



Arkadelphia, Arkansas

21st Anniversary

DeGray Lake Triathlon Festival

Sept 8-9, 2018



Overview:

Welcome: Welcome to DeGray Lake, Arkansas. This event is brought to you by DLT Events.

Technical Guide and Conditions of Participation

This technical guide covers the procedures and information needed to participate in the:

9/8/18

- Tri Arkansas Triathlon - 1.5K swim / 39K Bike / 10K Run
- Spillway Super Sprint Triathlon - 225 yd Swim / 6 mile Bike / 2 mile Run
- Tri Arkansas Aqua Bike - 1.5K swim / 39K Bike
- Tri Arkansas open water swim - 1.5 K Swim
- XTERRA Gator Terra – 1.5K swim / 18.5 mile off road Bike / 5 mile Trail run

9/9/18

- DeGray Lake Sprint Triathlon - 500 yd Swim / 16 mile Bike / 3 mile Run
- DeGray Lake Duathlon - 2 mile Run / 16 mile Bike / 3 mile Run
- Iron Mt Sprint Off-Road Triathlon - 500 yd Swim / 9.5 mile Off-Road Bike / 2.5 mile Train run

⚠ Important: *In case of a conflict between the information presented in this technical guide and any other source (other than an official communiqué from the organization or issued during the event), then the information found in this technical guide shall be taken as correct and final. By participating in this event, you are also agreeing to be bound by this technical guide, the instructions of the race officials and the Organization, and by the rules of the USAT.*

Location

Venue Location

Location: DeGray Lake, Arkadelphia AR.

2.5 Miles North on Hwy 7 from Interstate 30 exit 78. Turn Left onto Skyline Drive.

Spillway Trail Head (The Spillway Area) is roughly 8/10th of mile west of the Intersection of Skyline Dr and Hwy 7 Approximate address 543 Skyline Dr, Arkadelphia, AR 71923.

4 State Regional Location Map:



In State Regional Map:



Local Area Location Map:



Close Up Race site Location Map:



Nearest Airports

Little Rock National Airport: (LIT)

The Little Rock Airport is located roughly 65 mile from the race site. This is roughly a 1 hour drive.



	Head west on I-440 W	0 mi (+-2.23 mi)
	Take the exit on the left toward I-30 W	2.23 mi (+0.18 mi)
	Keep right at the fork, follow signs for I-30 W/Hot Springs/Texasiana and merge onto I-30 W Destination will be on the right	2.41 mi (+1.4 mi)
	Head west on I-30 W	3.81 mi (+58.95 mi)
	Take exit 78 to merge onto AR-7 N/Valley St toward Daddo Valley/Hot Springs Destination will be on the right	82.76 mi (+0.36 mi)
	Head north on AR-7 N/Valley St toward Frost Rd	83.18 mi (+2.44 mi)
	Turn left onto Valley St	85.62 mi (+0.07 mi)
	Continue onto Skyline Dr	85.7 mi (+0.65 mi)
	Destination	88.35 mi (+0 mi)

MapMyRide • <http://mapmyride.com/routes/view/939077995>



Accommodations:

There are multiple lodging opportunities within 5 miles of the race site:

At Exit 78 of the I30:

- Holiday Inn Express: [More Info](#)
- Hampton Inn: [More Info](#)
- Comfort Inn: [More Info](#)
- Econo Lodge: [More Info](#)
- Best Western: [More Info](#)
- Days Inn: [More Info](#)
- Super 8: [More Info](#)

The DeGray Lake State Park Lodge:

- [State Park Lodge](#): On its own island off the north shore of DeGray Lake, the lodge at DeGray Lake Resort State Park is centrally located within the park and offers guests sweeping views of the lake in a comfortable atmosphere. Just minutes from the lodge and the park campgrounds are the wide variety of outdoor activities offered at DeGray Lake Resort State Park. Experience the adventure and outdoor fun of an Arkansas state park combined with the amenities of a first-class resort.

Iron Mountain Lodge and Marina:

- Lake side Condo's with in Steps of the Mt Bike Trail. [More Info](#)

Local Transportation:

If you are flying in, use a rental vehicle to get to and from the venue.

Climate / Weather

In early Sept, the average daily low is in the low 80's and the Highs are in the low to mid 90's. The chance of rain at this time of year is low to moderate.

Parking

- Parking on event day will be Adjacent to the Transition Area.
- There is no parking Fee.
- Parking is first come first serve on race day.

Emergency Information

- In case of emergency (security risk, fire, accident or Injury outside of competition), assistance can be reached by calling 911 from any mobile phone or payphone,
- On Competition Days at the venue, emergency first aid is provided for event attendees'. First aid will be available adjacent to the Finish area for all. Please be advised, medical assistance will need to be dispatched from their base station to the location on the course during competition and will arrive as soon as possible.





Nearest Hospital

Baptist Health - Arkadelphia
3050 Twin Rivers Dr
Arkadelphia, AR 71923
Phone:(870) 245-2622

****Important: Each Athlete should be prepared to repair your own bike during competition.***

The event will have a **Sag support** vehicle on the course. Please note, this is a courtesy service. Once notified it may take a period of time for the Sag vehicle to get to your location.

Organization Contact info

- Should you need assistance or further information concerning the event please contact us as follows.
- Email inquires during the time frame Starting on August 18 through August 21 have delayed responses.
- You are asked to first review this guide as your answer will most likely be found within. If it is a crisis situation during the above period please call. We will be at race site, and coverage can be spotty.

<p>Race Director</p> <ul style="list-style-type: none">• Fred Phillips<ul style="list-style-type: none">○ Tel 870 403 2790○ Email: DLTevents@gmail.com	<p>Registration issues</p> <ul style="list-style-type: none">• Rose Phillips<ul style="list-style-type: none">○ Tel 870 403 1379○ Email: RAPhillips94@yahoo.com



Sanction and Regulations

This is a USA Triathlon sanctioned event. It is incumbent upon the athlete to know and comply with all USAT rules prior to, during and post event. USAT rules shall apply to all competitors.

🔗 **Important:** *In case of a conflict between the information presented in this technical guide and any other source (other than an official communiqué from the organization or issued during the event), then the information found in this technical guide shall be taken as correct and final. By participating in this event, you are also agreeing to be bound by this technical guide, the instructions of the race officials the race Management Organization, and by the rules of the USAT.*

Racing Licenses / ID Requirements.

- **Whether registering online or in person, all participants must pick up their own race packet.**
- **Each Participant must present a Valid Photo ID as well as either a Valid Annual UAST membership or will be required to purchase a One day permit.**
- **Only the individual registered is allowed to pick their race packet.**
- **This event has a no refund policy**

USAT Membership:

- **Individuals:** All individuals racing within any of the events offered during this weekend must either hold a valid USAT membership, or a USAT one membership.

Registration Information:

Registration:

Advance Registration for all events is available online via our website

- We will have onsite in person registration available during the listed Packet pick up times on Friday, Saturday and Sunday.
- **Online registration closes as follows for the events with in the 2018 DeGray Lake Tri fest**
 - All Saturday Events:
 - Online registration will close at 9:00am on Friday 9/7/2018
 - All Sunday Event:
 - Online registration closes at 11:00am on Saturday 9/8/2018



Event Schedule

Friday 9/7

(5:00 - 7:00pm) Packet pick-up for triathlon [\[MAP\]](#)

Saturday 9/8 (Race Day - Tri Ark , XTERRA and Spillway Super Sprint (Race Site Location [\[MAP\]](#))

6:00am - Transition area opens

6 - 7:30am - Packet pick up and in person registration

7:30am - Pre race instruction at at registration area

7:45am - Transition area closes (all bikes must be racked)

8:00am - Spillway Super Sprint race start

8:15am - Tri Arkansas Triathlon Aqua Bike, XTERRA Gator Terra and OWS start: (wave starts, 3 to 5 min separation)

9:30am - Spillway Super Sprint and OWS awards @ race site (approximate time and may be adjusted on race day)

11:15am - Tri Arkansas Tri, Aqua Bike and XTERRA awards @ race site (approximate time and may be adjusted on race day)

5:00pm - 7:00pm - Packet pick up and in person registration

Sunday 9/9 (Race day - DeGray Lake Triathlon / Duathlon and Iron Mt Off-Road Triathlon (Race site location [\[MAP\]](#))

6:00am - Transition area opens

6 - 7:30am - Packet pick up and race day registration

7:30am - Pre race instruction at at registration area

7:45am - Transition area closes (all bikes must be racked)

8:00am - DeGray Lake Sprint Tri / Du and Iron Mt Off-Road Tri race start (wave starts, 3 min separation between waves)

11:00am - Awards @ race site (this is an approximate time and may be adjusted on race day)



Eligibility and Race Categories:

Tri Arkansas Triathlon / DeGray Lake Sprint Triathlon / DeGray Duathlon /Spillway Super Sprint Triathlon/ Xterra Gator Terra/ Iron Mt Sprint Off Road Tri:

Eligibility:

- DeGray Lake Sprint Tri, Duathlon, Iron Mt Sprint Off-road Tri and Spillway Super Sprint Tri:
 - This event is open to all individuals with a minimum age or 13 as of 12/31/18
- Tri Arkansas Triathlon and XTERRA Gator Terra
 - This event is open to all individuals with a minimum age or 15 as of 12/31/18

Racing Categories:

- Age Group
- Clyde's (Male 220Lbs +) - Triathlons Only
- Athena (Females 165 lbs+) - Triathlons Only
- Physically Challenged open(individual must be able to be categorized with the existing USAT PC designations) - Triathlons Only

- **Tri Arkansas Aquabike**

Eligibility:

- Tri Arkansas Triathlon
 - This event is open to all individuals with a minimum age or 15 as of 12/31/18

Racing Categories:

- Age Group

- **Open Water Swim:**

Eligibility:

- Open Water Swim
 - This event is open to all individuals with a minimum age or 11 as of 12/31/18

Racing Categories:

- Age Group

Podium Ceremony / Awards info

It is requested those achieving a Podium position stay for the Awards presentation.

DeGray Double Awards

Awards will be offered to the fastest combine times from the:

- **Tri Arkansas Triathlon & DeGray Lake Sprint Triathlon Combo - Male & Female Awards: - 1st - 3rd Place**
- **Spillway Super Sprint & DeGray Sprint Tri Combo - Male & Female Awards: - 1st - 3rd Place**
- **XTERRA Gator Terra and Iron Mt Off-Road Sprint - Male & Female Awards: - 1st - 3rd Place**



Awards are Broken down as follows for each of the events:

- **Tri Arkansas Triathlon**
- **DeGray Lake Sprint Triathlon Awards**
- **XTERRA Gator Terra**
- **Iron Mt Sprint Off-Road Tri**
- **Spillway Super Sprint**

Overall Awards:

- Overall: Male & Female - 3 deep
- Masters Male & Female 40+ - 1 Deep
- Grand Masters Male & Female 50+ - 1 Deep
- Teams: Male/Female/Mixed - 3 Deep
- Clyde's: 0-99
- Athena: 0-99
- Physically Challenged - 3 Deep

Age Group Awards: - 3 deep

- Males: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
- Females: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

- **Tri Arkansas Aqua bike,**
- **DeGray Duathlon**

Overall: Male & Female

- 1 Deep

Age Groups: - 3 deep

- Males: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
- Females: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

- **1500 Meter open water Swim Awards**

- Overall: Male & Female - 1 Deep
- Age Groups: - 3 deep
 - Males: 15 & Under, 16-19, 20-29, 30-39, 40-49, 50+
 - Females: 15 & Under, 16-19, 20-29, 30-39, 40-49, 50+

*** Physically Challenged Category**

Entrants must conform to USAT rules as listed @ USAT Triathlon web site under rules section.

**Clydesdale and Athena Categories: You will be started with your respective age groups so that you can be included in the SWM and National Age Group Rankings.*



Event Start Procedure - Start Info and Wave starts.

Tri Arkansas, XTERRA Gator Terra

- This will be an in water Start
- two Lap swim of a 750 Meter course
- Swim direction is Clockwise
- Swim Cut off is 65 minutes from the send off of the final wave
- Exit is at the base of a Large boat ramp.
- Race management reserves the right to adjust the following waves due to factors it considers relevant.

Spillway Super Sprint

- This will be an in water Start
- Swim Distance is 225 yards
- Point to point swim
- Exit is at the base of a Large boat ramp

DeGray Lake Sprint Triathlon / Iron Mountain Sprint Off-Road Tri / Duathlon

- The Triathlon will be an in water start at the base of a large concrete boat ramp and will Clockwise.
- Duathlon will start at the Top of the Boat Ramp
- This event will utilize a wave start system. Race management reserves the right to adjust the following waves due to factors it considers relevant.

Timing and Results

- Chip Timing will be used.
- Chips will be available to pick up on race morning at the registration area.

Results are scheduled to be posted on www.DLTevents.com by the end of the day on Monday following the event

Triathlons, Duathlon and Aqua Bike:

- Each Participant will be issued an ankle chip.
- Timing Points
 - Start line
 - Swim Finish. Your official swim finish time will be captured via the mat at the Top of the Boat Ramp. Depending on Water level of the lake the distance from the water's edge to the timing point could be between 10 and 30 yards.
 - Transition in's and out's
 - Finish Line



1500 Meter Open Water Swim:

- Each Participant will be issued an ankle chip.
- Timing Points
 - Start line
 - Your official swim finish time will be captured via the mat at the Top of the Boat Ramp. Depending on Water level of the lake the distance from the water's edge to the timing point could be between 10 and 30 yards.

Course Information

* **Important:** Course Distances have been measured with GPS, but have not been certified .

* **Important:** Race course knowledge as per USAT rules:

USAT rule 3.4a Entire Course.

Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the head referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l). In the event the head referee makes such a determination, the penalty shall be disqualification.

Discussion points of rule 3.4a:

- The obvious premise of 3.4a is the requirement that each participant will traverse the entire course as laid out by race management. Enforcement and penalty assessment is determined by how much of the course was missed or cut by the athlete.
- This rule is most often applied at events that have a multiple loop design for bike or run and athletes have been found doing less than the required number of loops.
- It is the responsibility of the athlete to know and follow the prescribed race route in its entirety.

Swim Course:

- Water temp in early Sept is anticipated to be in the Mid 80's
- USAT wet suit use rules will be followed. See USAT competitive rule: 4.4. Wetsuits

Wet Suit Rule USAT rule 4.4

4.4 Wet suits. Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council. *The AAC has set the wetsuit maximum temperature for elite athletes at 68 degrees for swim distances less than 3000 meters and 71.6 degrees for distances of 3000 meters or greater.* Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.



1500 Meter Course: 2 Laps of 750 Meters

This Course is used for the following races.

- Tri Arkansas Triathlon
- Aqua Bike
- XTERRA Gator Terra
- Open Water Swim
 - Course direction is Clockwise
 - In water Start
 - Water entrance and exit is on a large Concrete Boat Ramp
 - 2 laps of 750meter course

500 Yard Course: 1 Lap

This Course is used for the following race

- DeGray Lake Sprint Triathlon
- Iron Mt Sprint Off-Road Triathlon
 - Course direction is Clockwise
 - In water Start
 - Water entrance and exit is on a large Concrete Boat Ramp
 - 1st turn is roughly 150 yards

225 Yard course: Point to Point

This Course is used for the following race.

- Spillway Super Sprint
 - In water start
 - Point to point swim
 - First turn is roughly 100 yards
 - Swim Exit is a large Concrete Boat ramp



On Road Bike Course: All USAT rules apply for a Non-drafting race.

39K (24 mile) bike Course:

This course is used for the following Races:

- Tri Arkansas Triathlon
- Tri Arkansas Aqua Bike
 - This is a 1 Lap out and back course
 - There are no Aid Stations on the course.

13.5-mile Bike Course: Out and Back. 1 lap Bike course

This course is used for the following Races:

- DeGray Lake Sprint Triathlon
- DeGray Lake Duathlon
 - 1 Lap out and Back course
 - There are no Aid Stations on this course

6 mile Bike Course:

This course is used for the following Races:

- Spillway Super Sprint Triathlon
 - 1 Lap out and Back course
 - There are no Aid Stations on this course

Off-Road Bike Course:

9.45 Mountain bike Course:

This course is used for the following Races:

There are no Aid Stations on the course.

- XTERRA Gator Terra Triathlon
 - Complete 2 Laps of the 9.45-mile course.
- Iron Mountain Sprint Off-Road Tri
 - Complete 1 Lap of the 9.45-mile course.



On Road Run Course:

10K run course:

This course is used for the following Races:

- Tri Arkansas Triathlon
 - This is a 2 Lap course
 - There are 5 Aid Stations on the course, roughly 1 mile apart.

3.1mile run course:

This course is used for the following Races:

- DeGray Lake Sprint Triathlon
- DeGray Lake Duathlon (2nd Run Only)
 - 1 Lap course
 - There are 3 Aid Stations on this course, Roughly 1 mile apart.

2-mile run course for first run of Duathlon:

This course is used for the following Races:

- DeGray Lake Duathlon (1st Run Only)
 - 1 Lap out and Back course
 - There are 1 Aid Stations on this course at roughly 1 mile.

2-mile run course:

This course is used for the following Race:

- Spillway Super Sprint
 - 1 Lap out and Back course
 - There are 1 Aid Stations on this course at the turnaround 1 mile.

Off-Road Run Course: 2.5 Mile Course

This course is used for the following Race:

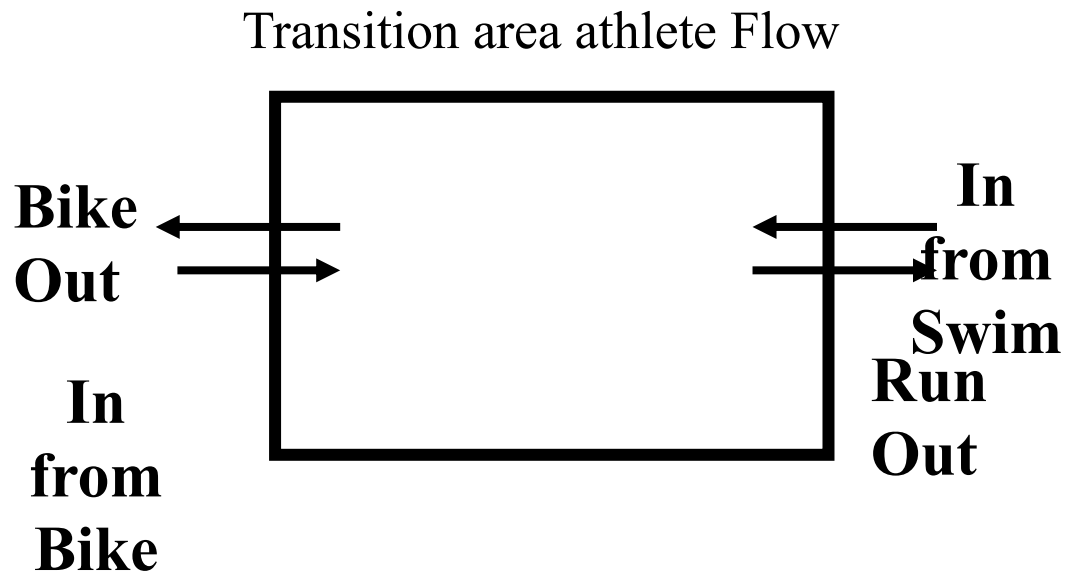
- XTERRA Gator Terra
 - 2 Laps of the 2.5-mile course
 - 4 Aid Stations on the course.
- Iron Mt Sprint Off-road Triathlon
 - 1 Lap of the 2.5-mile course
 - 2 Aid Stations on the course.

Transition Area:

The Same Transition Area is used for all events.

- The Following basic rules will apply for all events.
 - Only Competitors are allowed in Transition
 - No riding in transition.
 - After the completion of the event Race management will announce when you can remove your gear.

Transition area flow



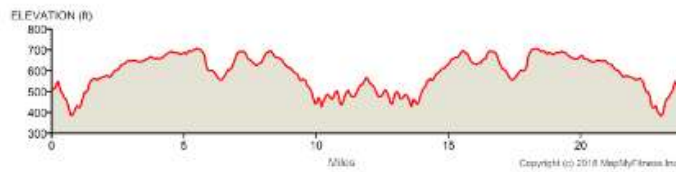
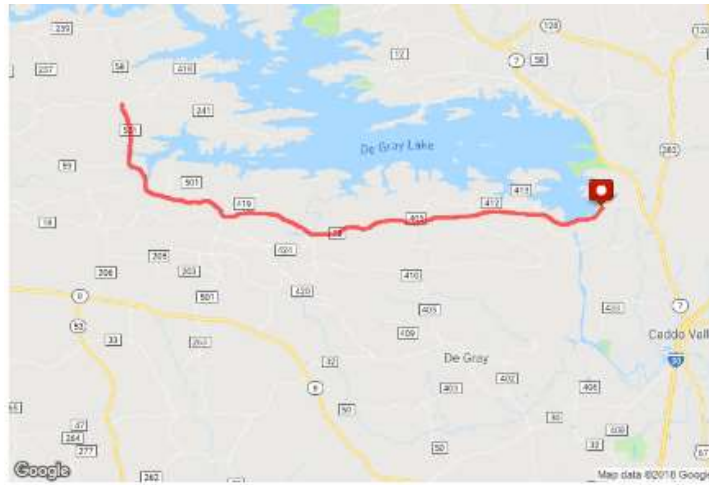
Swim Courses



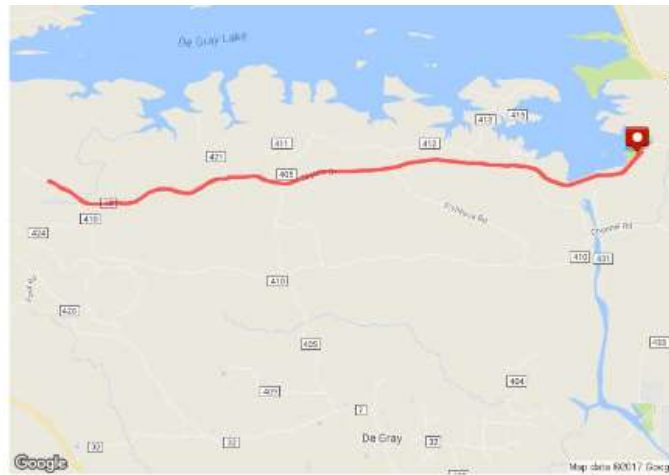
Spillway Super Sprint Tri Swim Course



Tri Arkansas Triathlon and Aquabike Bike Course



DeGray Lake Sprint Triathlon and Duathlon Bike Course:

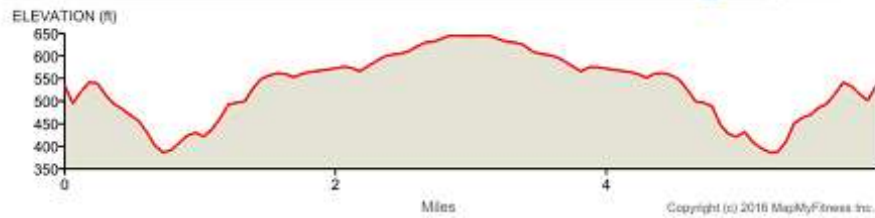
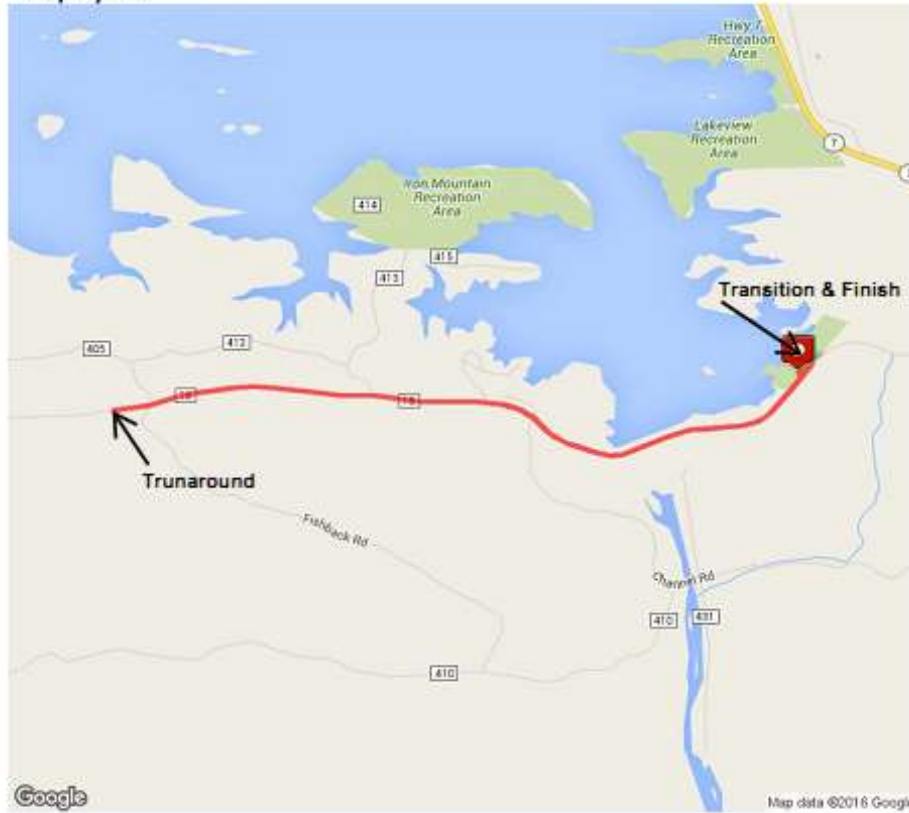


Spillway Super Sprint Bike Course: - 6 Miles



DeGray Super Sprint Tri Bike course
Distance: 5.99 mi
Elevation: 389.42 ft (Max: 645.6 ft)

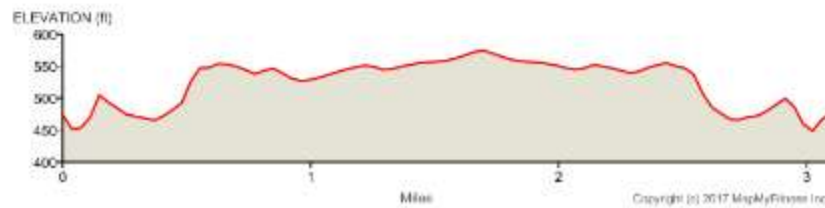
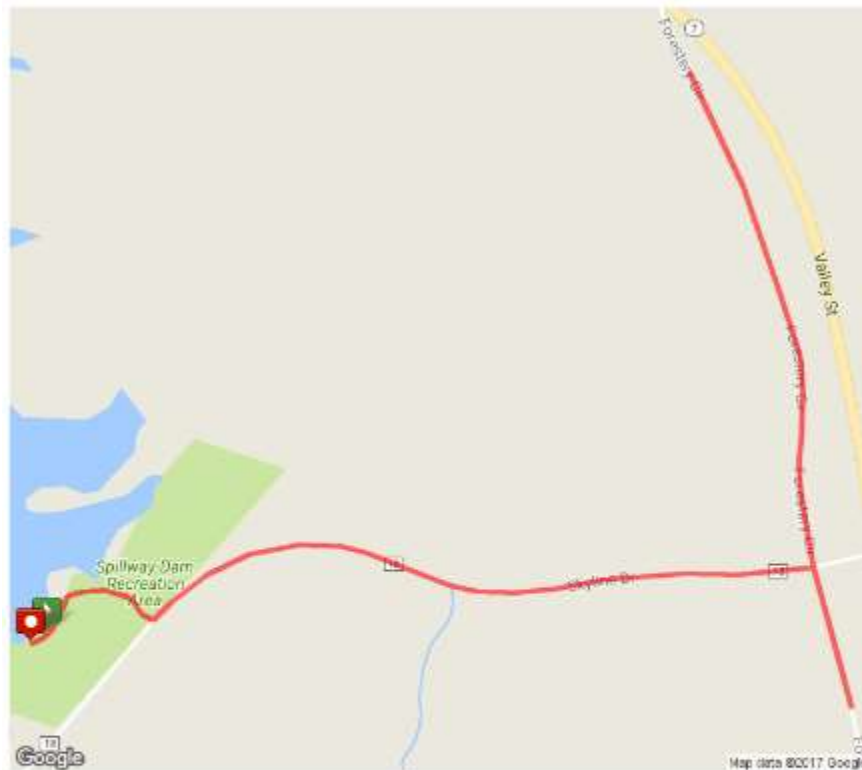
mapmyride



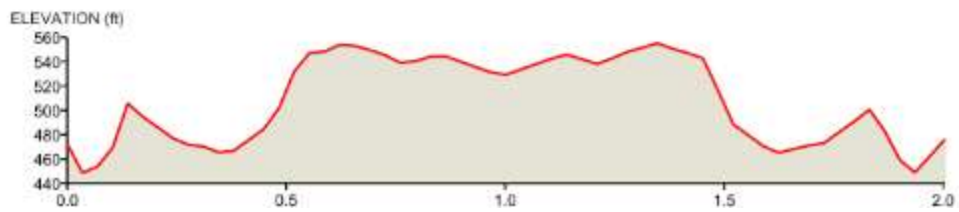
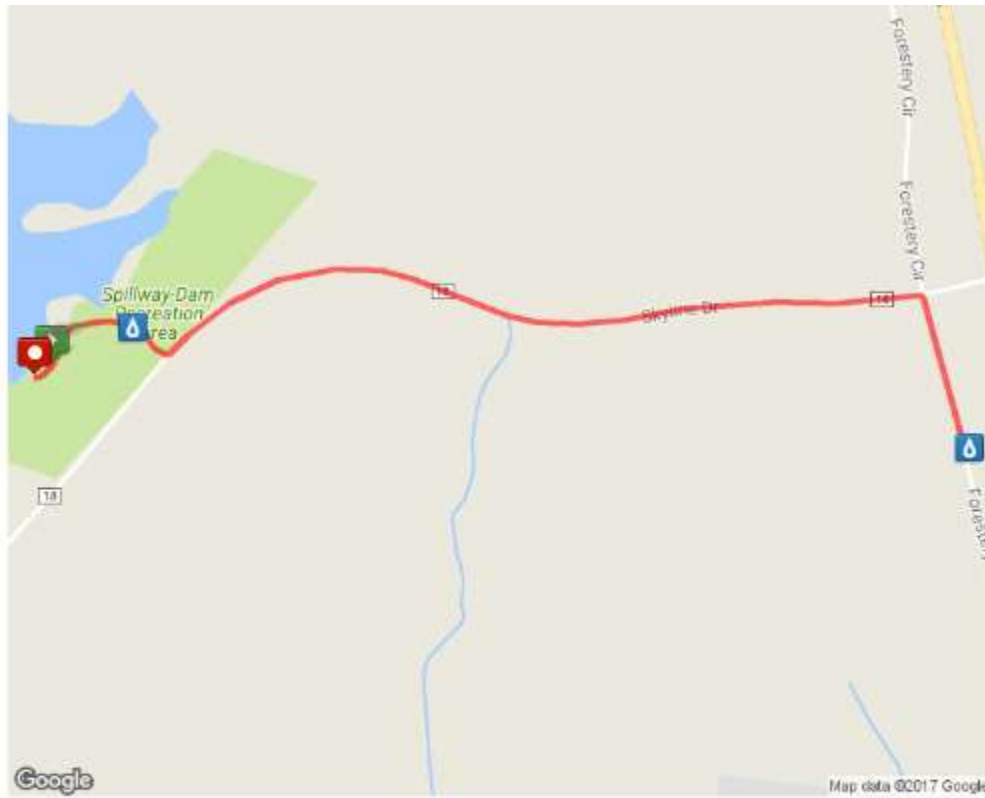
Tri Arkansas and DeGray Lake Sprint Triathlon Run Course

Note:

- Tri Arkansas completes 2 laps of the below course.
- DeGray Lake Sprint Tri and 2nd run of Du completes 1 laps
- Duathlon 1st run goes to Mile one and return to Transition



Spillway Super Sprint Run Course: - 2 Miles.



Off Road Triathlon Bike Course

Note:

- XTERRA Gator Terra completes two laps of the below course
- Iron Mt Sprint Off-Road Tri completes one lap of the below course



Off Road Triathlon Run Course

Note:

- XTERRA Gator Terra completes two laps of the below course
- Iron Mt Sprint Off-Road Tri completes one lap of the below course

Course flow is counter clockwise direction. XTERRA Gator Terra = 2 laps, Iron Mt Sprint off-road Tri = 1 Lap

