She Tris Sprint Triathlon-Carnes Crossroads Participant Guide

WHEN & WHERE

Date: Saturday, September 11, 2027
She Tris Event Start: 7:00 AM
She Tris Girl Start: 10:00 AM (approximately)
Venue: Carnes Crossroads- 513 Wodin Pl Summerville, SC 29483
Transition Area: Carnes Crossroads pool parking lot
Race Start Location: Carnes Crossroads pool

EVENT DAY TIMELINE

WOMEN'S EVENT

5:15 AM - Transition Opens & Participants Arrive
Note: **Park at the medical offices across from the Green Barn**
5:30 AM - Packet pick up, body marking, and chip pick up OPEN
6:15 AM - Pool opens for warm up swim
6:30 AM - Transition Area, packet pick up, body marking, and chip pick up CLOSE
6:35 AM - Swimmers Line Up
6:45 AM - Welcome, National anthem, and opening remarks
7:00 AM - Triathlon/Aquathlon race start
Note: Duathletes go to finish line for run 1 start
7:05 AM - Duathlon start
9:00 AM - Transition reopens
Note: This is an ESTIMATE for when the last cyclist is off bike and on run
10:00 AM - Awards & Raffle (or once final finisher has crossed finish line)

GIRL'S EVENT

8:45 AM - Packet pick up, chips, and body markings for She Tris Girl opens
9:30 AM - She Tris Girl transition opens to set up (estimate)

9:45 AM - She Tris Girl transition, packet pick up, chips, and body marking CLOSE
10:00 AM - She Tris Girl begins with 4-6 age group
This will be a rolling start and next age groups will begin when the prior age group is halfway through the bike course.* ***Please be on deck close to 10:00 AM*.*
11:45 AM - Last youth cyclist in and out on run, and transition opens for everyone (estimated)
12:15 PM - Last Finisher and She Tris Girl Awards (estimated)

PACKET PICK-UP

September 10th (Friday) between 3:00 PM – 6:00 PM
Fleet Feet Carnes Crossroads, 2509 North Main Street, Summerville, SC

September 11th (Saturday) between 5:15 AM – 6:30 AM for women and between 8:45 AM – 9:45 AM for girls
Green Barn at Carnes Crossroads

You must have a photo ID to collect your packet. If you are picking up for someone else, you must have a picture of their ID. If you do not pick up packet materials during the designated pick up times you will not be allowed to race, no exceptions.

PLEASE NOTE: T-shirts (tank tops) are guaranteed to participants who register prior to April 17th.

USAT members must register with a valid USAT membership or pay the one day Bronze Membership fee, $14.

COURSE MAPS

She Tris Sprint Triathlon

She Tris Duathlon

She Tris Aquathlon

She Tris Girl Ages 4-6

She Tris Girl Ages 7-9

She Tris Girl Ages 10-14

HOTEL ACCOMMODATIONS

We have partnered with the Hilton Garden Inn to provide group rates for our participants. This hotel is really close to the event venue. Reservations must be made by August 10th, 2027 to secure the group rate of $142/night during the September 18th-20th weekend.

Booking Link

Hilton Garden Inn Summerville

406 Sigma Drive

Summerville, South Carolina

(843) 832-1304

Group Code “TRIS”

PARKING

All event parking will be located across the street from the Green Barn at the medical offices. ***Please do not park in the spaces closest to Sweetgrass Pediatrics or the Dentist offices as they will be seeing patients that morning.***

RESTROOMS

There are portalets near the transition area and toilets by the Green Barn.

BODY MARKING, CHIPS, AND BIBS

Location: Green Barn

Race bib is required for body marking. **PLEASE WAIT TO APPLY SUNSCREEN UNTIL AFTER BODY MARKING.**

Chips: Timing chip is to be worn at all times during the race. Volunteers will remove chips in the finish chute after the race. All chips must be returned! There will be a $30 fee for unreturned chips.

Bibs: During the run, your bib number should be on the front of your body. You can use the pins you were given to pin it to the shirt you'll be wearing during the run or you may use a number belt. **REMEMBER TO WEAR YOUR BIB DURING THE RUN, OR YOU WILL BE DISQUALIFIED, AND YOU WILL BE SAD!**

RACE NUMBER PLACEMENT

At packet pick-up you will receive 3 numbers:

1. A large sticker number for your bike - adhere to the cross bar of your bike
2. A small sticker number for your helmet - adhere to the front of helmet
3. Your run bib - use provided safety pins to attach to the front of your running shirt or attach to your race belt.

BIKE MECHANICS:

Bike maintenance staff will be available near the transition area to assist with tire inflation and any last minute bike maintenance needs. You are encouraged to visit our partner, Bilda Bike prior to the event to receive a complimentary bike safety check.

BIKE PICK-UP

No athletes will be allowed back into transition to check out their bike until all participants have exited for the run (~9:00 AM). All bikes must be removed from the

transition area **by noon** and must be checked out by **only the athlete with their matching bib number to the bike**.

RULES AND REGULATIONS

Transition Area - Only athletes will be allowed in the Transition Area. Access to the transition area to retrieve bike and gear after finishing **will not be allowed until the last athlete has started the run.**

The Swim

- Swimmers will start in waves, and will start according to swim ability with the fastest swimmers entering the water first. Participants will self seed according to their predicted pace and volunteers will be present to help organize. Please see the swim pace estimator below.
- Any swim stroke is allowed, but we highly recommend the freestyle stroke if you are in corrals 5-10.
- A good way to determine your corral placement is to practice the 200 yard swim and time yourself.
- If you experience trouble during the swim, you may stop and rest by holding onto the wall without penalty.

Swim Pace Estimator



She Tris
ALL WOMEN. 3 SPORTS. ONE JOURNEY.

To ensure that you are swimming alongside athletes who are around your general swim ability, it's important to rate yourself as accurately as possible. Simply time your swim based on 200 yards, and see where you fall on the chart. Choose a number that best suits your time.

The Bike

- Bike helmet must be on and buckled before you leave the transition area.
- Do not mount your bike until you have passed the mount line.
- The entire bike course is open to vehicular traffic. The roads are coned and marked, but you must always be alert to traffic.
- Stay as far to the right as safely possible and pass only on the left.
- Drafting is not allowed. You must remain 5 bike lengths away from the athlete in front of you.
- You must dismount your bike before the dismount line.
- Do not unbuckle your helmet until after you have dismounted your bike.

The Run

- Bib number should be on the front of your body during the run.
- The course is well marked (follow the cones and arrows) and volunteers will be there to help.
- Aid stations will be available along the course.

EQUIPMENT

On event morning, all transition equipment such as sunglasses, running shoes, bike helmets, water bottles, biking shoes, towels, etc. may be organized in your rack area. Do not leave any shoes or equipment overnight in the transition area.

NO HEADPHONE POLICY: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. You will be disqualified if found with such devices.

PRE-EVENT MEETING

The pre-event meeting will take place virtually on September 17, 2026 around 1:00 PM on Facebook Live. A link of the video will be sent out to participants and is **mandatory** viewing for all athletes.

SPECTATORS

The best place to spectate is outside of the transition area, where you can see your athlete transition through the sports, and of course at the finish line! Spectators are not allowed inside the pool or transition area, but may watch from outside the fences.

POST-EVENT PARTY AND AWARDS

Stick around after the event and celebrate your accomplishment with fellow athletes, volunteers, and your supporters! We provide yummy food and drinks!

WEATHER POLICY

Races are rain or shine unless we determine that race conditions are dangerous. If the race is canceled there will be no refunds. This position is consistent with USA Triathlon recommendations and with the protocol of sharing the risks associated with the sport of triathlon. In the event of inclement weather, Acts of God, or unforeseen circumstances, we reserve the right to alter, cancel, or eliminate any/all portions of the race. Each athlete must accept any such risk of their entry fee paid including other amenities paid for such as t-shirts, insurance, and online administrative fees. All fees collected are used to develop and produce the event, including all race supplies.

SAFE SPORT GUIDELINES

Please see our letter on our expectations and commitment to keeping our events safe for all participants, especially youth.

EVENT ALTERNATIVES

At She Tris events, we offer aquathlon and duathlon options so you can choose the race that's right for you.

Aquathlon (Swim + Run):
Don't have a bike or not quite ready for the cycling portion? The aquathlon is a fantastic option. You'll start alongside the triathletes in the swim, head to the transition area after exiting the pool, and then go straight out onto the run course to finish strong. Swim, Run, Done!

Duathlon (Run + Bike + Run):
Not a fan of swimming or just prefer to stay dry? The duathlon is for you! After pre-race announcements by the pool, you'll head to the Run 1 start line (usually near the finish line) for your first run. Then it's into transition to grab your bike gear and hit the bike course. After the ride, you'll head back out for the final run and cross the finish line feeling unstoppable!

Relay Option at She Tris

Want to experience She Tris as a team? Grab your friends and take on the challenge together! Relay teams can have 2 or 3 members, dividing up the swim, bike, and run portions of the triathlon.

The relay follows the same course as the individual triathlon, with just a few key differences:

- **Packet Pick-Up:** Each team member must pick up their own race packet at Packet Pick-Up and show a valid government-issued ID.
- **Race Morning Check-In:** All relay team members must check in on race morning.
- **Timing Chip Exchange:** The timing chip is passed between teammates in the transition area and should be worn on the left ankle.
    - The **swimmer** starts the race at the pool wearing the chip.
    - After the swim, they hand off the chip in transition to the **cyclist**, who will wear it for the bike.
    - After the bike, the chip is passed to the **runner**, who wears it to the finish.

Who Needs to Be in Transition: Only the participant doing the next leg needs to be in transition at a time.

- The cyclist waits in transition while the swimmer is on course.
- The runner should head to transition when the cyclist is expected to finish.

Bib Number: Only the runner needs to wear the race bib during their portion, along with the timing chip.

Transition Courtesy: After finishing their leg and passing the chip to their teammate, relay members should exit the transition area. Make sure your team communicates ahead of time and knows your designated spot in transition!

Relay is a great way to be part of the She Tris fun while sharing the experience with friends — perfect for beginners, specialists, or just a fun girls' day out!