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PARTNERS







































The Feed.































WELCOME FROM USA TRIATHLON CEO VICTORIA BRUMFIELD

Dear Athletes.

On behalf of USA Triathlon, I'd like to welcome you to Atlantic City for the 2024 USA Triathlon Sprint & Olympic Distance National Championships. Congratulations on qualifying and making it to the start line — you've arrived at one of the most prestigious triathlons in the United States!

We're excited to bring USA Triathlon Sprint & Olympic Nationals to the East Coast. As USA Triathlon's largest National Championships event, Sprint & Olympic Nationals requires months of planning and preparation to execute. The USA Triathlon staff has worked hard to create a world-class experience for all competitors and spectators, but these races would not be a success without the support of many in the Atlantic City community. We would like to extend our gratitude to the many individuals and groups who helped make this weekend possible:

Visit Atlantic City, Atlantic City Sports Commission, Caesars Entertainment, City of Atlantic City, City of Pleasantville, Egg Harbor Township, New Jersey Department of Transportation, US Coast Guard, the South Jersey Transportation Authority and DelMoSports, plus countless other entities.

I would also like to thank our USA Triathlon Board members, who have volunteered their time to be in Atlantic City, and USA Triathlon's brand partners and local sponsors who are critical to this event's success. Be sure to check out the expo while you're here to see all the awesome new products our partners have to offer. And on Thursday night, join us at the USA Triathlon Foundation Gala presented by TicketSocket to celebrate our Athletes, Coaches, Race Director and Alexander Awards!

And enjoy discovering Atlantic City! Known for its iconic boardwalk, vibrant nightlife, and beautiful coastline, Atlantic City is more than just a race destination — it's an opportunity to explore a unique slice of the East Coast. Relax by the beach, try your luck at the casinos, or dine at the Boardwalk's top-notch restaurants — there's something for everyone here in Atlantic City!

Whether this is your first time at Sprint & Olympic Nationals or it's a staple of your race calendar, we know an immense amount of training and dedication has gone into your efforts to reach this point. Thank you for your continued enthusiasm and dedication to this sport, and we trust you'll race with passion and sportsmanship.

Stay safe, race fast and enjoy that finish-line moment — we look forward to cheering you on!

Sincerely,

Victoria Brumfield Chief Executive Officer USA Triathlon



OFFICIAL PARTNER OF USA TRIATHLON

LIGHT ASAIR





Visit <u>rudyprojectna.com/usat</u> to log in for preferred pricing



Welcome to the 2024 USA Triathlon National Championships! On behalf of Visit Atlantic City and the Atlantic City Sports Commission, I am pleased to welcome you to our beautiful seaside destination during one of the best months of the year!

The event organizers have carved out a beautiful triathlon course where you will see some of the most iconic sites. Your hard work, preparation, and dedication will be showcased for all to see throughout the championships.

While visiting Atlantic City, I encourage you to dine, explore and play after the race is complete. There are endless experiences and celebrations throughout the destination. To discover what's happening in Atlantic City, visit www.visitatlanticcity.com. Our hospitality awaits your arrival.

We greatly appreciate you selecting Atlantic City as your competition site and trust you will celebrate all that Atlantic City has to offer with your family and friends when you cross the finish line.

Best of luck to you.

Sincerely,

Larry Sieg

President and CEO

Visit Atlantic City and Atlantic City Sports Commission

Designed to race, ready for adventure.

Conquer the road less travelled.





THE ROGUE ALL-ROAD



A MESSAGE FROM THE COMMISSIONER OF OFFICIALS



Welcome to the 2024 USA Triathlon Sprint & Olympic Distance National Championships! At this event, you are racing under the USA Triathlon 2024 Multisport Competition Rules.

Rules and Reminders

Please keep in mind you are racing in a USA Triathlon sanctioned event and there are USA Triathlon Technical Officials on the course to ensure fairness in the competition. Athletes must take personal responsibility to understand the rules and avoid penalties. Penalized athletes will be notified of penalties on-course via the international standard

blue card/yellow card system.

Penalties

When and if it is safe to do so, athletes will be shown the appropriate card for the violation, identified by their race number, and instructed to stop and serve their penalty at the penalty tent for bike course violations and elsewhere on the course as stand-downs for all other violations. Verbal warnings may also be used when and if it is safe to do so to prevent athletes from incurring penalties. Failure to stop and serve any penalty as instructed may result in Disqualification.

Athletes are encouraged to view the online race briefings associated with their race/s, as it is the athlete's responsibility to know the details for their event/s prior to their race, including the prescribed course/s. Technical Officials will be onsite throughout the week and are there to help you have a fair and safe event and answer any questions you may have.

Reminders

- Please ensure that you arrive with the proper equipment to race
- At USA Triathlon National Events and World Triathlon Qualifying Events cycling and running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race.
- While in possession of your bike during your race, your helmet must be on with the chinstrap securely fastened.
- The use of personal audio devices, including bone-conducting headphones, is prohibited.
- Remember to treat other athletes, volunteers, and officials with courtesy and consideration

Final Note: The Officials team is on your side! Have a great race!

Mark Turner Commissioner of Officials



Be sure to stop by the USAT Store by Playtri for your 2024 USA Triathlon Sprint and Olympic Distance National Championships Apparel and Accessories!



* Schedule is subject to change without notice. Visit <u>usatriathlon.org/get-racing/2024-nationals</u> for the most up-to-date schedule and more details.

Wave start times and schedule are subject to change without notice.

THURSDAY, SEPTEMBER 12 1 p.m 5:30 p.m. Expo Packet Pickup and Expo Bader Field - Packet Pick Up Tent 1 p.m 5:30 p.m. Expo Sept Sept Sept Sept Sept 6 p.m 10 p.m. Acelebration of Sport, The USA Triathlon Foundation Gala 20 Sept	DATE/TIME	WAVE	ACTIVITY	SWIM CAP COLOR	LOCATION
1 p.m. 5-30 p.m. Expo Bader Field Sport, The USA Triathlon Foundation Gala Presented Processor Sport The USA Called Processor Sport			THURSDAY, SEPTEMBER 12		
6 p.m10 p.m. A Celebration of Sport, The USA Triathlon Foundation Gala presented by TickerSocket. FRIDAY, SEPTEMBER 13 10 a.m 5 p.m. Expo Bader Field - Packet Pick Up 1 on 5:30 p.m. Packet so later than 1:30 p.m. Packet Solar Pick Up 1 on Packet Pick U	1p.m 5:30 p.m.		Packet Pickup and Expo		Bader Field - Packet Pick Up Tent
FRIDAY, SEPTEMBER 13 10 a.m 5 p.m.	1 p.m5:30 p.m.		Expo		Bader Field
10 a.m 5 p.m.	6 p.m10 p.m.		A Celebration of Sport, The USA Triathlon Foundation Gala presented by TicketSocket		"Jim Whelan Boardwalk Hall, 2301 Boardwalk Atlantic City, NJ 08401"
10 a.m 5:30 p.m. Packet Pickup Packet Pickup Bader Field - Packet Pick Up Tent Team USA Lounge presented by KT Tape Bader Field - Team. USA 10 a.m 1:30 p.m. All Open Water Swim Competition athletes must pick up packets no later than 1:30 p.m. Mandatory Bike Check-In - Olympic Distanwce Bader Field - Packet Pick Up Tent Bader Field - Sacket Pick Up Tent Bader Field - Sacket Pick Up Tent Bader Field - Swim Start Bader Field - Swim Start Bader Field - Swim Start Bader Field - Sylash and Dash Transition Open Bader Field - Splash and Dash Transition Open Bader Field - Splash and Dash Transition Open Bader Field - USA Triathlon Bader Field - USA Triathlon Foundation VIP Tent Bader Field - USA Triathlon Foundation Tent - Bader Field Open Finish Line - USA Triathlon Foundation VIP Tent Bader Field - Te a.m. USA Lounge presented by KT Tape White Bader Field - Swim Start			FRIDAY, SEPTEMBER 13		
10 a.m 5:00 p.m. Team USA Lounge presented by KT Tape Bader Field - Te a.m. USA Lounge presented by KT Tape 10 a.m 1:30 p.m. All Open Water Swim Competition athletes must pick up packets no later than 1:30 p.m. Mandatory Bike Check-In - Olympic Distanwee Bader Field - Packet Pick Up Tent Bader Field - Swim Start Bader Field - Swim Start Wave 1 Open Water Swim Competition Presented by Synergy Wetsutis - ATD and ATTMI Categories Wetsuits - ATD and ATTMI Categories Neon Bader Field - Swim Start Water Swim Competition Presented by Synergy Wetsuits Award Ceremony Wetsuits Award Ceremony Wetsuits Award Ceremony Wetsuits Award Ceremony Kids Splash and Dash Transition Open Bader Field - Swim Start White Bader Field - Swim Start White Bader Field - Swim Start White Bader Field - Swim Start SATURDAY, SEPTEMBER 14 4 - 6:20 a.m. Transition Opens - Olympic Distance Bader Field - USA Triathlon Foundation Tent - Bader Field Open Finish Line - USA Triathlon Foundation VIP Tent Fa.m 1 p.m. Expo Open Bader Field - Te a.m. USA Lounge presented by KT Tape White Bader Field - Te a.m. USA Lounge Tent Bader Field - Swim Start Bader Field - Te a.m. USA Lounge Tent Bader Field - Te a.m. USA Lounge Tent Bader Field - Te a.m. USA Lounge Tent Bader Field - Te a.m. USA Lounge Start Bader Field - Swim Start Bader Fie	10 a.m 5 p.m.		Expo		Bader Field
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packets no later than 1:30 p.m. Up Tent 10 a.m 5:30 p.m. Mandatory Bike Check-In - Olympic Distanwce Bader Field - Transition 2 - 5 p.m. Bag Check Bader Field - Bag Check Tent 3 p.m. Wave 1 Open Water Swim Competition Presented by Synergy White Bader Field - Swim Start 3:15 p.m. Wave 2 Open Water Swim Competition Presented by Synergy Wetsuits - ATD and ATTMI Categories 3:45 p.m. Open Water Swim Competition Presented by Synergy Wetsuits - ATD and ATTMI Categories 3:45 p.m. Open Water Swim Competition Presented by Synergy Wetsuits - AWARD ATTMI Categories 3:45 p.m. Open Water Swim Competition Presented by Synergy Wideo Board 3:45 p.m. Swim Familiarization - Olympic and Sprint (750m course only) Bader Field - Expo Area by Video Board 4 - 4:45 p.m. Swim Familiarization - Olympic and Sprint (750m course only) Bader Field - Swim Start **SATURDAY, SEPTEMBER 14** 4 - 6:20 a.m. Kids Splash and Dash Start White Bader Field - Swim Start **SATURDAY, SEPTEMBER 14** 4 - 6:20 a.m. Transition Opens - Olympic Distance Bader Field - Transition 4:30 - 8:30 a.m. Bag Check Drop Off Bader Field - Bader Field - Bader Field - USA Triathlon Foundation VIP Tent 5 a.m 5 p.m. USA Triathlon Foundation Tent - Bader Field Open Bader Field - USA Triathlon Foundation VIP Tent 8 a.m 1 p.m. Expo Open Bader Field - Te a.m. USA Lounge presented by KT Tape White Bader Field - Swim Start **Bader Field - Transition **Bader Field - Transi	10 a.m 5:00 p.m.		Team USA Lounge presented by KT Tape		Bader Field - Te a.m. USA Lounge Tent
2 - 5 p.m. Bag Check 3 p.m. Wave 1 Open Water Swim Competition Presented by Synergy White Bader Field - Swim Start 3:15 p.m. Wave 2 Open Water Swim Competition Presented by Synergy Neon Yellow Bader Field - Swim Start 3:45 p.m. Open Water Swim Competition Presented by Synergy Neon Yellow Bader Field - Swim Start 3:45 p.m. Open Water Swim Competition Presented by Synergy Wetsuits - ATD and ATTMI Categories 3:45 p.m. Open Water Swim Competition Presented by Synergy Wideo Board Field - Swim Start 4 - 4:45 p.m. Swim Familiarization - Olympic and Sprint (750m course only) Bader Field - Swim Start 4 - 4:45 p.m. Kids Splash and Dash Transition Open Bader Field - Swim Start SATURDAY, SEPTEMBER 14 4 - 6:20 a.m. Transition Opens - Olympic Distance Bader Field - Swim Start SATURDAY, SEPTEMBER 14 4 - 6:20 a.m. Bader Field - Bader Field - Transition 4:30 - 8:30 a.m. Bader Field - USA Triathlon Foundation Tent - Bader Field Open 7 a.m 1 p.m. USA Triathlon Foundation Tent - Finish Line Open 8 a.m 1 p.m. Expo Open Bader Field - Swim Start Bader Field - USA Triathlon Foundation VIP Tent 8 a.m 1 p.m. Expo Open Water I Male 25-29 White Bader Field - Swim Start Neon Pader Field - Swim Start	10 a.m 1:30 p.m.		All Open Water Swim Competition athletes must pick up packets no later than 1:30 p.m.		Bader Field - Packet Pick Up Tent
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	6:30 a.m.	Wave 1	Male 25-29	White	Bader Field - Swim Start
	6:34 a.m.	Wave 2	Female 30 - 34		Bader Field - Swim Start

6:39 a.m.	Wave 3	Male 30 - 34	Pearly Pink	Bader Field - Swim Start
6:46 a.m.	Wave 4	Female 24 & Under	Violet	Bader Field - Swim Start
6:54 a.m.	Wave 5	Female 25-29	Pearly Gold	Bader Field - Swim Start
			Neon	
7:01 a.m.	Wave 6	Male 24 & Under	Green	Bader Field - Swim Start
7:05 a.m.	Wave 7	Female 60 - 64	Neon Pink	Bader Field - Swim Start
7:10 a.m.	Wave 8	Male 70+	Pearly Silver	Bader Field - Swim Start
7:22 a.m.	Wave 9	Clydesdale - All Ages	Powder Blue	Bader Field - Swim Start
7:29 a.m.	Wave 10	Athena - All Ages	Neon Red	Bader Field - Swim Start
7:38 a.m.	Wave 11	Female 55 - 59	White	Bader Field - Swim Start
7:51 a.m.	Wave 12	Male 50-54	Neon Yellow	Bader Field - Swim Start
7:56 a.m.	Wave 13	Male 65 - 69	Pearly Pink	Bader Field - Swim Start
8:01 a.m.	Wave 14	Female 65+	Violet	Bader Field - Swim Start
8:08 a.m.	Wave 15	Non-Binary - All Ages	Pearly Gold	Bader Field - Swim Start
8:10 a.m.	Wave 16	Male 60-64	Neon Green	Bader Field - Swim Start
8:16 a.m.	Wave 17	Male 40 - 44	Neon Pink	Bader Field - Swim Start
8:28 a.m.	Wave 18	Female 40 - 44	Pearly Silver	Bader Field - Swim Start
8:37 a.m.	Wave 19	Male 55-59	Powder Blue	Bader Field - Swim Start
8:45 a.m.	Wave 20	Male 35 - 39	Neon Red	Bader Field - Swim Start
8:52 a.m.	Wave 21	Female 45-49	White	Bader Field - Swim Start
8:58 a.m.	Wave 22	Female 35 - 39	Neon Yellow	Bader Field - Swim Start
9:04 a.m.	Wave 23	Male 45 - 49	Pearly Pink	Bader Field - Swim Start
9:10 a.m.	Wave 24	Female 50-54	Violet	Bader Field - Swim Start
8:30 a.m 1:30 p.m.		Bag Check Pick Up - Finish Line		Finish Line Area - Atlantic City Boardwalk and Columbia
10:15 a.m.		Swim Cut-Off Olympic Distance		
11:45 a.m.		Bike Check-Out		Bader Field - Transition
11:45 a.m.		Bike Cut-Off		
12 - 3 p.m.		Late Packet Pickup - Sprint Distance		Bader Field - Packet Pick Up Tent
1 p.m.		Courses Closes - Olympic Distance		
1 p.m.		All bikes must be out of transition *mandatory for athletes not racing on Sunday		Bader Field - Transition
2:30 - 5 p.m.		Bag Check Open - Swim Familiarization		Bader Field - Bag Check Tent
2:40 - 4:45 p.m.		Sprint Bike Check-In *Mandatory		Bader Field - Transition

3:30 - 4:30 p.m.		Swim Familiarization Presented by Synergy Wetsuits - Sprint Only		Bader Field - Swim Start
5:15 - 6:45 p.m.		Olympic Distance Award Ceremony		Tropicana Hotel - Grand Exhi- bition Center (South Tower)
		SUNDAY, SEPTEMBER 15		
4 - 6:20 a.m.		Transition Open - Sprint Distance		Bader Field - Transition
4:30 - 8:30 a.m.		Bag Check Drop Off		Bader Field - Bag Check Tent
5 a.m1 p.m.		USA Triathlon Foundation Tent - Bader Field Open		Bader Field - USA Triathlon Foundation VIP Tent
6:30 a.m1 p.m.		USA Triathlon Foundation Tent - Finish Line Open		Finish Line - USA Triathlon Foundation VIP Tent
8 - 11 a.m.		Expo Open		Bader Field
8 - 11 a.m.		Team USA Lounge presented by KT Tape		Bader Field - Te a.m. USA Lounge Tent
6:30 a.m.	Wave 1	Male 30 - 34	Pearly Pink	Bader Field - Swim Start
6:34 a.m.	Wave 2	Female 35-39	Neon Yellow	Bader Field - Swim Start
6:40 a.m.	Wave 3	Male 20-29	White	Bader Field - Swim Start
6:46 a.m.	Wave 4	Female 20-29	Pearly Gold	Bader Field - Swim Start
6:53 a.m.	Wave 5	Male 35 - 39	Neon Red	Bader Field - Swim Start
6:59 a.m.	Wave 6	Female 15-19	Violet	Bader Field - Swim Start
7:07 a.m.	Wave 7	Male 55-59	Powder Blue	Bader Field - Swim Start
7:14 a.m.	Wave 8	Female 60-64	Neon Pink	Bader Field - Swim Start
7:19 a.m.	Wave 9	Male 70+	Pearly Silver	Bader Field - Swim Start
7:26 a.m.	Wave 10	Male 15 - 19	Neon Green	Bader Field - Swim Start
7:32 a.m.	Wave 11	Female 45 - 49	White	Bader Field - Swim Start
7:47 a.m.	Wave 12	Male 65-69	Pearly Pink	Bader Field - Swim Start
7:53 a.m.	Wave 13	Male 60-64	Pearly Gold	Bader Field - Swim Start
7:59 a.m.	Wave 14	Female 65+	Neon Yellow	Bader Field - Swim Start
8:06 a.m.	Wave 15	Female 55 - 59	White	Bader Field - Swim Start
8:11 a.m.	Wave 16	Clydesdale - All Ages	Powder Blue	Bader Field - Swim Start
8:18 a.m.	Wave 17	Female 50 - 54	Violet	Bader Field - Swim Start
8:25 a.m.	Wave 18	Athena - All Ages	Neon Red	Bader Field - Swim Start
8:30 a.m.	Wave 19	Male 45 - 49	Pearly Silver	Bader Field - Swim Start
8:37 a.m.	Wave 20	Male 50-54	Neon Yellow	Bader Field - Swim Start
8:43 a.m.	Wave 21	Non-Binary - All Ages	Pearly Gold	Bader Field - Swim Start
8:45 a.m.	Wave 22	Male 40-44	Neon Pink	Bader Field - Swim Start

8:48 a.m.	Wave 23	Female 30-34	Neon Yellow	Bader Field - Swim Start
8:56 a.m.	Wave 24	Female 40 - 44	Pearly Silver	Bader Field - Swim Start
9:10 a.m.	Wave 25	ATD and ATTMI Caterogies (non-championship)	White	Bader Field - Swim Start
7:30 a.m 1 p.m.		Bag Check Pick Up - Finish Line		Finish Line Area - Atlantic City Boardwalk and Columbia
9:55 a.m.		Swim Cut-Off		
10:30 a.m.		Bike Check-Out		Bader Field - Transition
10:35 a.m.		Bike Cut-Off		
11:45 a.m.		Course Closes - Sprint Distance		
12:20 p.m.		All bikes must be out of transition *mandatory		Bader Field - Transition
1 - 2:30 p.m.		Sprint Distance Award Ceremony		Tropicana Hotel - Grand Exhi- bition Center (South Tower)



ATHLETE BRIEFING

For more in-depth race details and a message from the race director, watch the 2024 USA Triathlon Sprint and Olympic Distance National Championships Pre-Event Briefing. All athletes are encouraged to watch the Pre-Event Briefing to prepare for the best race experience in Atlantic City. Remember that both races are non-drafting. Click here to watch!

THERE IS ABSOLUTELY NO RIDING ON THE ATLANTIC CITY EXPRESSWAY PRIOR TO RACE DAY. THIS RESTRICTION IS BASED ON ENSURING ATHLETE SAFETY AS WELL AS A REQUIREMENT BY THE ATLANTIC CITY EXPRESSWAY.

There will be no swimming permitted on the course outside of your race time and scheduled swim warm-up times. Athletes must wear event-issued swim cap and timing chip during warm-up swim.

RACE VENUE LOCATION

The address for 2024 USA Triathlon Sprint & Olympic National Championships is Bader Field - 545 Albany Ave, Atlantic City, NJ 08401.

The transition area and parking is at Bader Field and the finish line is on the Atlantic City Boardwalk (intersection of Atlantic City Boardwalk and Columbia Ave.). There will be a shuttle provided between Bader Field and the Boardwalk (about a 10-minute walk).

PARKING & SHUTTLE DETAILS

- Location: Bader Field (545 N. Albany Ave)
- Friday to Sunday: \$20 Parking Fee Per Day
- Thursday: Free parking
- Privileges: Unlimited in and out privileges with the parking pass
- Purchase Options: Passes can be purchased for each day

PARKING LOT OPENING AND CLOSING TIMES

- Thursday: 9 a.m. 6 p.m.
- Friday: 8 a.m. 6 p.m.
- Saturday: 3:30 a.m. 5 p.m.
- Sunday: 3:30 a.m. 1 p.m.

Purchase your parking pass: https://register.usatriathlon.org/event/parking---2024-usa-triathlon-olympic

No Overnight Parking at the Venue

FREE SHUTTLE SERVICE

- Date and Time of Operations
 - Saturday, Sept. 14: 4 a.m. − 2 p.m.
 - Sunday, Sept. 15: 4 a.m. 1 p.m.
- Pick-Up Point at the Finish Area: Intersection of the Atlantic City Boardwalk and Columbia Place
- Pick-Up Point at Bader Field: 545 Albany Ave (right outside of Surf Stadium at Bader Field)
- Note: No bikes are permitted on shuttles at any time.

Shuttles will run continuously, and one-way trip time is anticipated to be 10 - 12 minutes.

PACKET PICK-UP

Packet pick-up is at Bader Field in the Packet Pick-Up Tent

Thursday, Sept. 12: 1-5:30 p.m.

Friday, Sept. 13: 10 a.m.-5:30 p.m. (Mandatory for Olympic Distance)

Saturday, Sept. 14: Noon-3 p.m. (Last chance for Sprint Distance)

BAG CHECK PROCEDURE

If participants would like to utilize bag check, they can pick up a clear plastic bag outside of the bag check tent at Bader Field to store their gear on race day. The clear plastic security bags are 18x24 inches, and athletes will be permitted to check the bags on race day at the bag check tent near transition. Transition bags or race bags will need to fit inside the clear plastic bags provided for bag check.

No bags of any kind will be allowed in transition while the races are underway. However, athletes will be permitted to carry gear into transition upon checking in. Note: any bags left in transition may delay the start of the race.

Do not leave bags or backpacks unattended at the venue or on the course. Unattended bags will be confiscated and potentially destroyed and may also delay the race schedule.

BAG CHECK SCHEDULE

- Friday
 - 2 5pm
 - · Bader Field for drop off and pick up
- Saturday Olympic Distance Race
 - Drop Off Time at Bader Field: 4:30am 8:30am
 - · Bader Field for Drop Off / Finish Line Area for Pick Up
 - First transport of bags will be at 7:30 am from Bader Field to the Finish Line Area
 - · Second transport of bags will be at 8:45 am from Bader Field to the Finish Line Area
 - Pick Up Time at Finish Line Area (AC Boardwalk / Columbia Place): 8:30 am 1:30 pm

• Saturday – Swim Familiarization

- 2:30 5 pm
- Bader Field for drop off and pick up

• Sunday - Sprint Distance Race

- Drop Off Time at Bader Field: 4:30 8:30 am
- Bader Field for Drop Off / Finish Line Area for Pick Up
- First transport of bags will be at 7 am from Bader Field to the Finish Line Area
- Second transport of bags will be at 8:45 am from Bader Field to the Finish Line Area
- Pick Up Time at Finish Line Area (AC Boardwalk / Columbia Place): 8:30 am 1:30 pm

TRANSITION

- · All athletes must rack in their assigned age group and gender no exceptions!
- Rack bike by seat to start the race
- Only race essentials allowed in transition NO BAGS

SWIM COURSE

- All buoys must be kept on left shoulder
 - Orange can buoys are outbound buoys and must be kept on your left shoulder
 - Yellow triangular buoys are inbound buoys and must be kept on your left shoulder

TIMING CHIPS AND SINGLE NUMBERING

The timing chip must be worn around the ankle, preferably on your left ankle.

It is the athlete's responsibility to ensure your timing chip is brought to and worn during the race.

Timing chips must be returned at the end of the final race the athlete is competing in. For athletes doing more than one race, they will only receive one chip that will work for each race, including the Open Water Swim Competition.

All athletes, no matter how many races they are doing, will receive one single race number for the duration of the weekend. Within transition, it is open-racking within each gender and age range. For example, the bike rack stickers will say F 20 - 24, M 20 - 24, etc., etc. and will require athletes to rack in any spot within their range.

If you forget to return your chip, you can return it by mail. Lost chips result in a \$95 replacement fee.

Mail lost chips to: Sportstats USA 112 54th St. SW Grand Rapids, MI 49548

BODY MARKING

- Race tattoos (double set only) will be issued at packet pickup. If tattoos are not working/fall off, there will be markers as a backup.
- Ensure your number is written on your swim cap. Cap numbering station available at registration.



ATHLETES DOING OLYMPIC AND SPRINT

Bike check-out on Saturday, Sept. 14 is MANDATORY for any athletes not competing in Sunday's Sprint Distance race. For athletes also competing in the Sprint Distance race on Sunday, athletes may leave their BIKE ONLY in their assigned location in transition and still must rack within their age group/gender.

If athletes wish to remove their bike and belongings after the Olympic-Distance race during the designated bike check-out time, they may do so but MUST re-rack their bike on Saturday between 2:40 – 4:45pm in preparation for the Sprint race on Sunday.

Please keep in mind the following notes if you are racing both Olympic-distance and Sprint races:

- You will have the same race number for all races (including Open Water Swim Competition).
- All numbers are unique to each athlete; there are no duplicates.
- Ensure you wear the appropriate swim cap for the appropriate day of racing.

AWARDS AND CEREMONIES

The following award categories will be presented at the 2024 USA Triathlon Sprint & Olympic Distance National Championships:

- 10 places deep (female/male/non-binary)
 - Olympic-distance Triathlon (non-draft): Ages 17-19, 20-24, 25-29, etc. through 90-94 or older
 - Sprint-distance Triathlon (non-draft): Ages 15-19, 20-24, 25-29, etc. through 90-94 or older
- 3 places deep (female/male/non-binary)
 - Overall Olympic-distance Triathlon (non-draft)
 - Overall Sprint-distance Triathlon (non-draft)
 - Olympic Masters (Male ages 40 59 / Female ages 40 54)
 - Olympic Grandmasters (Male age 60+ / Female age 55+)
 - Sprint Masters (Male ages 40 59 / Female ages 40 54)
 - Sprint Grandmasters (Male age 60+ / Female age55+)
 - Open Water Swim Competition: Overalls, 15-39, 40-59, 60+
 - Open Water Swim Competition (Adaptive 1st Place Overall Only): ATD1 Overall, ATD1 Wheelchair, ATD1 Ambulatory, ATD1 Visually Impaired, ATD2, ATD3, ATD4, ATTMI
 - Clydesdales in Olympic and Sprint Nationals: Ages 39 and younger, 40-59, 60+
 - Athenas in Olympic and Sprint Nationals: Ages 39 and younger, 40-54, 55+

Clydesdale and Athenas will race in their own designated wave and will be eligible for their respective age group awards. Those who have identified as a Clydesdale or Athena during registration are ALSO eligible for a separate set of Clydesdale and Athena awards.

ATD1 (sprint only)

- 3 places deep (female/male/non-binary)
 - Overall
 - Wheelchair
 - Ambulatory
 - · Visually Impaired

ATD2 (sprint only)

- 3 places deep (female/male/non-binary)
 - Overall

ATD3 (sprint only)

- 3 places deep (female/male/non-binary)
 - Overall

ATTMI (sprint only)

- 3 places deep (female/male/non-binary)
 - Overall

AWARDS CEREMONIES LOCATION

Tropicana Hotel - Grand Exhibition Center (South Tower) located at 2831 Boardwalk, Atlantic City, NJ 08401

AWARDS CEREMONIES TIMES

Olympic Distance: 5:15-6:45 p.m., Saturday, Sept. 14 Sprint Distance: 1-2:30 p.m. Sunday, Sept. 15

ADAPTIVE DIVISIONS

USA Triathlon is thrilled to once again offer an Adaptive Division for the Sprint Distance race. All adaptive division athletes will start in the same wave and will encompass the following categories:

- ATD1: Athletes with physical or visual impairments
- ATD2: Athletes who are neuro-diverse or have cognitive impairments
- ATD3: Athletes who require adaptations to be able to race a multisport event due to (but not limited to) TBI, PTSD, chronic diseases, congenital conditions, neurological conditions, etc.
- ATD4: Athletes who race as a "Duo" with one athlete pushing, propelling, and/or pulling another athlete through the race distance.
- ATTMI: Athletes who require an adaption to race a multisport event due to a medically verified, significant, and temporary injury

For more information, please visit https://www.usatriathlon.org/adaptive-athletes/adaptive-divisions.

CLYDESDALE AND ATHENA WEIGH-IN PROCEDURE

The Sprint & Olympic Distance National Championship races will offer a Clydesdale and Athena division. Clydesdales (males 220 pounds or greater) and Athenas (165 pounds or greater) must indicate their desire to be recognized as such during the registration process for each race.

All Clydesdale and Athena athletes are required to weigh in at Packet Pick Up to be eligible for awards. Scales will be located within Packet Pick Up with an official on location to record the athlete's weight. Athletes should be wearing essential race gear for weigh-in and cannot hold items like nutrition or water.

Athletes MUST meet or exceed the minimum weight upon weigh-in. Athletes who fail to meet the minimum weight OR who fail to weigh-in will not be eligible for Clydesdale or Athena awards.

BIKE SUPPORT



Playtri is bringing its expert in-house mechanics to Atlantic City to offer the highest quality rentals, repair and maintenance services for you and your bike. Playtri will help keep you riding and racing smoothly on the road! Playtri is a full-service shop available onsite to take care of additional services leading up to and on race day.

Fact Sheet.

Book Bike Services: https://www.playtri.com/usat-bike-services

Book Bike Rentals: https://www.playtri.com/usatrentals

ON-COURSE SUPPORT

G ENDURANCE

Gatorade Endurance formula is the Official Sports Beverage of USA Triathlon and will once again be available on the course for all athletes. Check out Gatorade Endurance Going The Distance: Fueling Endurance Performance PDF lecture created by the Gatorade Sports Science Institute. For hydration and fueling tips/best practices review Gatorade Endurances

Additionally, Spring Energy Gels and water will be offered at run course aid stations.

There is no bike course aid stations.

EVENTS APP

All athletes, spectators, family, and friends are encouraged to download the USA Triathlon Events App. Users can follow your progress as your race! Important event updates will also be communicated via the Events App. <u>Download today</u> | <u>App FAQs</u>

WATER TEMPERATURE & WETSUIT RULES

Expected water temperature in Atlantic City should be between 72 to 79 degrees. Water temperature will be posted closer to race day.

At USA Triathlon National Championship and World Triathlon Qualifying Age-Group Races, wetsuits are forbidden if the temperature is 76.2 degrees Fahrenheit or above. Wetsuits are mandatory if the temperature is 60.6 degrees or below.

If you have further questions, reach out to rulesandofficials@usatriathlon.org. See the full rules set.

EVENT WEEKEND COMMUNICATIONS

In the event of an emergency or the need of USA Triathlon to communicate important information on event-day, please stay tuned to USA Triathlon's social media accounts on <u>Facebook</u>, and <u>Instagram</u> (@usatriathlon), your email, the USA Triathlon Events App, and venue PA announcements.

EVENT PHOTOS

Get your personal race photos with Finisher Pix. Finisher Pix is the official photographer at Sprint and Olympic National Championships. Your personal race photos will be available at FinisherPix.com. Make sure your bib number is facing front at all times and don't forget to smile when you cross the finish line.

HOW TO QUALIFY FOR TEAM USA

USA Triathlon Sprint & Olympic Distance National Championships is the qualifying event for 2025 World Championships in Sprint and Standard-Distance Triathlon both of which will take place in Wollongong, Australia.

To determine eligibility for Team USA qualification, results will be considered based on the participant's age as of Dec. 31 of the Worlds competition year. Therefore, all aged-up results for Team USA qualification at Sprint & Olympic Distance National Championships will be according to the athletes' ages as of Dec. 31, 2025.

Qualifying info:

- Sprint Triathlon: Top 8 per AG rolling down to 20th place. Please note the Age Group National Championships Sprint Triathlon is NON-DRAFT but the corresponding World Championships Sprint Triathlon is Draft-Legal.
- Olympic-Distance (Standard) Triathlon: Top 18 per AG rolling down to 30th place.

INVITE YOUR FRIENDS AND FAMILY TO VOLUNTEER

Volunteers are critical to a safe a successful event! If you, a friend, a family member, or your organization can spare time to volunteer at one or multiple shifts, your time is greatly appreciated. There are flexible shifts available with numerous opportunities to participate, including supporting course aid stations, registration, finish line and more. All volunteers will be provided with a meal and shirt for their time. Volunteer Registration

THE FINAL MILE

The Final Mile of the run course is the culmination of the event, the athlete's determination, your countless hours of work it took to get within reach of the finish line. This year's Final Mile is presented by <u>US Air Force Special Warfare</u>.

RULES ENFORCEMENT

All penalties will be notified and served while the athlete is competing. Additionally, all athletes are required to complete all prescribed courses in their entirety. This race will follow the 2024 Rules of Multisport.

ANTI-DOPING

USA Triathlon is committed to clean sport and anti-doping. In accordance with U.S. Anti-Doping Agency (USADA) regulations, athletes may be drug tested at this event. Should drug testing occur, there are strict protocols that must be followed and will be coordinated by the on-site USADA representative as well as a USA Triathlon staff member.

- More information on USADA
- List of banned and prohibited substances

USA TRIATHLON SPORTSMANSHIP CREED

As competitive athletes and members of the triathlon community, you know there is no better feeling than succeeding in your endeavors in sport. As a competitor at a USA Triathlon Sanctioned Event, you have a responsibility to demonstrate the highest standards of sportsmanship per the USA Triathlon Multisport Rules, and as such, should always show respect for the sport, your fellow athletes, race staff, officials, volunteers and spectators. Each individual athlete shares this responsibility, which includes refraining from the use of improper language and conduct detrimental to the community at large. This rule will be strictly enforced and disrespectful language or conduct will not be tolerated.

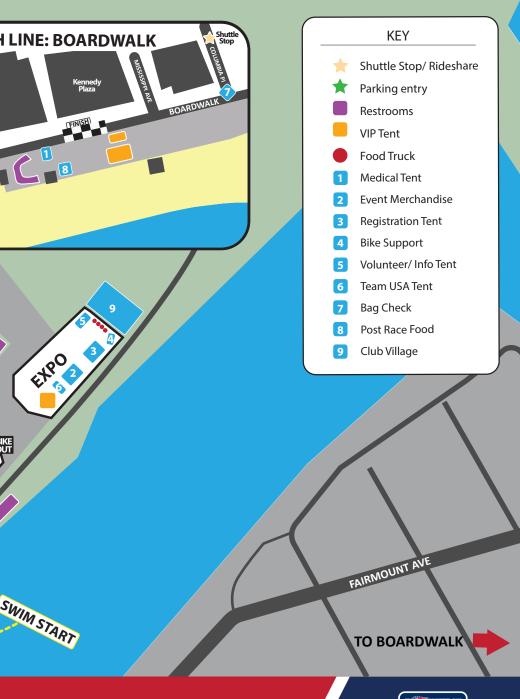






VENUE

Bader Field: 545 Albany Ave, Aboardwalk/Finish Line: 2301





EVENT PARKING Athletes & **Spectators**



KEY

PARKING ROUTE

SHUTTLE/RIDE SHARE DROP OFF

OVERFLOW PARKING

Black Horse Pike Albamy Ave Trenton Ave

Ride Share & Shuttle Drop Off/Pick Up

Crossan Ave

PARKING ENTRANCE

Filbert Ave

Parking will be open:

Thursday: 9:00 am - 6:00 pm Friday: 8:00 am - 6:00 pm Saturday: 3:30 am - 5:00 pm

Sunday: 3:30 am - 1:00 pm

MAIN PARKING Athletes, Spectators

Filbert Ave

We are thrilled to offer onsite parking for the event at Bader Field (545 N. Albany Ave). **This is the only parking option for the event.** Per the City of Atlantic City, the charge is a requirement for days Friday through Sunday if you will be parking for the event. Parking will be offered onsite on Thursday as well, but there is no charge on Thursday. **YOU MUST HAVE PRE-PURCHASED PARKING ON EACH DAY (FRI-SUN) THAT YOU WILL PARK ON SITE FOR THAT DAY.**

For each day that you purchased a pass, you will have unlimited in and out privileges. Upon purchase, you will receive a confirmation email.

USA Triathlon will be offering a free shuttle service between Bader Field and the finish line (pick up point is at the intersection of the Atlantic City Boardwalk and Columbia Place.)

Please note that there are no bikes permitted on the shuttles.

Alternatively, it is a short 10-minute walk from the Finish Line to Bader Field.

A few reminders to be aware of:

- Address: 545 N. Albany Ave, Atlantic City, NJ 08401
- Unlimited in and out privileges
- There is NO CHARGE for parking on Thursday
- NO OVERNIGHT PARKING
- Please plan to arrive early to the venue and plan for extra time

SHUTTLE Drop Off & Pick Up



KEY

SHUTTLE ROUTE

SHUTTLE/RIDE SHARE DROP OFF







SURF STADIUM

Black Horse Pikel Albamy Ave



SWIM COURSE

SWIM WARM UP

BIKE COURSE

BIKE IN/OUT

RUN COURSE

BIKE DISMOUNT

M BIKE MOUNT

PENTALTY TENT



OPEN WATER SWIM COMPETITION

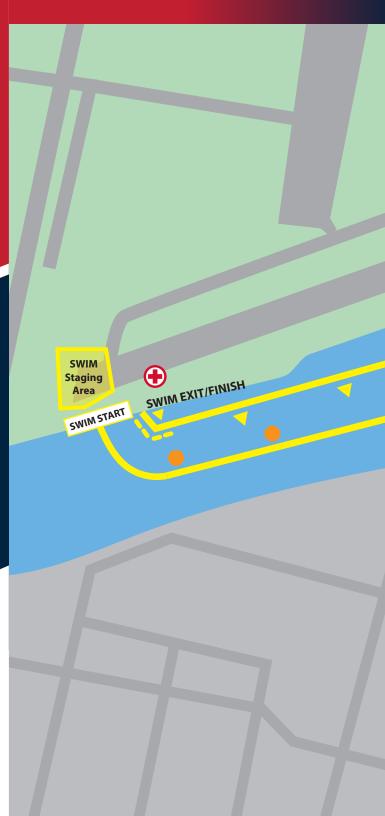
Friday September 13 2024

> SWIM COURSE 750m













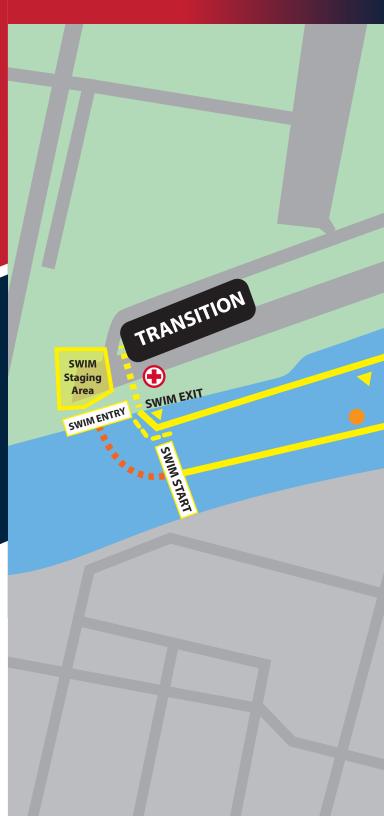
OLYMPIC SWIM

Saturday September 14 2024

> SWIM COURSE 1500m











OLYMPIC BIKE

Saturday September 14 2024

> BIKE COURSE 40k 2 Laps

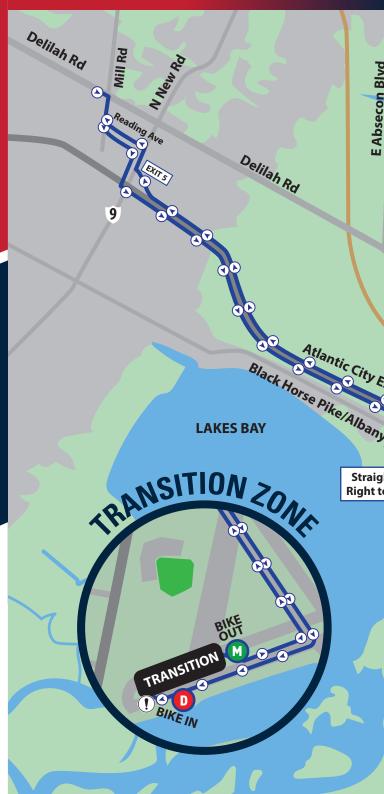


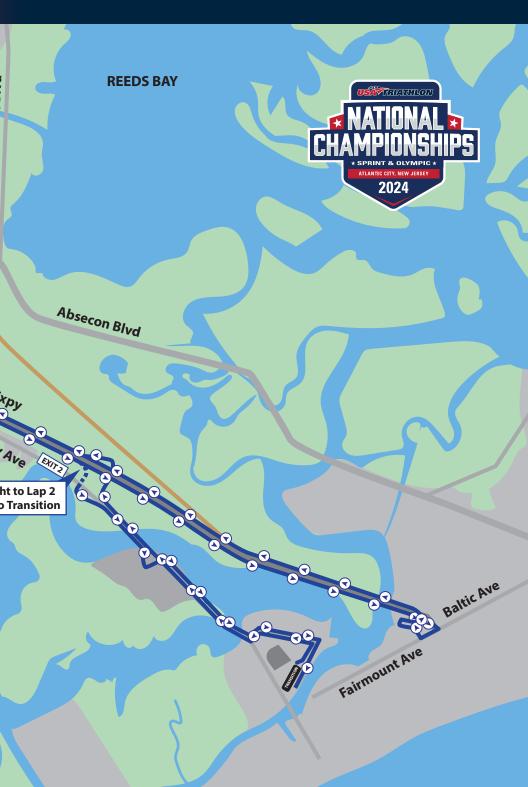
BIKE COURSE

BIKE DISMOUNT

BIKE MOUNT

PENALTY TENT





OLYMPIC RUN

Saturday September 14 2024

> RUN COURSE 10k

LAST MILE PRESENTED BY

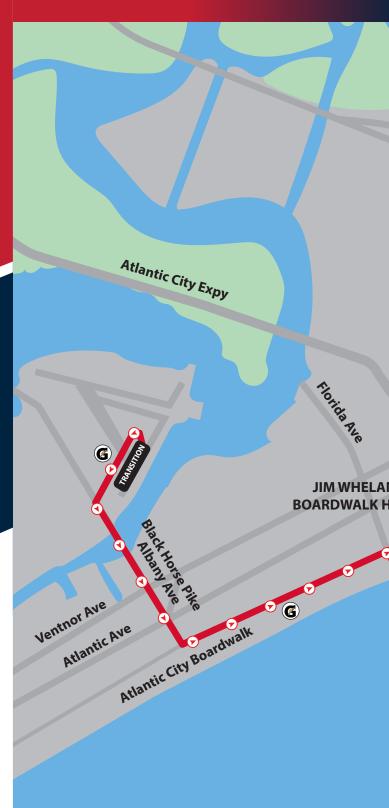


KEY

RUN COURSE

RACE FINISH

6 ENDURANCE AID-STATION





Absecon Blvd

Arkansas Ave

IALL

Atlantic Ave
Pacific Ave

SPECIAL CON Boardwalk
WARFARE
Atlantic City Boardwalk

TRANSITION OF TR

SPRINT SWIM

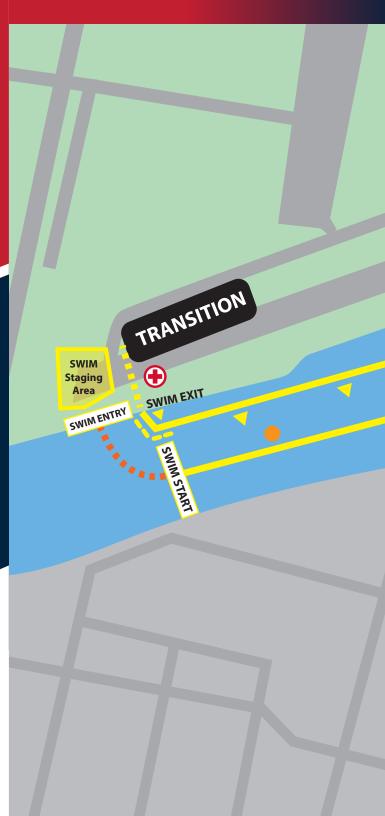
Sunday September 15 2024

> SWIM COURSE 750m















SPRINT BIKE

Sunday September 15 2024

> BIKE COURSE 20k 1 Lap

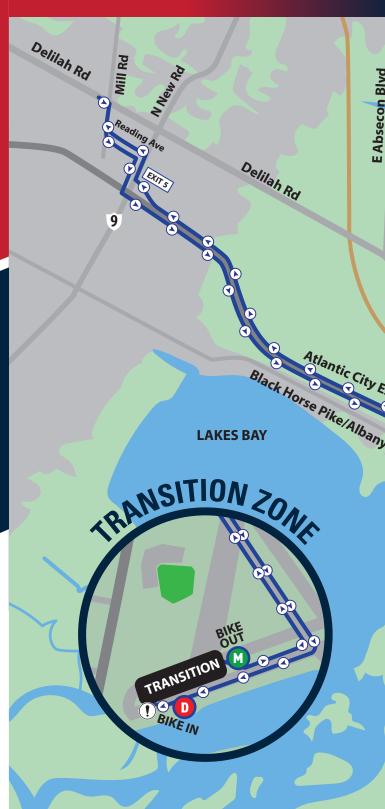


BIKE COURSE

BIKE DISMOUNT

BIKE MOUNT

PENALTY TENT





SPRINT RUN

Sunday September 15 2024

> **RUN COURSE** 5k

LAST MILE PRESENTED BY

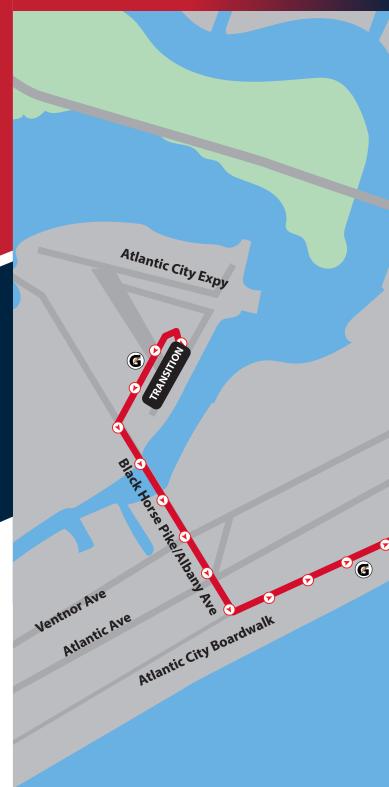


SPECIAL WARFARE

RUN COURSE

RACE FINISH

(G) ENDURANCE AID-STATION



USAVIEREIRON 12024

Absecon Blvd

Florida Ave

Atlantic Ave Pacific Ave

JIM WHELAN **BOARDWALK HALL**



SPECIAL WARFARE **6**

TRANSITION ZONE **6** Black Horse Pike

TOGETHER, WE THRIVE: SPORT IS A HUMAN RIGHT

USA Triathlon is committed to taking immediate and long-term action to encourage a culture of equality in the sport, build a future for the sport that all people can see themselves being a part of, break through barriers of entry to the sport for underserved and underrepresented individuals and communities, and take responsibility for empowering, exposing, educating and engaging the multisport community to drive actionable change in their respective local communities. Learn more at https://www.usatriathlon.org/deia.

What does Diversity, Equity, Inclusion and Access mean?

DIVERSITY

A goal to create a community reflective of the diversity of the United States. Areas of focus include gender, ethnic, racial, body, age, and socioeconomic diversity.

INCLUSION

A commitment to fostering a community that is welcoming to all individuals. Triathlon is a sport for everyone and we want to ensure that every athlete feels welcome in all areas of the sport.

EQUITY

A commitment to ensuring fair treatment and equal access within the multisport community for both athletes and industry professionals.

ACCESS

A dedication to breaking down barriers of entry and increasing the availability and presence of triathlon in all communities.

The Four Principles



It's time for words of support to become actions for change



All of us can do more to make everyone feel welcome



Everyone deserves a chance at achieving their goals



See it, believe it, try it

Diversity, Equity, Inclusion and Access in Action

One of the main barriers to entry into multisport are the expenses associated with the sport. The Together We Thrive Team in partnership with the USA Triathlon Foundation are excited to launch two new grants to begin the process of eliminating this barrier. The Community Impact and Endeavor-Tri Grants are highlighted here:

Community Impact Grant

- Organizations with a proven history in diversity, equity, and inclusion
- These organizations have existing programs and are looking to take their work to the next level and have even bigger impact.

TOGETHER, WE THRIVE: SPORT IS A HUMAN RIGHT

Endeavor-Tri Grant

- Organizations with a solid idea and detailed plan to launch an initiative to enhance DEIA impact within their existing organization.
- New organizations with a detailed plan and purpose of growing diversity, equity, inclusion, and access in Triathlon

We believe that you all are the experts of your communities and are doing the hard work to create access to this sport we all love. USAT and USA Triathlon Foundation want to come alongside organizations doing this incredible work in not only a financial sense but also as a partner in providing other resources that you might need as you grow your multisport organizations and reach more people who may not have had access to this sport before.

To apply for a grant, visit the USA Triathlon Foundation website.

Questions? Email megan.zablock@usatriathlon.org.

USA Triathlon's Together We Thrive: Foundations of Diversity, Equity, Inclusion and Access is an introduction of DEIA concepts and strategies for DEIA planning. This is a free, self-paced course available on TriathlonLearning. com. Through this course, you will be able to create your own DEIA guiding principles, statement/commitment, and action plan specific to the needs of your club, event or coaching business.



What are all the Together, We Thrive flags along the finish chute?

Each Together, We Thrive flag displays a colorway representative of the rich and varied groups that reflect the diversity of the USA Triathlon community. These include:



LGBTQIA+



Military



Transgender



Black, Indigenous and People of Color (BIPOC) TOGETHER USA WE THRIVE

Adaptive



Insurance coverage that goes the distance.



It's a risky world out there and getting the right insurance for you and your business is complicated. Instead of hoping you have what you need, get with an IOA expert. You'll have peace of mind in knowing you can face whatever lies ahead with confidence.

We've got you covered.

For all your insurance needs, visit the IOA Insurance Marketplace for members of USA Triathlon at www.usatinsurance.org or call 844.412.1786

