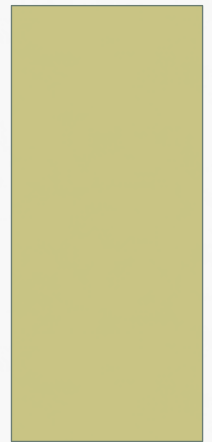


PLEASANT PRAIRIE JUNIOR/ YOUTH ELITE CUP INFORMATION

JUNE 5, 2016



RACE LOCATION

- All facets of the race will take place at the Rec Plex facility – we will not be using the actual health club facility during the weekend. The race location is across the lake from the actual facility. For GPS purposes, the facility address is:
 - Rec Plex
 - 9900 Terwall Terrace
 - Pleasant Prairie, WI 53158

PARKING

- Parking map is located at the link below – recommended parking locations are
 - E2, C and B (also see slide 8)
 - <https://recplexonline.com/documents/upload/parking-map.pdf>
- Please note that the walk / bike from the recommended parking lots are ¼ to ½ mile. Please plan accordingly.

SCHEDULE OF EVENTS

Saturday, June 4th

- Noon – 4:30pm Packet Pick-Up at the Pavilion at the race site
- 10:00-noon Swim Warm Ups & Course Preview (Bike course is not closed to traffic – please do not park on any part of the race course)
- 3:00pm Youth & Junior Elite Race Briefing – Lakeview Room in the Rec Plex facility (9900 Terwall Terrace, Pleasant Prairie, WI). Please enter through the Ice Arena

Sunday, June 5th

- 7:30am Youth Elite Female Start
- 8:30am Youth Elite Male Start
- 10:00am Junior Elite Women Start
- 11:30am Junior Elite Male Start
- 1:00pm Junior/Youth Elite Awards Ceremony

PRE-EVENT SWIM OPTIONS

- If athletes want to swim on Friday, they are welcome to utilize the Rec Plex indoor pool – mention you are part of this Triathlon and receive a discounted admittance fee of \$7. This provides use of all of the Rec Plex facilities
- There is also a Open Swim available on Saturday morning at 7am for a fee that is offered as part of the Rec Plex programs that are available to parents, athletes, coaches, etc.
 - <https://recplexonline.com/documents/upload/openwatertraining2016.pdf>

COURSE PREVIEW

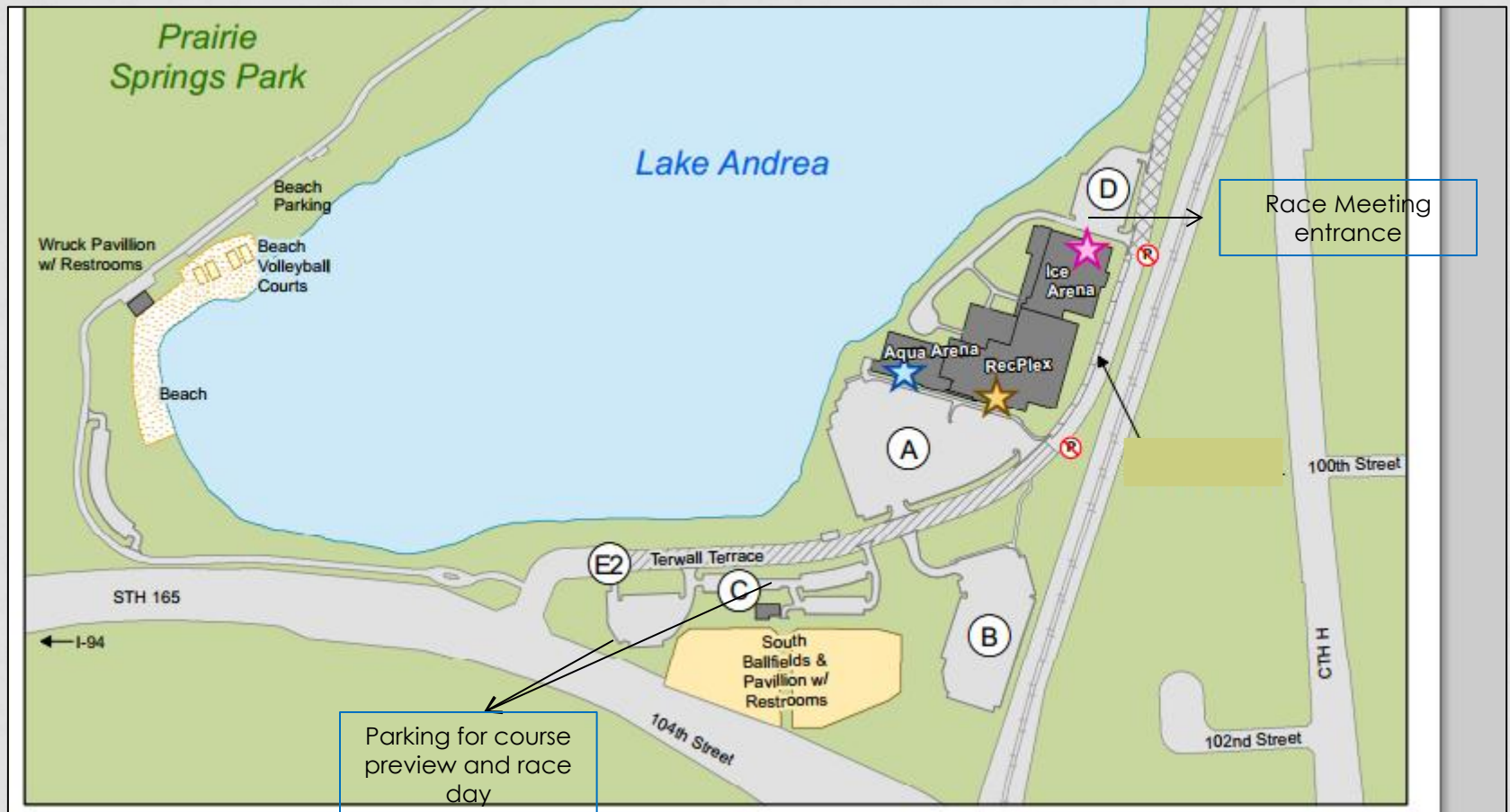
- Course preview will be on Saturday from 10am – noon
- This will be the only time to swim in Lake Andrea prior to race day
- The course will be not be closed to traffic during the course preview but we are asking that all coaches, athletes, parents, etc. do NOT park on any part of the race course during the course preview. There is no parking on the grass or along side the park roads at any time. Cars must use the indicated parking lots or they run the risk of being towed. Please respect our athletes' safety and park in the designated parking lots shown below
- Parking map is located at the link below – recommended parking locations are
 - E2, C and B <https://recplexonline.com/documents/upload/parking-map.pdf>
- Team trailers / tents can be accommodated within the grass area near the finish line
- Athletes must follow the rules of the road during course previews. Riding or running in groups of more than two abreast is not permitted. Failure to follow traffic laws could result in disqualification from the event if observed by race officials, or USAT staff

PACKET PICK UP AND ELITE MEETING

- Elite Packet pick up is available from noon – 4:30 pm at the Pavilion near the swim start. All packets must be picked up at this time
- Please bring your USAT card and Picture ID. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID.
- Mandatory meeting for Youth Elite and Junior Elite athletes is at 3pm in the Lakeview Room (age group athletes do not need to attend this meeting).
- Athlete meeting will take place inside the Rec Plex facility in the Lakeview Room
 - Please use the Ice Arena entrance when coming for the Athlete Meeting. The Ice Arena is located at the Northeast corner of the complex. See map on the following page.
 - The room will have 300 chairs for the athletes so we ask parents, guests, etc. to stand until all athletes have secured a spot

REC PLEX MAP

- Detailed below is the race meeting entrance as well as the parking locations for the event



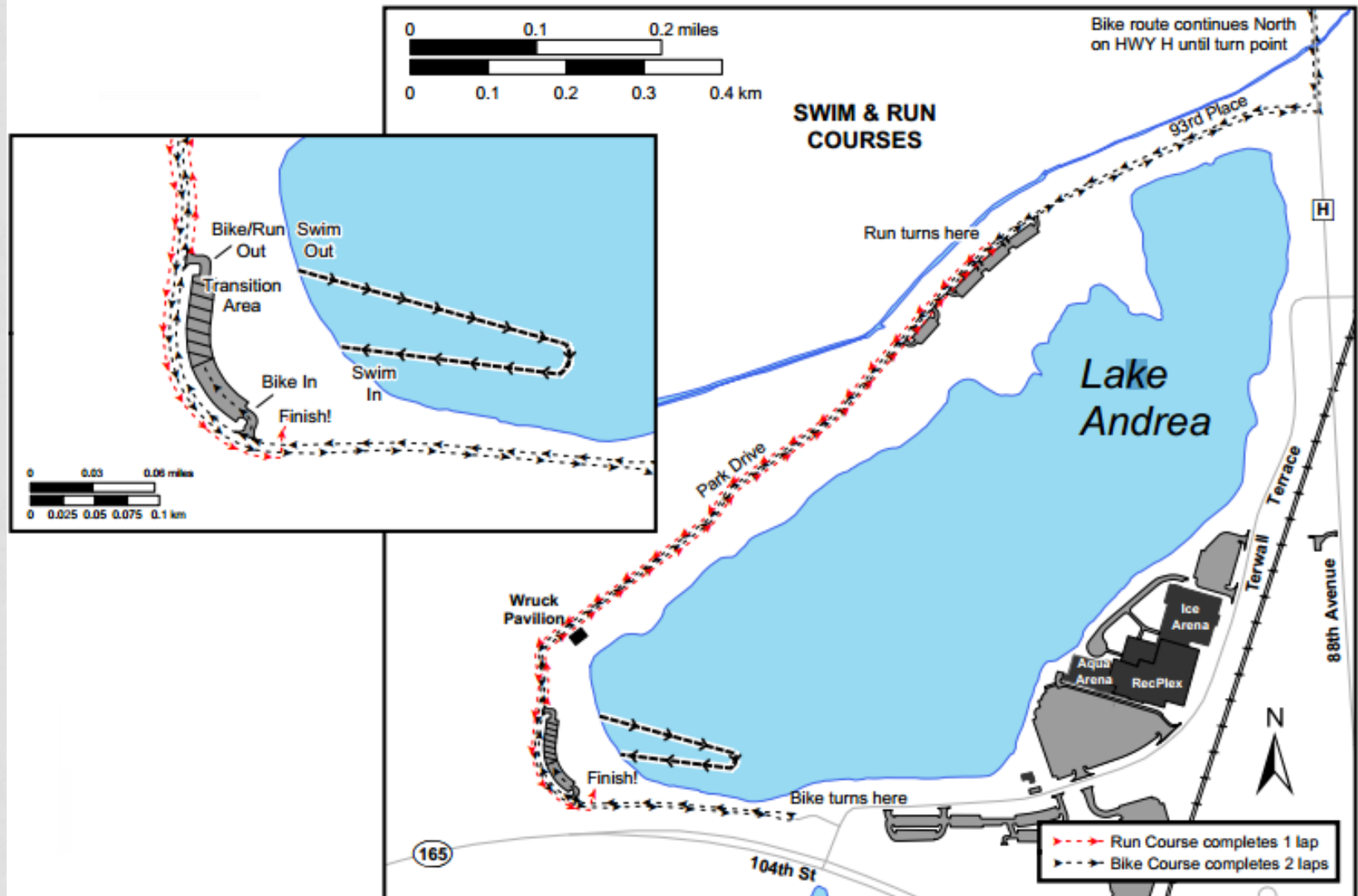
RACE DAY AND EQUIPMENT REMINDERS

- Timing chips will be provided to athletes prior to each event at the swim start – you will not receive these at packet pick up
- You will receive your decals, a bike number (fold this over your top tube or around your seat tube) and helmet number (place this on the front of your helmet directly above your forehead) at packet pick up. There is no run bib for this event.
- Bike, Helmet, and Wheels MUST be fully compliant. Please note that the current UCI non-standard wheel guide is located at:
<http://draftlegalrules.com/>
- Youth and Junior Elites should be aware of everything in the Junior Series Guide
<https://www.teamusa.org/USA-Triathlon/Elite/Junior-Elite/Races>

YOUTH ELITE COURSE

- Expected water temperature is between 67 – 70 degrees so please bring your wetsuit
- Run in swim start from the beach
- Standard Youth Elite distance: 375M swim, 10K bike (2 laps) and 2.5K run (1 lap)
- Lap out rule in effect
- Course Map – there are no changes to the course from the prior year
 - <http://recplexonline.com/documents/upload/youth-elite.pdf>

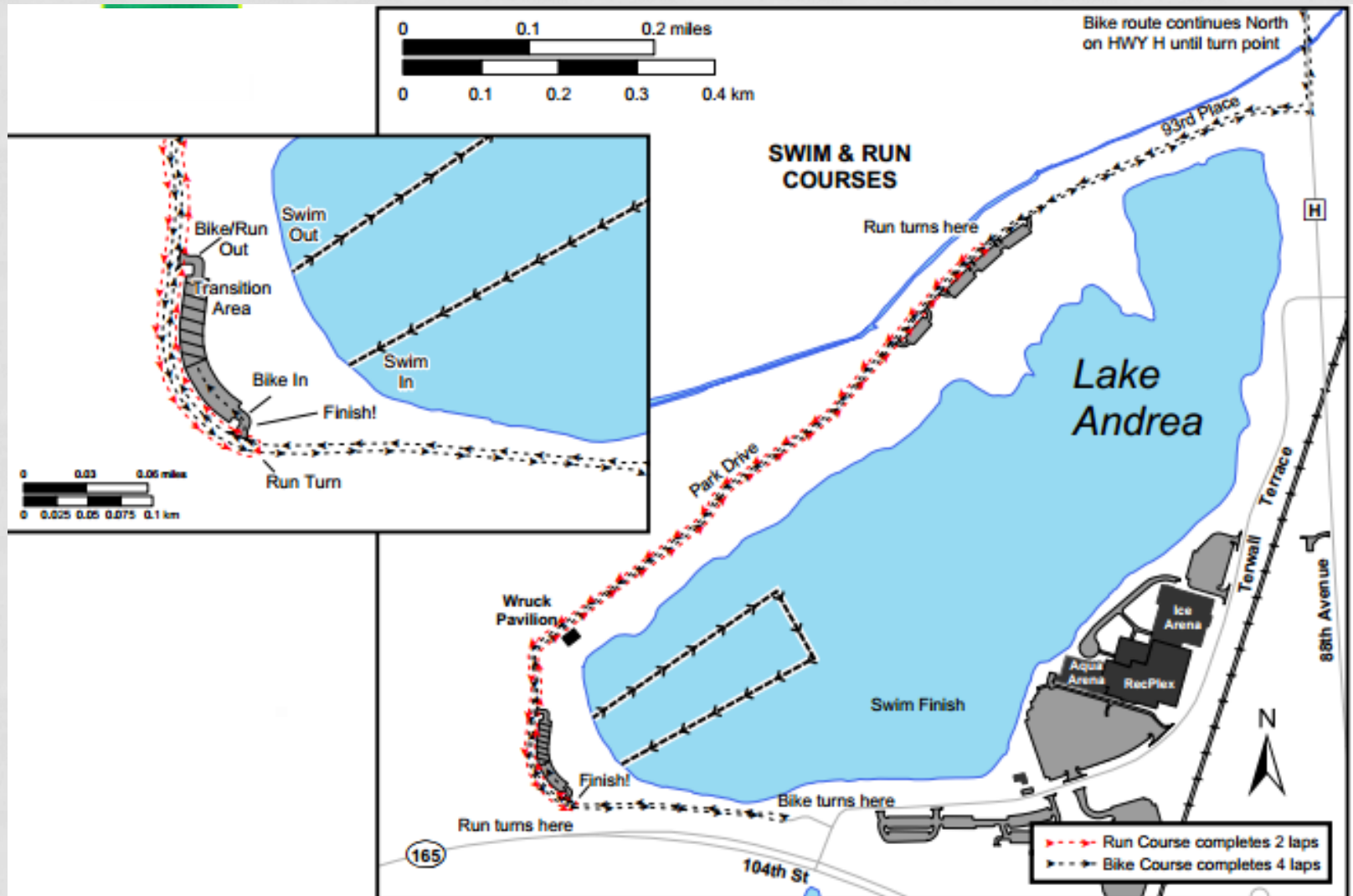
COURSE OVERVIEW - YOUTH ELITE



JUNIOR ELITE COURSE

- Expected water temperature is between 67 – 70 degrees so please bring your wetsuit
- Run in swim start from the beach
- Standard Junior Elite distance: 750M swim, 20K bike (4 laps) and 5K run (2 laps)
- Lap out rule in effect
- Course Map – there are no changes to the course from the prior year
 - <https://recplexonline.com/documents/upload/junior-elite.pdf>

COURSE OVERVIEW - JUNIOR ELITE



BIKE COURSE ENHANCEMENTS FOR 2016

- An additional 5 feet of black top was added on each side of Highway H providing our athletes more room to bike on
- An additional 5 feet of black top was added around the Park Avenue turn coming out of transition to provide additional turning radius
- Reminder: Athletes are not allowed to cross the center line at any time on the bike course (center line will be identified by cones / hay bales on the course)

PARTICIPANTS & RESULTS

- Participant list is located here:
 - <https://register.itsracetime.com/Register/registantSearch.aspx?event=35165>
- Results will be posted after your event here:
 - Elite Cup Races
 - www.ItsRaceTime.com/Results.aspx?ID=1430
 - Age Group Races
 - www.ItsRaceTime.com/Results.aspx?ID=1549