

Hello Athletes,

Thank you for registering for the Sebring Multisport Festival! We hope you will have a great time at the event and leave with a spot on Team USA! A VERY IMPORTANT thing to remember throughout the whole event is that you are there to have FUN! It is an event and things are going to happen, hopefully they are all good things, but sometimes not. Maybe you get a flat tire, maybe something else happens, maybe someone else makes a mistake that affects you. Regardless, remember that you are there to have FUN! Go with the flow and keep a smile on your face! Your training leading up to the race is the overwhelming factor in your finishing time, not a perfect race day, so don't worry about perfection. Go with the flow and make a positive memory and you'll leave the race happy, most likely with a spot on Team USA!

This is the first of two emails to remind you of important information that you need to know before the event. I've broken it up into two emails rather than sending you too much all at once :-)

The first email topic is COVID19. There is good news on that topic:

1. Based on a survey that I sent to registered racers for this event, over 75% of you are fully vaccinated (2 shots or J&J 1 shot). Another 9% have received 1 shot already.
2. A review of 5 studies found that the odds of indoor transmission of the virus is 18.7X higher than the odds of outdoor transmission and this is an outdoor event. Packet pickup is planned at the Civic Center, though our plan is to have one way traffic and the doors at both ends open when possible for good airflow. We are also asking that you please wear a mask to packet pickup for the protection of our staff.
3. The event is being held in Highlands County, which has had very few cases throughout the entire pandemic. Please note that there are no mask mandates there.

We are also taking many precautions:

- Registration: Online only. No race day registration, cash exchanged, etc.
- Timing Chips: Please remove your own timing chip at the finish line.
- Body-marking: Please come body marked with your race number on your left bicep on race morning. You will have individual numerical tatoos in your race envelope. Go to <https://www.youtube.com/watch?v=oTQCI3-HIeU> for instructions on how to apply them.
- Health Screening: We will be emailing all racers a questionnaire prior to the event that you will need to bring in order to pick up your race packet. This questionnaire will have questions regarding your overall health in the last 14 days and you are asked to not attend if you have any symptoms (including fever, cough, sore throat, etc.) or have been exposed to anyone that has tested positive for COVID19 within the last 14 days.
- Increase Athlete Footprint in Transition: Transition will be much larger. We will reduce the number of bikes per rack to 5 (normally up to 8/rack), and alternating rack sides keeping everyone distanced. Racers with odd numbers should rack on the left side and even numbers on the right (as shown on the rack numbers). Distance between rows will be increased as well.
- Time Trial Start: We will have a time trial start with athletes starting one at a time. The wave chart below will show the time that your group should line up. **Do not line up until**

**it is your group's turn.** Your group will all have the same cap color, just like in a normal wave start. Once it is your group's time to line up, please sort yourselves by race number with the lowest number going first and stay 6 feet apart. Please note that numbering was done alphabetically, not by category, to prevent athletes that are racked near each other from starting and being in transition at the same time. Thus when you line up, the numbers will not be consecutive. We will have cones to help guide you in spacing 6 feet apart. Starting will be done approximately every 2-3 seconds. You will announce your race number to the starter (also doing manual backup timing) then run across the start timing mat.

- No Wet-Suit Stripping: We will not offer wet-suit removal. If the event is "wet-suit legal", triathletes will be required to remove their own wet-suit. Please note that we estimate about a 60% chance of the event being wetsuit legal. PLEASE DO NOT EMAIL AND ASK! THE USAT HEAD OFFICIAL WILL MEASURE RACE MORNING AND MAKE AN OFFICIAL DETERMINATION. He will likely measure during packet pickup and post the temperature on the wall at packet pickup. Until then, bring one if you have one, is the only advice we can offer.
- Finish Line Tape: We will eliminate the finish line tape to avoid cross-contamination.
- Bike Check-In: Bike check-in is from 5:30a-7:00a on Saturday and 6:00a-7:00a on Sunday. 11.6% of athletes surveyed wanted a special mask-wearing bike check-in time, so 5:30a-5:45a on Saturday and 6:00a-6:15a on Sunday will be reserved for those wearing masks only. Anyone can set up their bike at this time, just please wear a mask.

This will be our 3rd event since starting back up (we retired from event production 7 years ago), so please understand that while our covid protocols, and entire event production for that matter, improve each race as we make adjustments to what we learn works and doesn't work at each event, we are not perfect. Every athlete will be required to sign a COVID waiver to participate in this event. Also, there are no mask mandates in Highlands County. While we will tell all volunteers to wear masks, the event is in an area where most people don't wear masks. Standing in the heat for 6+ hours can make anyone want to take off their mask. If a volunteer not wearing a mask at a water station is going to make you upset, then you should plan to bring your own nutrition. Covid protocols are new, so implementation is not perfect.

All Clydesdales and Athenas MUST start with their age group. If for any reason you have the wrong color swim cap (i.e. you changed races), please start with your correct group based on the chart below rather than the color of your cap.

### **Saturday Waves:**

#### Olympic Triathlon

- 1 - 7:00 - NEON YELLOW - All Elites, All Para, All Open, Male 39 & Under
- 2 - 7:02 - NEON ORANGE - Male 40-44
- 3 - 7:04 - NEON RED - Male 45-49
- 4 - 7:06 - NEON GREEN - Male 50-59
- 5 - 7:08 - NEON PINK - All Relays, Male 60+
- 6 - 7:10 - ROYAL BLUE - Female 49 & Under
- 7 - 7:12 - POWDER BLUE - Female 50+

#### Olympic Aquabike

- 8 - 7:15 - SILVER - All Elites, All Para, All Open, Male 59 & Under
- 9 - 7:17 - WHITE - All Relays, Male 60-64
- 10 - 7:19 - YELLOW - Male 65+
- 11 - 7:21 - ORANGE - Female 54 & Under
- 12 - 7:23 - GREEN - Female 55+

Aquathlon

- 13 - 8:00 - VIOLET - All Elites, All Para, All Open, Male 59 & Under
- 14 - 8:02 - MARIGOLD - Male 60-64
- 15 - 8:04 - PEARL PINK - Female 49 & Under
- 16 - 8:06 - PURPLE - Female 50+

**Sunday Waves:**

Long Course Triathlon

- 1 - 7:00 - NEON YELLOW - Male Elites, Male Para, Male Open, Male 44 & Under
- 2 - 7:02 - NEON ORANGE - Male 45+, All Relays
- 3 - 7:04 - NEON RED - All Female

Long Course Duathlon

- 4 - 7:06 - NO CAP - All Duathletes (start by bike entrance to transition)

Long Course Aquabike

- 5 - 7:08 - NEON GREEN - All Male
- 6 - 7:10 - NEON PINK - All Relays, All Female

**Age Groups where not everyone will qualify:**

The numbers listed are how many will qualify and how many are registered.

**Aquathlon:**

Female 45-49 3 of 5

**Olympic Triathlon:**

Female 35-39 4 of 7

Female 40-44 5 of 6

Female 45-49 3 of 5

Female 55-59 2 of 7

Female 60-64 3 of 10

Male 35-39 6 of 9

Male 40-44 3 of 17

Male 45-49 5 of 19

Male 50-54 4 of 15

Male 55-59 4 of 18

Male 60-64 3 of 13

Male 65-69 2 of 3