

REMINDERS FOR THE 2024 PALOUSE SPRINT TRIATHLON

ATHLETE CHECK-IN/PACKET PICKUP

- Check-in/packet pick-up is **Friday 9/7** from 6 to 8 pm at the Hamilton Lowe Aquatic Center.
- Questions and Answers, Friday 7 to 8 pm (recommended if you're not familiar with triathlons)
- Each athlete must present a photo ID at check-in. NO ID, NO RACING, NO EXCEPTIONS
- USAT members must present their membership cards or will be charged \$15 for a one-day license. This is required by USAT.
- If you did not sign the USAT waiver and purchase the one-day license during online registration, you will need to do so during packet pickup. We can't accept credit cards as payment so please bring \$15 cash or a check.
- Each team member must sign a waiver form. Your team will not receive the timing chip until the three waivers are signed. This is required by USAT.
- Transition areas open at 6:00 am on race day

RACE DAY PARKING

The Mountain View entrance to the HLAC will be closed (this is the exit of T1). The HLAC lot will be accessed by the F Street entrance only (follow the Tri Parking signs). Car-pooling to this event is strongly encouraged. Better yet, please walk or ride your bike to the event. **Best option is to park in the Moscow Middle School west (main) parking lot. Walk to T2 then to the HLAC (cross Mountain view at D St). Parks and Rec Youth Triathlon Starts immediately following our event making parking much more difficult to navigate on the race day.**

IMPORTANT: access to the parking lot (in and out) will be closed between 7:00 and 9:30 am. You will not be able to enter or leave the parking lot with a vehicle during these times. After 9:30, the Mountain View entrance will be open and the F Street entrance will remain closed. Please plan accordingly.

RACE DAY CHECKLIST

- Bib number completely filled out
- Body numbered before swim, bib number on front of shirt or race belt
- Race number sticker on bike seat post and helmet
- Pick up timing chip during body marking; chip strapped to ankle
- Bike racked in T1 - remember all gear must be in transition bag (except helmet)
- Run bag placed at T2 – remember all gear must be in transition bag
- Wear your timing chip on your ankle to ensure best sensing with the timing mats. Teams especially need to be aware since timing chip are passed between team members.
- Double-check swim heat and lane
- **Retrieve your bike and gear by 11:00**

Note: **don't misplace your bib number; you will need it to reclaim your bike and gear. If someone else is picking up your bike, they will need the proxy ticket you received in your race bag.** We want to make sure your nice bike gets back to its rightful owner.

Note: please be able to describe your bike (color, make, etc.) when you retrieve your gear. This really helps our volunteers locate your machine amongst the 150 or so corralled in T2.

PRE-RACE MEETING

Pre-race meeting, 6:30 to 6:45 am at the HLAC. Race instructions and last-minute updates will be made at this time. Note: this will be a very brief meeting. Athletes are encouraged to attend the Questions and Answers meeting on Friday and read the Athlete's Guide (on the website).

NOTE: LOCATION FOR AWARDS CEREMONY

Please join us at the post-race awards and raffle at the Moscow Brewing Company, 630 North Almon #130, 12:00 pm. Bring your race bid for a complimentary post-race brew or non-alcoholic beverage. No-host food by Hog Heaven Sausage Works will be on site.

AIR QUALITY

We are monitoring the AQI for Moscow (www.airnow.gov). If the AQI exceeds 150 at 5:30 am Saturday, we will have to cancel the race. We will provide an update via email and the website ASAP once the decision is made.