leave your shoes inside the bag that will be provided to you at this location. This is not required to leave shoes, but it is available for your convenience. **NOTE THAT THIS MUST BE DONE PRIOR TO THE FIRST WAVE START AT 7:05AM.**

SWIM START

Please make your way to the Swim Start Area at least 20 minutes before your race start time. The Swim Start area is located directly adjacent to The Westin at Reflection Bay Golf Club.

The race start procedure will be a ROLLING, TIME TRIAL START from a small dock by the beach.

Kayakers will be on hand to guide participants. Once in the water, you should identify tall landmarks that can help to keep you on course and prevent you weaving around and swimming further than you need to.

The swim course is counter-clockwise, so you should always keep all swim buoys on your left shoulder.

SWIM EXIT

The swim exit will be directly onto the beach shore with a run/walk to the transition area. Volunteers and Lifeguards will be on hand to help you out, if required. Once you have exited the water, you can remove your wetsuit before you enter T1. Additionally, there will be water basins present at swim exit should you choose to rinse your feet of sand.

WATER TEMPERATURE

The expected water temperature for mid-October is between 73 and 78 F.

WETSUIT USE

According to USA Triathlon competition rules, it is permitted to wear a wetsuit at this event up to and including a water temp of 78 degrees Fahrenheit.

SWIM SAFETY

For many, the swim section is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help you, if required. If you are especially worried, please identify yourself to our swim start team, who can provide additional support and guidance, should you need it.


T100 / SWIM COURSE

LAKE LAS VEGAS
T100
TRIATHLON



START
PLATFORM

T100 2KM SWIM COURSE

-  Lap 1 = 2000m
-  Swim Exit to T1

T100 / SWIM SAFETY

Swim warm up time will be offered only during pre-scheduled time as indicated on the schedule. No athletes are permitted in the water outside of those times.

We are please to offer an Age Group Swim Familiarization on Saturday from 15:30 - 16:30. **PLEASE NOTE THAT YOU MUST HAVE PICKED UP YOUR PACKET PRIOR TO ENTERING THE WATER. YOU MUST ALSO WEAR YOUR TIMING CHIP AND SWIM CAP.**

The water safety team consists of fully qualified lifeguards in kayaks and rescue boats, as well as jet skis.

If this is your first triathlon, or swimming is not your strongest discipline, we recommend that you position yourself towards the back of the wave.

If you do get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you, and if necessary, arrange a safety boat to take you to the water's edge.

SWIM STROKES

Most people use front crawl or breaststroke. Backstroke in the swim is not allowed because it can be confused with someone indicating they are in difficulty.



T100 / SWIM EXIT AID STATION

There will be one (1) aid station between the swim exit and T1, serving water only.

FORM[®]



RACE APPROVED



supertri



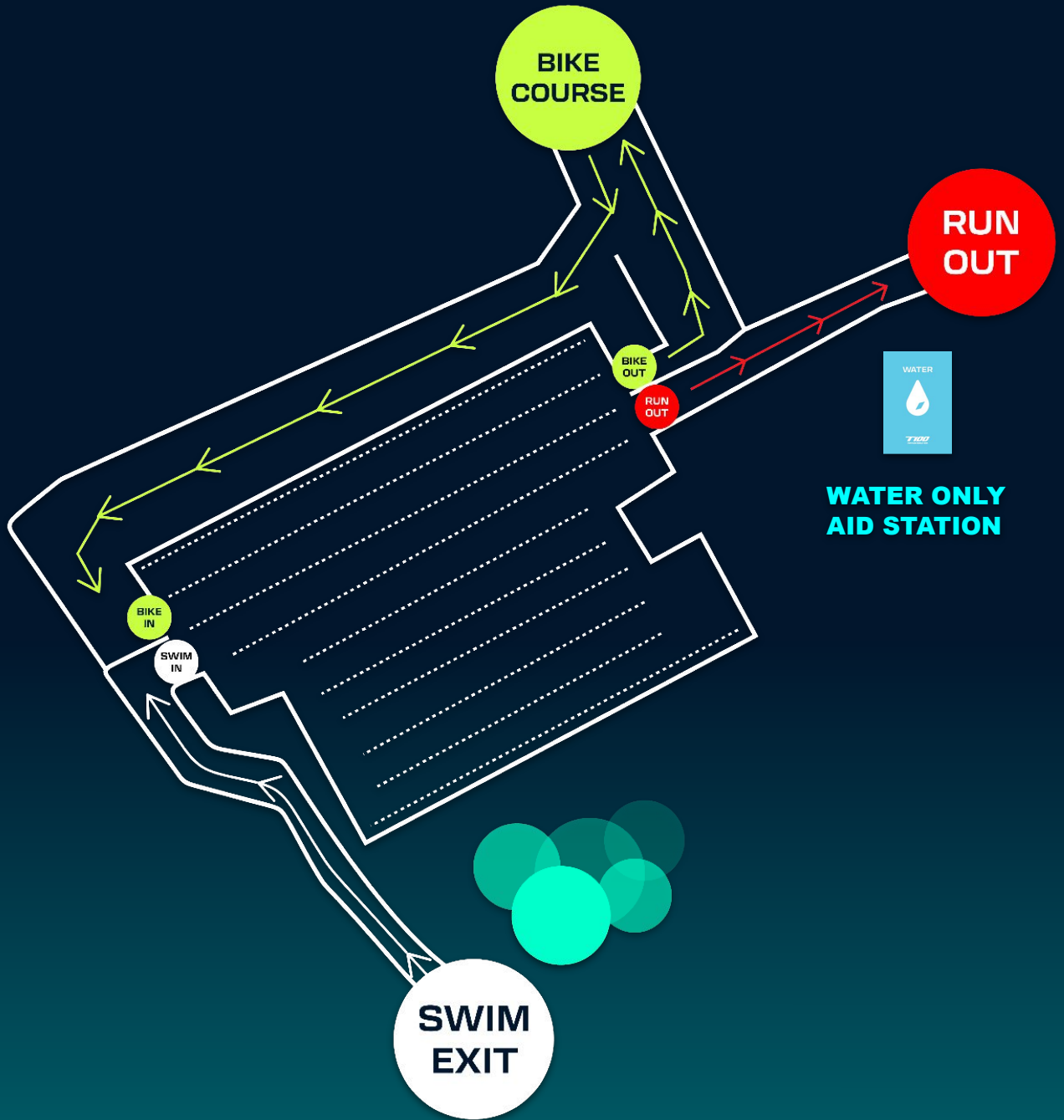
SWIMSTRAIGHT™ GET THERE FASTER

Stay on course while in open water with the world's-first in-goggle digital compass.



formswim.com

T100 / TRANSITION FLOW



GARMIN®
TRI

SWIM. BIKE. RUN.

Built for triathletes

SHOP



T100 / BIKE

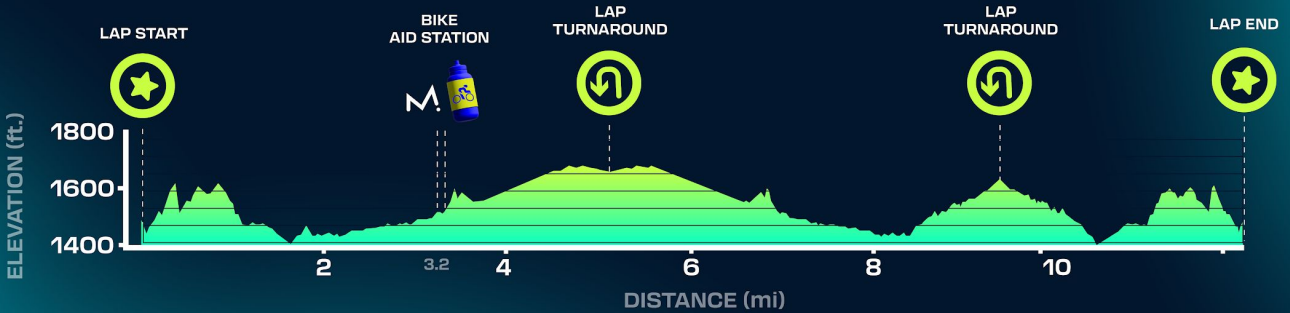
LAKE LAS VEGAS T100 TRIATHLON



T100 80KM BIKE COURSE

- Transition to Bike Lap Start = 1700 ft. (518m)
- 4 Laps = 12 mi per lap (19.3km)

T100 COURSE ELEVATION PROFILE



TRANSITION TO BIKE (T1)

Make sure you know your route through Transition when switching between disciplines, as well as where you racked your bike! **PLEASE NOTE THAT THE BIKE IS 4 LAPS.**



T100 / BIKE COURSE



The cycling course in which the lanes you are riding in will be closed to traffic.

- The bike course is a 4-lap course. ***IT IS YOUR RESPONSIBILITY AS AN ATHLETE TO COUNT YOUR LAPS.***
- Athletes will be riding in a counter-clockwise fashion in the interior lane.
- **While approaching the venue at the completion of each lap, athletes will see signage directing you to STAY LEFT to next lap or STAY RIGHT to transition.**

The 80 kilometer course combines areas of fast riding with other areas of climbs. These long, false flats will require an aero position for a large part of the section.

High average speed is guaranteed - but it is worth thinking about what comes next with the 18 kilometer run?

T100 / AG BIKE RULES

DISQUALIFICATION AND PENALTIES

The USA Triathlon Federation Technical Officials will officiate the race.

KEY RULES

- Bikes and equipment must be placed at your allocated race number bike-rack position at the start and finish of the bike leg.
- No cycling is allowed in the Transition Area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You may be given a time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the race; wearing them will result in either a penalty or disqualification.
- Nudity is not permitted anywhere at the event, including Transition.
- Bike penalties must be served at the bike penalty box. All other infringements will be administered via a 'stop and go'.
- Appropriate racing attire must be worn for the duration of the race. For more information, please see the 'Racing Attire' section on the RACE DAY INFO page.
- You must wear your bib number on the bike and on the run.

BLOCKING

Always keep to the right-hand side of the course unless attempting a pass and do not create a blocking incident. Blocking is where a competitor or an official who is behind cannot pass due to the leading competitor being poorly placed on the course.

DRAFTING

Drafting - ie taking shelter behind or beside another competitor during the cycling leg of the race - is **NOT ALLOWED**.

The 'bicycle draft zone' will be 10 meters long measured from the leading edge of the front wheel. The draft zone of one participant must not overlap the draft zone of another participant.

Participants may enter the draft zone of another participant for the purpose of overtaking, but must be seen to be progressing through that zone. A **maximum of 20 seconds** is allowed to pass through the draft zone of another participant. There is only one exit once an athlete enters the draft zone of the leading cyclist and that is out the front. Athletes who enter the draft zone and then back out may be subject to warning or penalty.

When a participant is passed by other participants, it is their responsibility to move out of the draft zone of the overtaking participant. Failure to do so may result in an official caution or time penalty.

A participant is passed when the leading edge of another participant's front wheel is ahead of their front wheel. If a participant is frequently passed by, or seen to be frequently passing the same participant, this may be seen as working with or drafting off that participant and may be subject to the same penalty as drafting.

Officials on motorcycles will patrol the course to enforce the no-drafting rule. If you are shown a **blue card** during the bike section you have incurred a **drafting penalty** and must make your way to the bike penalty box to serve it.

A **yellow card** is shown for any other bike penalties incurred and, again, you must serve these at the bike penalty box, which will be prior to the entrance to T2.

BIKE PENALTY BOX

The bike penalty box will be located just prior to Transition to T2.

SAG WAGON

In case of not completing the necessary distance within the cut-off times and/or a DNF during the bike section, there will be two vans collecting the athletes. The vans will transport you to the transition area after the bike leg is over for all athletes. Please be patient.

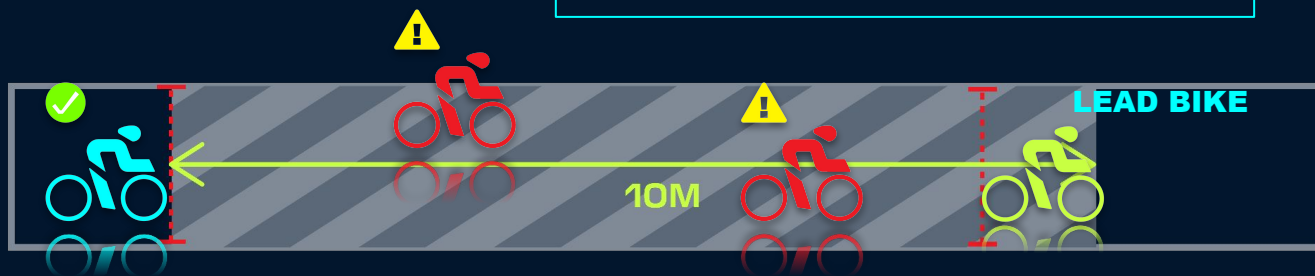
Click [here](#) for cut-off times.

CYCLING COURSE WILL BE CLOSED TO TRAFFIC.

T100 / DRAFTING

BLOCKING

You must keep to the right hand side of the course and not block another competitor trying to pass you.



NOT DRAFTING

DRAFTING

MAKING A PASS

You may enter the draft zone to make a pass within the time of **20 seconds**.

20 SECONDS



Athletes should not attempt to complete a pass unless they are highly confident of their ability to complete the pass in the allotted amount of time.



OTHER VEHICLES

You must remain **15 meters** behind motorcycles and **35 meters** behind other vehicles to prevent drafting.

PENALTIES

1st OFFENSE

2nd OFFENSE

3rd OFFENSE

100K

5 MINS PENALTY

5 MINS PENALTY

DISQUALIFICATION

BIKE CUT-OFF TIMES

To ensure the event meets the road reopening times, there will be cut-off times in place for the bike section of the event.

13:10 Bike end (Dismount line)

RETURN TO TRANSITION (T2)

Once you return to Transition after completing the bike course, please make sure you return your bike to the position it was in at the start of the race – ie, your numbered racking position. Not doing this will result in a penalty.

There will be USA Triathlon Technical Officials in Transition and on the course to monitor all competitors.

REMOVAL OF EQUIPMENT

You will be able to remove your bike from Transition after racing at approximately 13:00 or when the majority of athletes are out of T2. Please be patient - although you have finished your race, there may still be athletes on course. The marshals will check your bike number against your wristband number before it is released. Please make sure that you take the correct wetsuit with you as most are black and look similar.

T100 / BIKE AID STATIONS

There will be one (1) aid station located on Galleria Drive. You will pass one times per lap on the way out, for a total of four (4) times while on the bike course.

Pre-filled bike bottles of water will be provided and Maurten Drink Mix 160 (one bottle per person per lap) as well as Maurten Gel 100 and Maurten Gel 100 Caf 100 as well as fruit, sweets and savoury options.

BIKE AID STATION ORDER



BIKE AID STATION PROCEDURE

Slow down when entering the aid station zone to ensure you get what you need, but don't stop in front of the aid station! If you do not require any products from the aid station, please stay to the left of the lane.

There will be signs along the aid station listing what is on offer. Volunteers will also be communicating what they are holding – please remember to politely ask for what you need.

EMPTIES/WASTE/DROP ZONES

Please discard any unwanted items before the 'End of litter zone' sign. Anything discarded outside this area will result in a penalty.



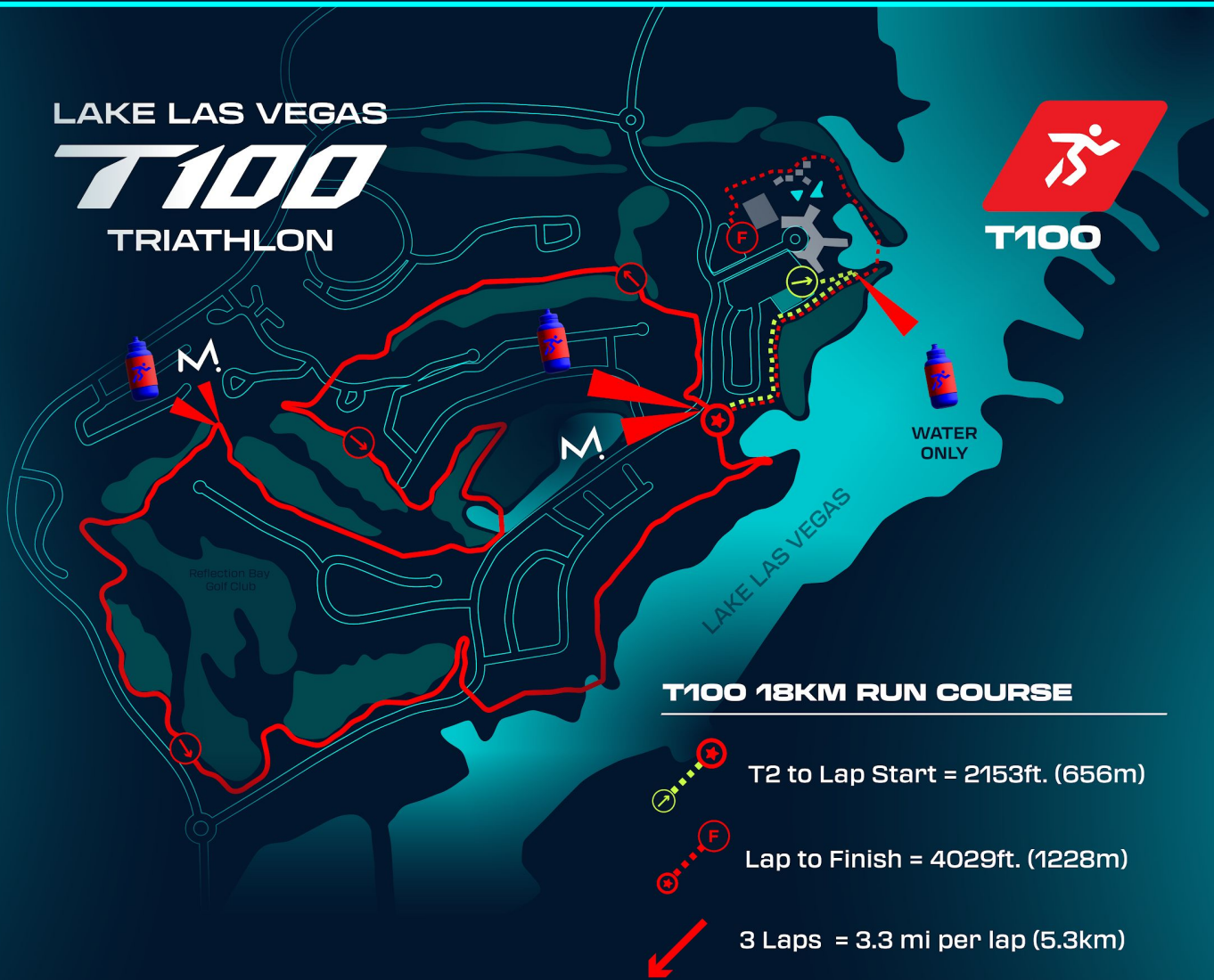
WITH
EKOI
YOU
WIN

EKOI
ANNIVERSARY

SHOP ONLINE | [EKOI.COM](https://www.eko.com)

T100 / AG RUN COURSE

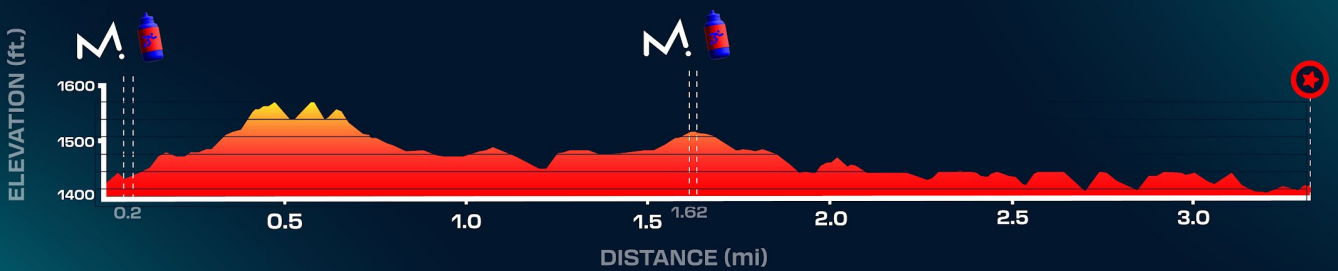
LAKE LAS VEGAS
T100
TRIATHLON



T100 18KM RUN COURSE

- T2 to Lap Start = 2153ft. (656m)
- Lap to Finish = 4029ft. (1228m)
- 3 Laps = 3.3 mi per lap (5.3km)

T100 COURSE ELEVATION PROFILE



Please note no mobile phones, smart devices or headphones are permitted during the race.



T100 / AG RUN COURSE

The run section starts on the Westin property and will quickly see you out onto the golf cart paths of the beautiful Reflection Bay Golf Club. The run course is fairly technical with elevation, a run across a pristine fairway, and ultimately finishing back at the Westin.

AS A REMINDER, RACE BIBS ARE REQUIRED TO BE WORN ON THE RUN!



The 18k, three-lap course will have you running counterclockwise with a decision to be made as you go to each lap. Upon the completion of your last lap, at the decision point, you will stay **RIGHT** to head up to the finish. If you still need to complete more laps, you will **STAY LEFT**.

PENALTY BOX

All run penalties will be served as stand down penalties on the course. Failure to follow the officials instructions may result in disqualification.

NOTE: It is the participant's responsibility to read all supplied information provided in the event materials and to know and keep on the course. Athletes must complete the entire course as prescribed, including all segments in the correct segment order as prescribed by race management. Any failure to so complete the entire course shall be deemed to constitute an unfair time advantage, regardless of overall timing data for the individual athlete, and may result in disqualification. Athletes who depart from the course must reenter at the point of departure before continuing. Athletes who cross the finish line prior to completing all segments of the course who can safely reenter the course at their point of departure in the judgment of the Head Referee and in concurrence with the Lead Timer may be allowed to complete the course as prescribed. Failure to complete the entire course as stated in this section at USA Triathlon Events may result in disqualification or the assignment of DNF in the race results at the discretion of the Head Referee for the event.

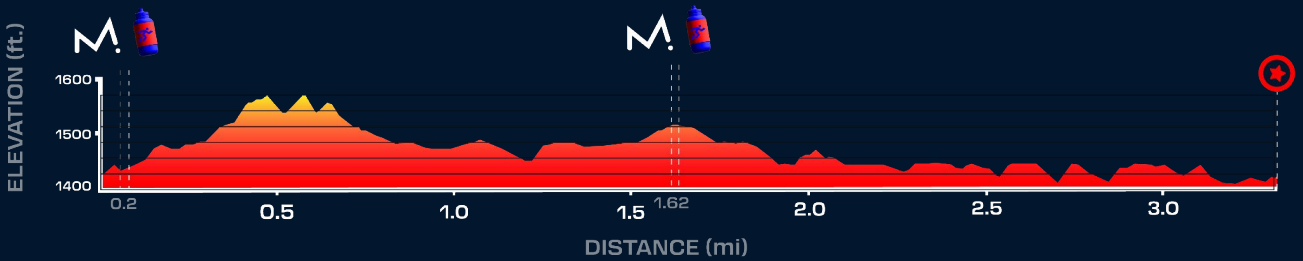


T100 / RUN AID STATIONS

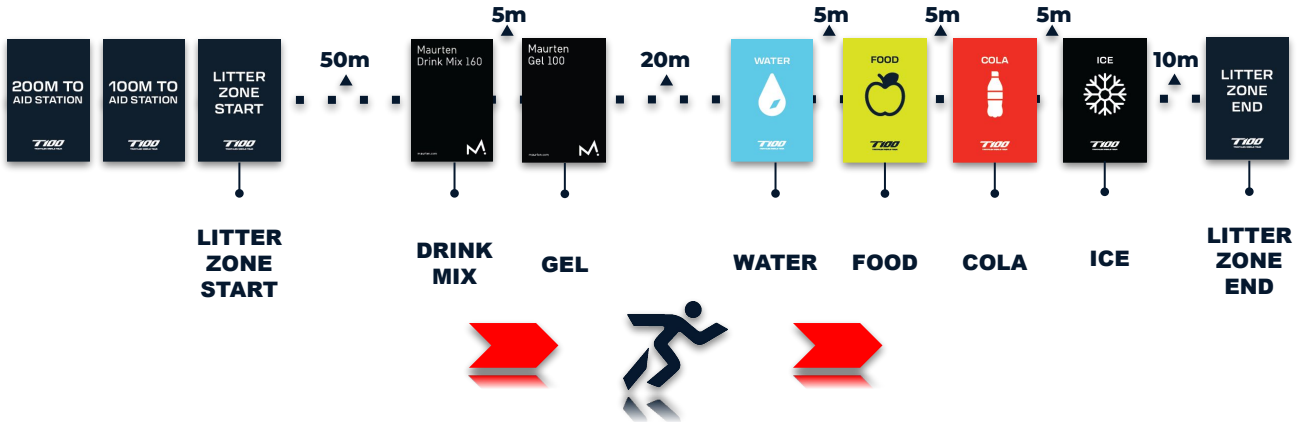
There will be **two (2) aid stations** on the run course per lap, plus one additional WATER ONLY aid station located upon exiting T2.

Locations are noted in the below graphic which signifies one lap of the run course.

There will be a range of hydration and nutrition options including water, Maurten Drink Mix 160, Maurten Gel 100, Maurten Gel 100 Caf 100, cola, and ice. For safety reasons, you must ensure all litter is placed in the bins provided.



RUN AID STATION ORDER



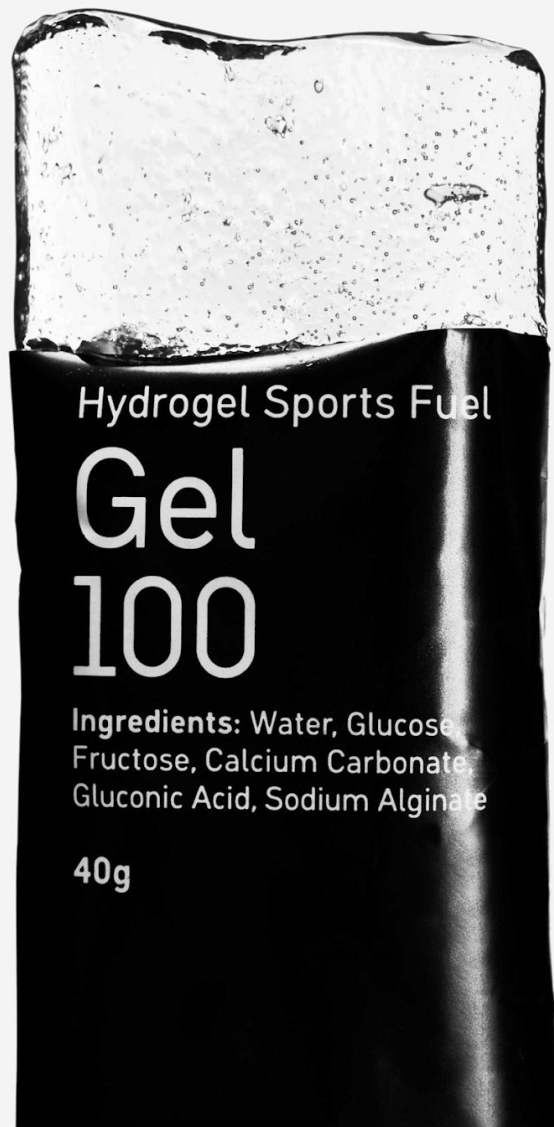
RUN AID STATION PROCEDURE

Slow down when entering aid stations. If you do not require any product from a run aid station, please stay to the right.

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely.

DISCARD/DROP ZONES

Please discard any unwanted items before the 'End of litter zone' signs. Anything discarded outside this area will result in a penalty.



We're in this together

As Official Hydrogel Fuel Partner to the T100 Triathlon World Tour, Maurten's Hydrogel Technology will be available to all participants on-course.

maurten.com



T100 / POST RACE

CONGRATULATIONS!

You've crossed the Finish Line in Lake Las Vegas!

Take your time to enjoy the moment - but don't forget to return your timing chip (there will be a charge of \$95 for any unreturned timing chips) and collect your well-deserved Finisher Medal.

Go through the recovery area for nutrition and a sports recovery massage, and collect your AFTER RACE white bag.

NUTRITION IN THE RECOVERY AREA

- Cola
- Maurten products: Maurten Drink Mix 160, Maurten Gel 100, & Caf 100
- Fruit
- Sweet and salty options
- Ice

For safety reasons, you must ensure all litter is placed in the bins provided.

AGE GROUP AWARDS CEREMONY

WHEN: 15:30

WHERE: WESTIN LAKE LAS VEGAS - FINISH LINE

20
SUN

BIKE CHECK - OUT

13:00 - 17:30

T100 / POST RACE

PHOTOGRAPHY AND VIDEO

FinisherPix will be on course and at the Finish Line to capture your Lake Las Vegas T100 experience in photos! And best of all, ALL photos are FREE for you to download and share. Please be sure your race number is visible to the photographers and visit this [link](#) after the event to get your photos.

Lastly, please be sure to tag #T100Triathlon and #FinisherPix when you share your photos!

RESULTS AND PRIZES

A finisher medal will be given to every participant who completes the Lake Las Vegas T100 Triathlon at the Finish. You must collect your medal on Race Day. Results will be published online on the [T100 website](#) and on the [T100 Athlete Tracker App](#).

Age group prizes will be awarded for first, second and third places in open and female categories (as per WT rules) for each race distance and in age categories from 18-24 up to 85+.

After you've raced, please check if you have placed in the top three in your age group and race category via the T100 app. Please note that it is your responsibility to check the results.

AWARDS CEREMONIES

Lake Las Vegas T100 Triathlon awards ceremonies will take place by the Finish Line at the Westin at:

15:30 T100 Age-Group

TOILETS

There are toilet facilities available in transition, swim start, and at the finish line.

VOLUNTEERS

We have a fantastic team of volunteers supporting you at the Age-Group inaugural Lake Las Vegas T100, so please remember to give them a big shout out when you see them during your race!

BAG STORAGE

Do not forget, if you checked a bag, to collect your bag from the bag check tent located by the finish line.

CHANGING FACILITIES

Be aware that there will be no changing areas.

FOOD AND BEVERAGES

At the Westin, there are multiple locations for food, in addition to the post-race food that you will receive upon finishing.

Use the numerous litter bins around the venue to help keep the venue tidy. Please remember to recycle where possible.

LITTER

Please use the bins provided. If using nutrition products while racing, please do not drop them on the floor, take them back with you or drop them in the bins in the litter zones (on the run/cycle route).

Penalties, including disqualification, can be issued for littering.

LOST PROPERTY

Please hand any items found to the Information Point within the Expo.. We will hold onto any lost property for 30 days after the race. Visit the Information Point during the event to collect any items or, alternatively, email lasvegas@t100triathlon.com.

MORE INFORMATION

If you have any further questions about the event please email lasvegas@t100triathlon.com and one of our team will be in touch.

OWS / RACE PACK

RACE PACK CHECKLIST:

- One (1) Wristband**
- One (1) Swim cap**
 - There will be different colours for wave. It is mandatory to wear the swim cap during the swim, so don't lose it! Upon picking up your race pack, you will be required to write your race number on your swim cap.
- One (1) Age Category Decal Set**
 - To be worn on the backs of both hands.



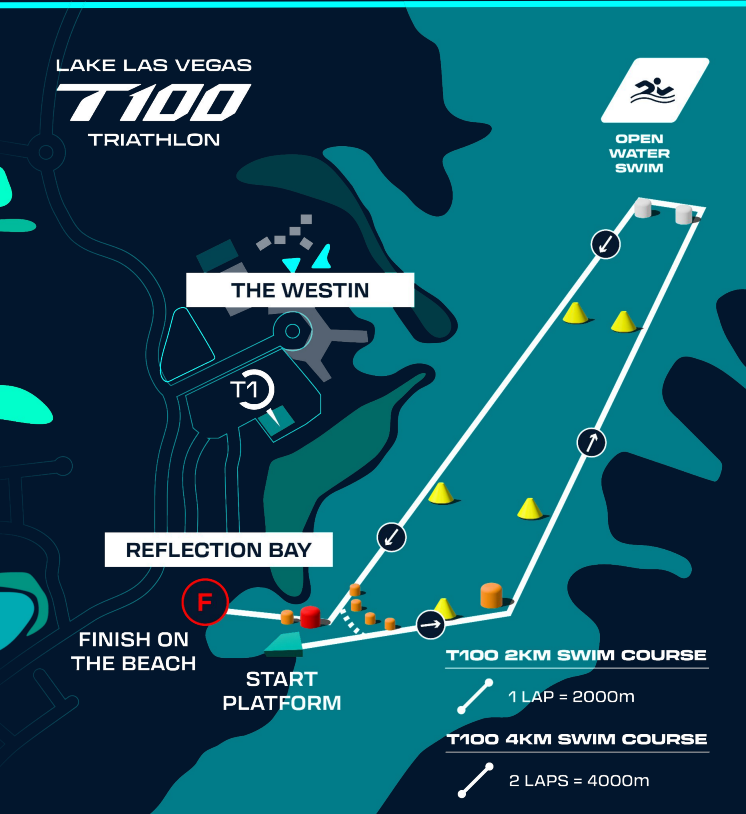
SWAG CHECKLIST

- One (1) Drawstring Bag**
- One (1) Insulated Mug**
- One (1) Branded Hand Towel**



- One (1) Timing Chip**
 - Timing chips will be delivered in your race packet
 - Please **fasten your timing chip around your left ankle** using the velcro strap.
 - Please do not remove your timing chip until you have completed your race or you will not receive a result.
 - We advise that you **put your wetsuit over the timing chip strap**. This will help to keep it secure in the water and prevents you from having to remove the strap in Transition.
 - All timing chips must be returned once you cross the Finish Line UNLESS you are doing the race on Sunday. If you are doing multiple races, you will keep the same timing chip for all races!
 - The race will be in a mass start for each wave

OWS / 2KM & 4KM COURSE



T100 2KM SWIM COURSE

1 lap for 2k swimmers starting off dock in reflection bay and finish on beach where age group athletes exit water on beach

T100 4KM SWIM COURSE

2 laps for 4k swimmers starting off dock in reflection bay, 4k swimmers will turn around before entrance into reflection bay, (a series of orange bomber buoys will indicate turnaround for 4k swimmers) 4k swimmers will complete second lap and finish on beach where age group athletes exit water.

18
FRI

FRIDAY

TIME

ACTIVITY

15:00 -
18:00

Expo
WESTIN LAKE LAS VEGAS - OUTSIDE
THE CASABLANCA BALLROOM
(MEDINAS FOYER)

15:00 -
18:00

Race Pack Distribution
WESTIN LAKE LAS VEGAS - OUTSIDE
THE CASABLANCA BALLROOM
(MEDINAS FOYER)

SWIM SAFETY

- To signal for help, lie on your back and raise your arm in the air, and a kayak will come to you.
- [For more info on wetsuit requirement see page 21](#)



19
SAT

SATURDAY

TIME

ACTIVITY

7:00 -
9:00

Race Pack Distribution
REFLECTION BAY GOLF CLUB -
SWIM START

9:30

Open Water Swim / 4K MASS START

9:45

Open Water Swim / 2K MASS START

11:30

Open Water Swim / Awards
REFLECTION BAY GOLF CLUB -
SWIM START

T100 / GOOD LUCK!

**WE WISH YOU A
FANTASTIC RACE!**

