

# Jersey Girl Triathlon Information

## What are the distances of this triathlon?

**Triathlon Distances:** 300 yard swim / 11 mile bike / 3 mile run

**Duathlon Distances:** 1.3 mile run / 11 mile bike / 3 mile run

**AquaVelo Distances:** 300 yard swim / 11 mile bike



## How does the relay work

Relay Members will receive only one chip. The chip, worn around your ankle, is your exchange baton, tag off. Relay members need to wait inside the transition area to tag their team mate and get the chip, put it on their ankle then go. The exchange is done in the transition area. Swimmer comes in and tags the biker, then the biker can proceed. All relay members remember to only cross the mat when they are competing, otherwise you need to use our separate entrance/exit on the south side (closest to Madison Ave) in the middle. Relay members are not required to be in the transition area the entire time, they can enter and exit as needed using the entrance/exit.

## Where do AquaVelo participants finish?

This year the **AquaVelo finish** point is when you come back into the transition area. The area is too large this year to ask these participants to go through the finish line. We do ask you to return your chip and then you will get your finisher medal. Please do as soon as you can. You may run through the finish if you would like to prior to returning your chip, but that time will not be your official time.

## Where does the Duathlon Start?

All duathletes, individual and relays start in heat 7 (7:15). Meet on the boardwalk directly in front of the transition area swim in/run out location, facing North (Ocean on your right)

## How do I wear my race number?

Participants should secure your bib number to the front of your run shirt and make sure that it is displayed clearly as you cross the finish line. Bike numbers should be tightly secured to your bike. Please do not remove your bike number until you have removed all of your equipment from the transition area. This is to ensure that no bikes are stolen.

## Will there be body marking?

Yes, volunteers will be located near the transition area in the morning to mark athletes. Calves will be marked with ages, and arms will be marked with race numbers.

## Are bike helmets mandatory?

Yes. Race officials will be stationed at both transition exits to make sure that all participants are wearing helmets as they head out on the bike course.

## What should I do if my tire is flat?

There will a bike mechanics available on the course. Please always carry a spare tube! If you have a flat tire or need assistance, please alert the nearest volunteer or race official, who will then call the mechanic to come assist you.

## Can I use my iPod or any other music device on the course?

No, music players will not be allowed on the bike or run course under any conditions.

## Will there be awards?

All finishers will receive a Jersey Girl Triathlon Finisher medal. Additional awards are the top ten overall and top three in each age category in five year increments. Duathlon, top five, Aqua Velo top five. Mother Daughter teams, top three. Relays Triathlon only, top three.

**Course Maps** are all located on the website. Please be familiar with the course.

Visit [www.jerseygirltriathlon.com/course-maps](http://www.jerseygirltriathlon.com/course-maps) to view them.

**Port-o-Johns** located on Madison Ave (South end of transition area, by Ocean Place Resort wall.

**Boardwalk Restrooms** opens at 6am, one at band stand (small), a larger one is south just passed Ocean Place.

**Transition area closes 6:45, everyone** must leave the transition area before the race starts.

Race starts at 7am

First finisher approx. 8am

**Local Street Parking** is metered starting at 9am

**Recommended Parking** VERY LARGE Public Lot across from Ocean Place Hotel, corner of [Second Avenue and South Broadway](#). 4 minute walk to transition area.

**Roadways close** (Madison, McKinley, Cooper) at 6:30 for bike, reopen by 10:30

Forgot helmet, goggles, pins? – see transition area manager

## Time Schedule

- 5:15 AM Transition Area Opens
- 6:35 AM Participants start to head towards beach
- 6:45 AM Transition Area Closes
- 6:55 AM All athletes on beach
- 7:00 AM First Heat starts
- 7:42 AM Last Heat enters the water
- 7:40 AM First Runner out on run
- 8:00 AM First Finisher
- 9:30 AM Awards

Results will be posted LIVE at:  
[SplitSecondRacing.net/results](http://SplitSecondRacing.net/results)



**SPLIT SECOND**  
**RACING**

*RACE MANAGEMENT • RACE TIMING*

*LIVE RESULTS*

*SplitSecondRacing.net/results*