2021 ATHLETE GUIDE

JULY 17TH & 18TH, 2021

New Jersey State®
TRIATHLON

WELCOME

WELCOME BACK TRIATHLETE FAMILY

There have been a lot of things in our lives that we have said, "Yea that'll never happen". One of which would definitely be if someone had said in 2019, "You won't see these athletes again for two years". Yes, it's been two years since we've been back at the start line with all of you and to say we've missed you is an understatement!

We have experienced many highs and lows over the past 18+ months, some of us more than others. But one thing remains constant, even a pandemic isn't going to hold us back. We are a strong, positive community of endurance athletes.

We know each of you will understand that it is imperative that we return to racing safely. To do this, we will continue to implement some COVID-19 guidelines for the 2021 NJ State Triathlon weekend.

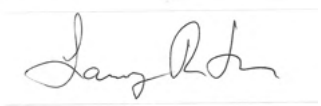
While we realize that many of the state COVID-19 restrictions have been lifted, we are required to follow the local permitting agency guidelines. Our permitting agency has asked us, in order to return to safe racing, err on the side of caution for this year's race.

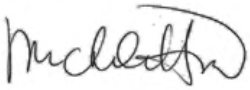
It is imperative and a priority for us to be the best partners we can be with the townships who have co-hosted this race with us for more than 16 years. They have made a request of us and we feel it is in everyone's best interest to honor this request and race safely.

One of the most important things you can do for us (and for yourself) is review this guide and be in the know of both old and new policies on race weekend.

If we have learned nothing else over the past several months, it is don't take life for granted. When we come together at the start line this year, we hope you will embrace the energy, the strength, the pride and yes the fun because... every minute is a memory made! We are thrilled to be racing with you again!

Larry & Michele Redrow - Race Directors





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EVENT SCHEDULE

FRIDAY, JULY 16, 2021

START	END	EVENT
2PM	6:30 PM	Athlete Check In
5:30 PM	6 PM	Pre Race Meeting

SATURDAY, JULY 17, 2021

START	END	EVENT
5:45 AM	7:10 AM	Transition Area Open
7:00 AM		Practice Swim Opens
7:30 AM		**Race Start**
7AM	12PM	Information Tent
9AM	1PM	Finish Festival
No Awards Ceremony		Awards Will Be Mailed After The Race
12PM	4pm	Athlete Check In (Olympic)
3PM	3:30PM	Oly Pre Race Meeting

SUNDAY, JULY 18, 2021

START	END	EVENT
5:45 AM	7:10 PM	Transition Area Open
7:30 AM		**Race Start**
7AM	12PM	Information Tent
9AM	1PM	Finish Festival
No Awards Ceremony		Awards Will Be Mailed After The Race

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PARTNERS

OFFICIAL SWIM COURSE PARTNER

ZONE3

OFFICIAL BIKE COURSE PARTNER

HART'S CYCLERY
MULTI-SPORT

OFFICIAL RUN COURSE PARTNER

nuun
hydration

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SAFETY PROTOCOLS

While most restrictions in the state of NJ have been lifted, we still feel we are not 100% out of the woods and will maintain a level of COVID guidelines to assure a safe return to racing.

With more than 3,200 athletes competing, as always, we want to continue to provide a safe race.

EXCLUSIONS FROM RACE WEEKEND

- Expo – vendors and NJ State Triathlon store will not be available.

Transition

Racking will be expanded to provide a 3' distance between athletes. Please be courtesy and do your part stay 3' apart.

Swim Start

- Time trial start to distance athletes on course.

Run Course

- Cooling cloths will not be available on the run course.
- Aid Stations will be self serve with volunteers refilling stations only.

Finish/Catering

- Finish medals and post race water and athlete food will be grab and go at self serve stations.

Post Race

- Post race festivities – beer garden and awards ceremonies have been eliminated.

- Masks are recommended for athletes and spectators who are not fully vaccinated.

REQUIRED SELF BODY MARKING FOR 2021

Athletes will be required to self body mark **PRIOR** to arriving on race day. You will not be permitted into transition unless you are body marked.

BODY MARKING STEPS

1. Magnum or King size Sharpie suggested.
2. Clearly (and large) write your assigned race number on your upper right and upper left arms and thighs as well as your left hand.
3. Additionally mark the back of you left calf with your age (as of 12/31/21) if you are racing in the Age Group division or with you race division if you are racing as a Novice, Clydesdale, Athena, Aquabike, Military, or Relay.

ATHLETE SELF SCREENING

Any athlete that answers yes to the following we ask that you do not race for the safety of all athletes:

1. Have you tested positive for COVID 19 in the past 14 days?
2. Have you been in contact with anyone who has a confirmed case of COVID 19 in the past 14 days?
3. Do you have any symptoms of COVID 19?

If you have answered yes please contact us and we will provide a solution so you can race at a later date.

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ATHLETE CHECK IN

SELF BODYMARK FOR 2021

Due to COVID guidelines all athletes must self body mark prior to arriving on race day. See Page 10 for Body Marking Instructions

WHEN:
Friday, July 16 from 2pm to 7pm
Sprint and Olympic Distances

Saturday, July 17 from 11am to 4pm
Olympic Distance

WHERE:
MERCER COUNTY PARK
Boathouse Marina
1638 Old Trenton Rd./West Windsor, NJ

WHAT TO BRING:
- Photo ID
- USAT card or $15 cash to purchase one day license

RULES OF CHECK IN:
- There is no race day packet pickup.
- Only you can pickup your packet.

- Mandatory wristband - A wristband will be included in your athlete kit. This wristband designates you as an official entrant and is a mandatory security ID. No wristband, no transition area access, no race. You will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist.

YOUR RACE PACKET WILL INCLUDE:
- Swim Cap
- Bike number and bike helmet number
- Running bib
- Safety pins
- Athlete Wristband
- Timing chip

Please do not add for any special markings or additional markings.

RACE DAY PARKING/TIMELINE:
Make sure you give yourself plenty of time to get in the park on race day. The parking is most congested from 6:15 AM – 7:00 AM.

You will be directed by rangers into one of the many parking lots PLEASE DO NOT STOP AND ASK THE RANGERS QUESTIONS THIS SLOWS THE PROCESS FOR ALL ATHLETES.

Spectators may come later; they will be directed into the park/lots by rangers as well.

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PRE-RACE INFO

BIB NUMBERS & WAVES

GET YOUR BIB NUMBER

Your bib number and wave assignment will be available on or about 7.1.21 on the NJ State Tri website and thru the NJ State Tri app.

1. Download the RTRT.me Mobile App at https://rtrt.me/app/njst
2. Select the 2021 NJST event.

ATHLETE COMMUNICATION

It is imperative that you have a clear communication plan with your family prior to coming to the race. Be sure to share your race plans, BIB # and race emergency contact info with your family and friends.

EMERGENCY INFO

911 Command Center is located at the Finish Line behind the medical tent.
Please update your emergency contact information if needed at Registration.

If your loved one would like to inquire about you they can only do so with your BIB NUMBER. Please be sure to share it.

In the event of an emergency your emergency contact will be called.
If you don't start the race. Please turn your chip in at the timing tent (located at the finish line); so we can record your choice to not race.

DROPPING OUT

If you drop out it is crucial that you turn your chip in at the timing tent. It is important that we know where you are on the course at all times.

PRE SWIM ADVISEMENT

There will be a designated swim practice area to the north of the boathouse. The swim practice area will be manned by guards and you must be wearing your timing chip when you enter the swim practice area. All athletes will be checked in and out of the practice area via the timing chip.

Athletes may swim in the practice area on race morning from 6:45 AM until their wave start but must exit the water and start at the official swim start.

Bike Check In/Transition:

You are free to walk any part of the course including transition. You cannot check in your bikes until race morning.

Live Athlete Tracking:

We encourage all athletes and spectators to download the NJ State Triathlon Mobile App.

The App features live athlete tracking, the event schedule, results and so much more!

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RACE KIT

IN YOUR KIT

1. RACE BIB NUMBER
Worn on the front and attach with race belt or safety pins (provided in your kit). Do not fold or alter race bib.

2. BIKE NUMBER COMBO
You will receive a bike sticker to be adhered (self stick) over the center bar or on seat post.

Bike helmet number should be adhered to front of bike helmet.

Please place bike number on prior to arriving on site race day.

3. SWIM CAP
Provided Zone3 swim cap, must be worn during swim leg. Swim caps are latex. Each wave is assigned a different cap color.

4. ATHLETE WRISTBAND
Secure your wristband prior to arriving on race day. You will not be allowed access into athlete restricted areas without wearing a wristband.
NO WRISTBAND = NO ACCESS

5. TIMING CHIP
Timing chips will be provided at packet pickup (unless your packet was mailed to you in which case it will be included in mailer). They are to be worn on our ankle throughout the race. NEW FOR 2021 We ask that you remove your chip at the finish line and place in provided receptacles.

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RACE KIT

Run Bib Number

Timing Chip

Bike Frame & Helmet Combo

Swim Cap

Mandatory Wristband

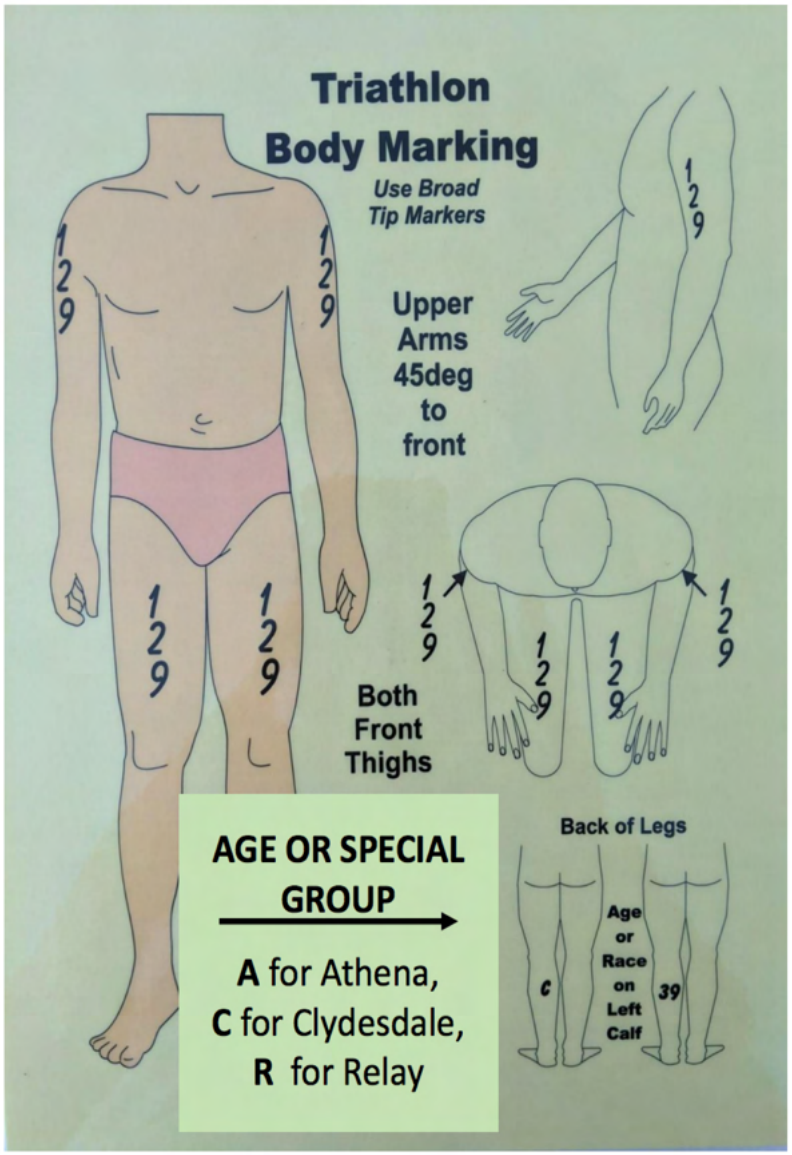
Olympic Triathlon	1528
Sprint Triathlon	1028

MMP

BODY MARKING

REQUIRED SELF BODY MARKING FOR 2021

Athletes will be required to **SELF** body mark **PRIOR** to arriving on race day. You will not be permitted into transition unless you are body marked.



BODY MARKING STEPS

1. Magnum or King size Sharpie suggested.
2. Clearly (and large) write your assigned race number on your upper right and upper left arms, upper right and left thighs as well as your left hand.
3. Additionally mark the back of you left calf with your age (as of 12/31/21) if you are racing in the Age Group division or with you race division if you are racing as a Novice, Clydesdale, Athena, Aquabike, Military, or Relay.

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RACE DAY INFO

Pre- Race Swim

Mercer Lake is **NOT** a public swimming lake. You may **ONLY** practice swim on race morning from 7:00 am – until your wave starts. Olympic athletes are not permitted to swim during the Sprint distance race.

Bike and Gear Check In

All bikes are racked on race morning. Transition opens at 5:45 am for both distances. All athletes must be checked in to transition and SELF BODY MARKED by 7:10 am or you will not be permitted to race.
To enter the transition area, each athlete must have their race number affixed to their bike and helmet and their wristband on their wrist.

Each entrant will have an individually numbered bike rack on which to rack their bike (will correspond with your bib number). Please make sure to store your gear under and near your bike and out of the way of your fellow competitors.

SELF BODYMARKING:

Due to COVID guidelines all athletes must self body mark prior to arriving at the race. SEE PAGE 10 for instructions.

Relay Athletes

All relay team members will have access to the Transition area. **Bikes must be in the transition area by the time transition area access closes at 7:15 am.** Relay teams must pass the timing chip to their teammates at your bike rack spot in the Transition area.
*PLEASE DO NOT WAIT IN CENTER AISLES

On race day, enter the transition zone and wait at your assigned team bike rack. The timing chip must be passed during each transition, from swimmer to biker to runner. Do not start before your teammate has reached your bike rack to pass the chip or you will be disqualified.

Timing Chip

Your timing chip will be in your packet. Your chip must be worn on your ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to a NJ State Triathlon staff member or timing team member. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

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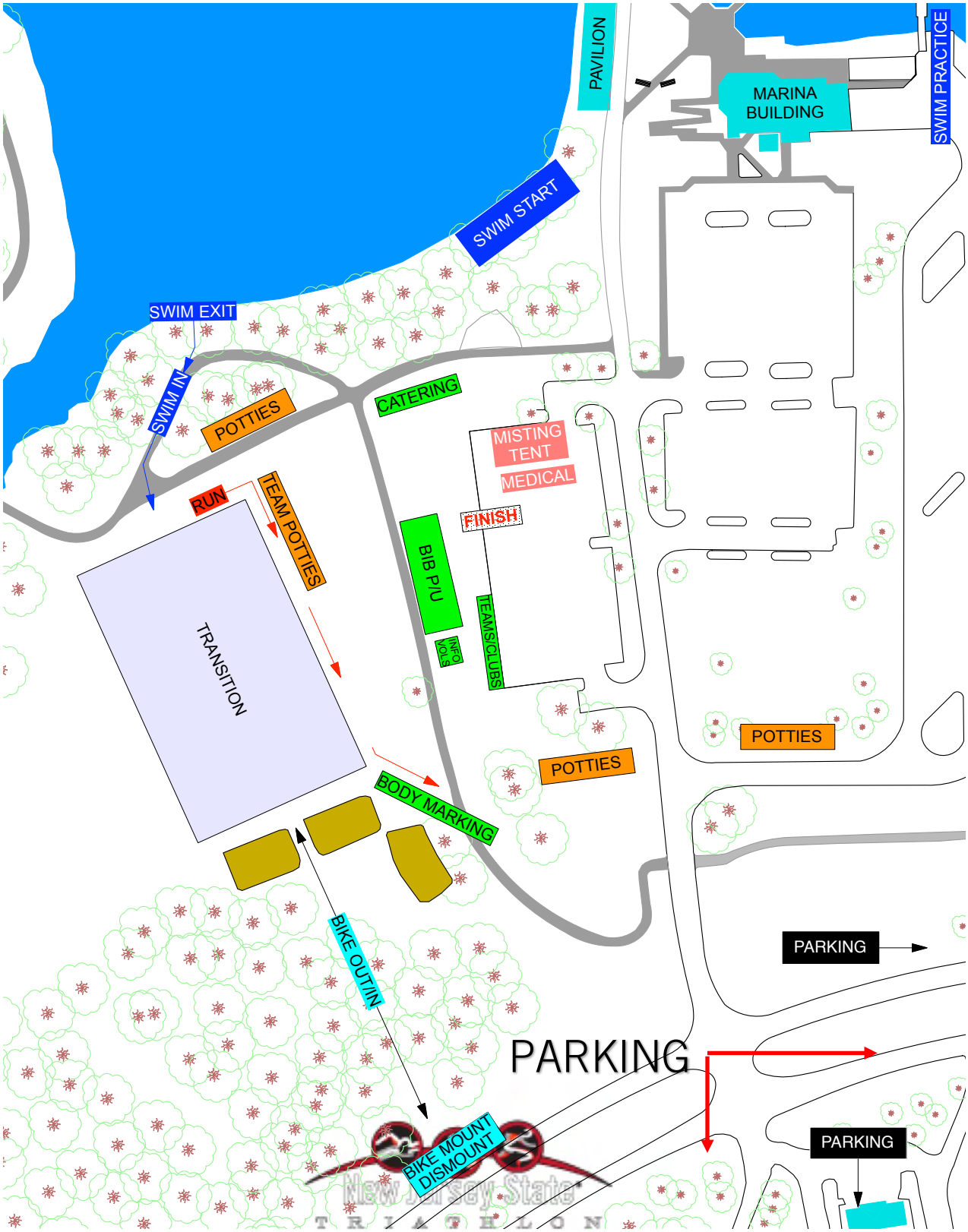
EVENT SITE MAP



SWIM COURSE

Swim Cutoff Times

Sprint :30 minutes after your wave start
Olympic 1:10 after the your wave start

AID STATIONS

Swim Start – there is a self serve water station located at the swim start. Athletes may utilize this before and after the swim.

Water Temperature

Historically 79+
Wetsuit Legal - is up to 78˚ Fahrenheit.
Wetsuit Optional but not eligible for awards 78.1˚ - 83.9˚.
Wetsuits Not Permitted – 84˚ or more.

Swim Course Rules

1. Athletes must wear cap provided by CGI Racing.
2. Athletes must go out in the designated CGI Racing wave.
3. Time Trial Start with athletes going into the water every :05. Olympic :04.
4. Wet suits will be permitted according to USAT regulations.
5. Swimmers may hang on to a buoy, boat or a pontoon to rest without disqualification so long as they are not pushed or propelled in any way.
6. Relay swimmers tag off to team cyclists in the designated relay team area in the bike corral.
7. NOTE: Any athlete electing not to race must notify a timing official immediately.

NEW FOR 2021

In order to provide more social distancing during the race, each athlete will be assigned a wave and you will line up for the start according to your wave. New for this year we will be doing a time trial start with athletes going into the water either six at a time, every thirty seconds (Sprint) , or five at a time every twenty seconds (Olympic).

Wave Assignments are included in this guide as well as:

NJ State Triathlon App & Website

Swim to Bike Transition

After the swim, you will be directed through the timing chutes to the swim to bike transition.

Public nudity is not permitted. Personal nutrients are permitted if carried on you or your bike.

•Please do not litter at any time and toss all trash in receptacles located throughout event.

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SWIM COURSE

Both swim courses are in calm Lake Mercer. Sprint course will keep all buoys to their left. Olympic course will keep all buoys to the left until the final turn indicated with a buoy on your right.

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SPRINT WAVES

SPRINT DISTANCE WAVE START TIMES

WAVE	TIME	BIB #'s	CAP COLOR
1	7:30	1-90	Red/ White
2	7:37	91-180	Orange/ White
3	7:45	181-270	Silver/ White
4	7:52	271-360	Royal Bl/White
5	8:00	361-450	Green/ White
6	8:07	451-540	Lt Blue/ White
7	8:15	541-630	White/Black
8	8:22	631-720	Pink/ White
9	8:30	721-810	Purple/White
10	8:37	811-900	Lt Blue/ Black
11	8:45	901-990	Silver/ Black
12	8:52	991-1080	Neon Green/ Black
13	9:00	1081-1170	Orange/ Black
14	9:07	1171-1260	Purple/Black
15	9:15	1261-1350	Yellow / Black
16	9:22	1351-1440	Pink/ Black
17	9:30	1441-1530	Yellow / White
18	9:37	1531-1620	Red/ Black

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OLYMPIC WAVES

OLYMPIC DISTANCE WAVE START TMES

WAVE	TIME	BIB #'s	CAP COLOR
1	7:30	1-90	Red/ White
2	7:36	91-180	Orange/ White
3	7:42	181-270	Silver/ White
4	7:48	271-360	Royal Bl/White
5	7:54	361-450	Green/ White
6	8:00	451-540	Lt Blue/ White
7	8:06	541-630	Purple/White
8	8:12	631-720	Pink/ White
9	8:18	721-810	Orange/ Black
10	8:24	811-900	Lt Blue/ Black
11	8:30	901-990	Red/ Black
12	8:36	991-1080	Silver/ Black
13	8:42	1081-1170	Green/Black
14	8:48	1171-1260	Yellow / Black
15	8:54	1261-1350	White/Black
16	9:00	1351-1440	Pink/ Black
17	9:06	1441-1530	Purple/Black
18	9:12	1531-1620	Yellow / White

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BIKE COURSE

Sprint 11.5 miles Olympic 25.2 miles

Bike Cutoff Times

Sprint will close at 11:15 am
Olympic will close at 12:00 pm

The bike course will exit the park and is flat, fast and scenic.
*The courses are said to be some of the fastest in the nation so please ride with caution.

Sprint is one loop. Olympic is two loops.

Hart's Cycles will provide all SAG services. SAG Vehicles SAG will be provided on both courses. Note: SAG is for assistance only. Athletes need to know how to change their own tires, etc. SAG will not transport athletes back to transition area. Headsets are not permitted at any time at the event.

There is no bottle exchange on the Olympic bike course. All athletes are to prepare accordingly with their own hydration supplies.

Bike Course Rules

1.Each competitor is responsible for having his/her bike in proper working condition. You must have bar end plugs on your bike to race.

2.All cyclists are responsible at all times for their own safety and for compliance with traffic laws on the cycling course and are solely responsible for the consequences of any infraction.

3.Cyclists are expected to heed directions and instructions of race officials.

4.ALWAYS ride on the right side of the road. Crossing the center line is not allowed. Take care making corners at high speed. They will be swept, but use caution just in case.

5.HELMETS are required during the bike race. They must be on your head with chin strap fastened securely any time you are on your bike before, during and after the race. This violation is grounds for disqualification.

6.No individual support vehicles or assistance by anyone is allowed.

7.NO DRAFTING OFF ANOTHER BICYCLE or motor vehicle is allowed.

8. ABSOLUTELY NO RIDING IN THE TRANSITION AREA.

9.You MUST have bar ends (plugs) on your bike – all bikes will be checked after transition is closed. Failure to have bar ends (plugs) will result in your bike being removed from the transition area and your disqualification.

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SPRINT BIKE COURSE

The NJ State bike courses are said to be the flattest and fastest in the nation! The Sprint is a one loop course = 11.5 miles.

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OLYMPIC BIKE COURSE

The Olympic course is a two loop course = 25.5 miles

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RUN COURSE

Sprint 3.1 miles

Olympic 6.2 miles

COURSE DETAILS

AID STATIONS
Aid stations are located every 1 – 1.5 miles on the courses.

Aid Station Swim Start – Self –serve and stocked for pre-race so athletes can hydrate prior to race.

NUUN and water will be on every water station.

Honey Stinger will be provided on water station 2 (Sprint) and water stop 5 (Olympic).

MISTING TENTS
Will be located at
*1.5 miles for the Sprint course
*2.5 & 3.25 miles for the Olympic course.
*Finish Line

NEW FOR 2021 – all aid stations will be self serve in accordance with COVID guidelines. Cups will be full and placed on table for you to grab. Volunteers will not hand them to you.

Honey Stinger will be offered at water stop 2 on the Sprint course and water stop 5 on the Olympic course.

RUN COURSE RULES

Sprint Course Closes @ 11:30 AM Olympic Course Closes @ 1:00 pm

1. Sprint distance – You must finish within 2:15 of your swim start time. Olympic distance you must finish within 4:30 of your swim start time.

2.No headphones, cell phones, or devices of any kind that play music.

3. Always use respect when coming through the finish line chute and be aware of your surroundings.

4. Emergency conditions may occur during race. Please pay attention to your surroundings for indication of the need to clear the course or take other instructed action.

5. Do not litter or hand trash to volunteers. Place all trash in receptacles at each aid station.

6. All participants not meeting the cutoff time limits of any or all courses will be disqualified and, if they continue, will assume all risks and must adhere to local traffic laws. Any participant who is still on the course past the respective cut off time will be directed back to the transition zone.

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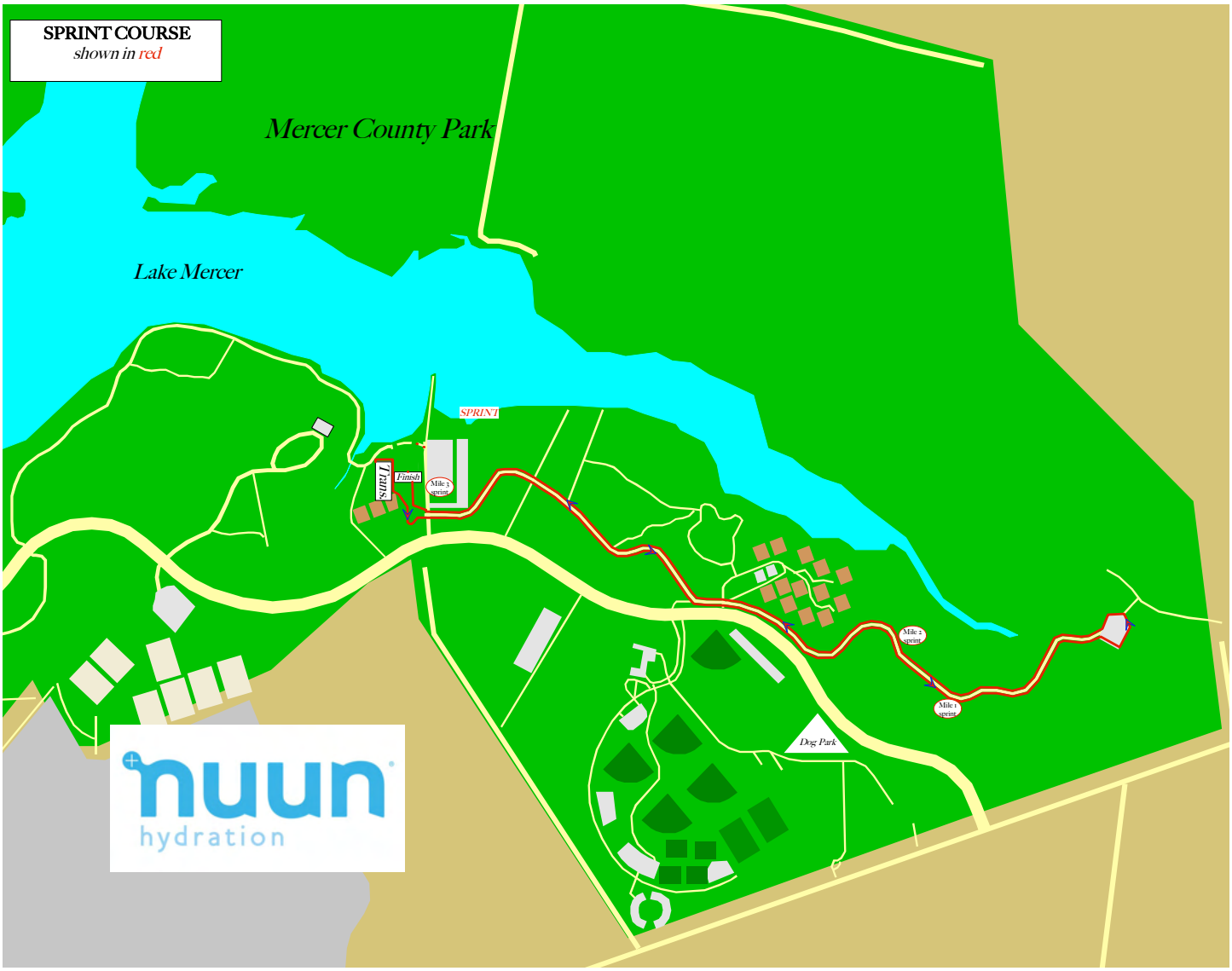
RUN COURSE

Both courses run along the beautiful, partially shaded paved trails of Mercer County Park. The course is flat and fast. The courses are well marked and will offer water/aid stations about every mile.

SPRINT COURSE



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RUN COURSE

Both courses run along the beautiful, partially shaded paved trails of Mercer County Park. The course is flat and fast. The courses are well marked and will offer water/aid stations about every mile.

OLYMPIC COURSE 5.5 MILES

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RESULTS

Results will be available within minutes of crossing the finish line.

Download the new NJ State Triathlon App

1. Download the RTRT.me Mobile App at https://rtrt.me/app/njst
2. Select the 2021 NJST event.

Participants, Family & Friends can all use Live Results to share in the excitement. On race day, spectators can get status of participants in real-time using the Live Tracker & Leaderboard. Details such as time, pace, position on the map and estimated finish will be instantly available.

You can view your results two ways:

- Download the RTRT.ME mobile app and select the NJ State Triathlon Event.
- NJ State Triathlon Results Page

Athlete Tracking will be available on 7.7.21
Get Your Bib Number and/or Track an Athlete

We encourage all athletes and spectators to download the NJ State Triathlon Mobile App.

The all new NJ State Triathlon Mobile App is available to you, family and friends. Get it now!

The app will keep you in the know all weekend long offering race info, real time athlete tracking, results, custom selfies, sponsor promos, up to date push notifications and lots more!

GET IT ON Google Play

Download on the App Store

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MEDICAL

USAT EXCESS MEDICAL COVERAGE POLICY

The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics.

When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

1.Race Director completes an incident report form. The race director is obligated to report the incident to USA Triathlon. No medical claim can be filed with insurance until this report is completed. You can find the incident report form by emailing sanction@usatriathlon.org for a copy of the form. The signed document should be returned to USAT immediately.

2.Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).

3.Athlete completes a medical claim form. For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email sanction@usatriathlon.org for a copy of the form.

4. Athletes will pay a deductible and fifty U.S. dollars) to $1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

5. Coverage limitations. Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event.

Please email questions to Event Services

IMPORTANT MEDICAL TREATMENT INFORMATION

Athletes treated at the medical/EMT triage for minor, non life threatening conditions will not be billed for any services. However if the medical team decides in their professional opinion an athlete needs priority, life saving treatment services will be billed directly to the athlete. Such treatments include but are not limited to IV, medical transport, etc.

Capital Health Systems will be the medical team on race weekend under the direction of West Windsor EMS.

USA TRIATHLON

New Jersey State TRIATHLON

FROM THE HEAD REF

VERY IMPORTANT – KNOW THE RULES OF RACING

We hope you will take the time to read the following summary of Position Violations, which you probably know as the drafting rules.

- Ride on the right side of your lane.
- Keep three bike lengths between you and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right.
- Complete your pass within 15 seconds. If passed, you must drop completely out of the zone, at least 3 bikes to the rear of the person who passed you, before attempting to re-pass.
- Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition.

- There will be NO WARNINGS if you commit a foul during competition.
- Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the officials are reviewed by the Head Referee who then decides if a penalty should be assessed.
- The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Officials commonly cite the following violations:
- Illegal Position or Blocking – riding on the left side of the lane without passing.
- Illegal Pass – passing on the right.
- Overtaken - failing to drop back three bike lengths after being passed and before re-passing.
- Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.
- Race Numbers are to be worn at all times. They may not be altered in any way.

Three violations result in a disqualification

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FAQ'S

FREQUENTLY ASKED QUESTIONS

Q. How do I edit my entry after I have registered?
A. After 7/12 You must make all changes on site either Friday or Saturday.

Q. Can I get a refund or transfer my bib?
A. Sorry no refunds, transfers or deferrals at this time.

Q. Can someone other than myself pick up my packet?
A. No only you are permitted to pick up your packet.

Q. My wave doesn't start for a while after the race start can I just show up right before I am supposed to go in the water?
A. No you must be in transition prior to its closing at 7:10 am or you cannot race.

Q. When will results be posted?
A. Results are available shortly after you cross the finish line.

Q. What age group will I race in?
A. The Age Group breakdown is as follows:

•18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75+

•Elite; Athena; Clydesdale; Relay; First Responder

USAT AGING UP

You will race in the Age Group corresponding with your USAT age, which is your age at the end of the year on December 31, 2021.

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RACE DAY CHECKLIST

Use the following checklist to help you pack for this epic race weekend.

We suggest laying everything out the night before and packing your bag so it is ready to go in the morning.

- Two towels (large and small)
- Water bottles (bottle of water)
- Food (bars and/or gel)
- Swim goggles
- Swim cap (you must wear the cap issued in your race packet)
- Timing chip and strap
- Race bib and race belt (or use safety pins)
- Bike
- Shoes (both biking and running if using two pairs)
- Socks
- Helmet
- Sunglasses
- Wetsuit
- Seat pack (tube, patches, tire levers, multi-tool, co2)
- Running hat
- Body Lubricant (BodyGlide)
- Photo ID/Driver's License
- Warm-Ups or dry clothes for after the race
- Watch or heart rate monitor

BODY MARKING MUST BE DONE AT HOME BY YOU

VISIT PAGE 10 FOR INSTRUCTIONS

New Jersey State TRIATHLON

SPECTATOR INFO

While we aren't encouraging spectators, Mercer County Park is a public park and anyone is allowed to visit. If you have family or loved ones who decide they will come to the race we urge you to have them respect the rules of racing and the safety measures in place according to social distancing, washing hands, wearing masks if not vaccinated. Please remind them that they can follow your progress through the app if they decide to not attend in person.

Best Viewing Locations

The best part about the NJ State Triathlon – You can view your athlete on many great spots along the course without leaving the main event area. You can see the swim start within walking distance of the main transition area; bike in and out; run out (sprint); run out and mile 3(olympic).

Please do not drive on the bike course it can be very unsafe.

Download the RTRT.me Mobile App at https://rtrt.me/app/njst and select the 2021 NJST event. Participants, Family & Friends can all use Live Results to share in the excitement. On race day, spectators can get status of participants in real-time using the Live Tracker & Leaderboard. Details such as time, pace, position on the map and estimated finish will be instantly available.

ATHLETE COMMUNICATION

It is imperative that you have a clear communication plan with your athlete prior to coming to the race. Be sure to share their race plans, BIB # and race emergency contact info with your family and friends.

Parking and Directions

Please arrive early – parking is heaviest from 6:15am – 6:45 am. There is plenty of parking in the park. The rangers will direct you into the nearest lots.

GPS: Hughes Road and Paxson Ave, Hamilton NJ
Parking and Directions

EMERGENCY INFO

911 Command Center is located at the Finish Line behind the medical tent.

If you would like to inquire about an athlete you can only do so but ONLY with their BIB NUMBER.

In the event of an emergency, the emergency contact will be called.

It is helpful to share with your famlly your estimated finish times of each leg of the race.

New Jersey State
TRIATHLON