

EVENT INFORMATION

Swim Start Location:	PPU/Finish Location:
Bowers Harbor Boat Launch 2979 Nehtawanta Rd Traverse City, MI 49686	Bowers Harbor Park 2750 Bowers Harbor Rd. Traverse City, Mi 49686

Time:
Olympic Start: 8:00AM
Duathlon Start: 8:17AM
Sprint Start: 8:21AM
Transition closes at 7:45AM

EARLY PACKET PICK-UP

Date: Saturday, August 20
Location: McLain Cycle & Fitness -
750 E Eighth St. Traverse City, MI 49686
Time: 12:00 PM - 4:00 PM

DAY-OF PACKET PICK-UP

Date: Sunday, August 21
Location: Bowers Harbor Park -
2750 Bowers Harbor Rd. Traverse City, MI 49686
Time: 6:30 AM - 7:30 AM

WHAT YOU GET



- Gender Specific Event T-Shirt (women's shirts are fitted and tend to run small, please refer to sizing chart)
- Finisher Medal
- Professional Race Timing With Fast, Accurate Results
- Swim Cap

Course Maps

It is your responsibility to be familiar with the courses

<u>Swim</u>	<u>Bike</u>	<u>1st Duathlon</u>	<u>2nd Duathlon/Sprint</u>	<u>Olympic</u>
<u>Course</u>	<u>Course</u>	<u>Run</u>	<u>Run</u>	<u>Run</u>
<i>Sprint - 1 loop Olympic - 2 loops</i>	<i>Sprint - 1 loop Olympic - 2 loops</i>			

Parking

Parking is available on the north side of Devil's Dive Rd and Hedeem Rd.

No Parking is available at Bowers Harbor Boat Launch or Bowers Harbor Park



Wave Sheet

WAVE	START TIME	AGE GROUP	CAP COLOR
1	8:00 AM	Olympic: Elite & Relay	Orange
2	8:03 AM	Olympic: Male Novice, Female Novice, Athena, Clydesdale	Orange
3	8:07 AM	Olympic: Male 45 & Above	Orange
4	8:10 AM	Olympic: Female (all ages)	Orange
5	8:13 AM	Olympic: Male 44 & Under	Orange
6	8:17 AM	Duathlon: Individual & Relay	N/A
7	8:21 AM	Sprint: Elite & Relay	Orange
8	8:24 AM	Sprint: Male Novice & Clydesdale	Orange
9	8:28 AM	Sprint: Female Novice & Athena	Orange
10	8:32 AM	Sprint: Male (all ages)	Orange
11	8:35 AM	Sprint: Female (all ages)	Orange

Awards

- **Overall:** Awards will be given to top 3 overall male and female finishers of each event
- **Age Group:** The top three finishers (male and female) in each age division for all events will win awards.
 - Age divisions are: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

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Production

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