

## 2017 Layton Triathlon – Sprint, Mini and Kids



# Triathlete's Guide

August 12, 2017

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**Dear Layton Triathlete,**

**The Layton Triathlon is here this Saturday August 12, 2017. We hope your training has gone well. The weather for this weekend shows the race starting with the temp of around 64 degrees and finishes between 70 to 85 degrees depending on your finish.**

**This race has a unique format in that we start each racer individually. This means we will start the fastest swimmers to the slowest swimmers. Line up based on your estimated 300 yard swim time. This will help reduce passing on the course and keep the course thinned out.**

**The course has a lot of twists and turns. For this reason we are marking it with bright spray chalk so you do not miss a turn. Please pay attention to the ground arrows to help keep you on track. We will try to have two color arrows one for bike and one for the run.**

**Spectators – We encourage spectators for the race. The best location for spectating is at the Start and finish line and just outside the transition area which is all one area. Putting spectators on the course is unsafe for them and you, plus you will be seen the most at the start/finish/transition.**

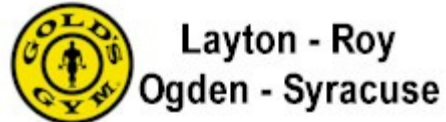
**Timing is done via tablets. Smaller courses like this have better results from tablets than timing chips. The issue with timing chips is they go off when you get within range of the reader. We want to avoid this so we do a visual tablet punch key system. When you start they will punch you in the system. When you transition they will do it again until you finish. We will make sure that all racers are punched prior to start and as they finish. If you get a missed punch during the transition do not go back. We do ask that you get body marked and use your bib number throughout the race so we can see you easier. Make sure you know your bib and shouting it out will help our team monitor your transitions. Remember we will try to get all your transitions but the start and finish are the only things you will overall timed on.**

**We are in need of more volunteers for this race. If you have spectators or others willing to help with the race please have them volunteer on the website for the race. They will get a 100% credit towards a future race with On Hill Events and these credits are fully transferrable to people like you.**

**Good luck during the race!**

**On Hill Events**

# Sponsors



## Race Agenda

**Friday August 11, 2017**

**5-7PM - Packet Pickup at Golds Gym in Kaysville – 1188 Sport Plex Dr Kaysville Utah**

**7:15PM – First Time Triathlete Orientation – 465 Wasatch Dr Layton Utah (Race Site) Though not required we will help racers understand how to triathlon well and what to expect on race day.**

**Saturday August 12, 2017 (All at Surf N Swim 465 Wasatch Dr Layton Utah)**

**6:30AM-7:30AM – Body Marking and Transition Area Opens. Last Chance Packet Pickup too**

**7:30AM – Race Director Orientation**

**8:00AM – Start Adult Triathlon Sprint then Relay then Mini**

**10:00AM – Adult Awards Ceremony**

**10:30AM – Kids Transition Area Opens (Please have the kids wait to rack their bikes until 10:30AM.**

**11:00AM – Kids Triathlon Starts**

**12:00PM – Kids Awards Ceremony (Finished adult triathletes can help kids and earn a \$15 credit towards a future race. The kids can use a lot of directors)**

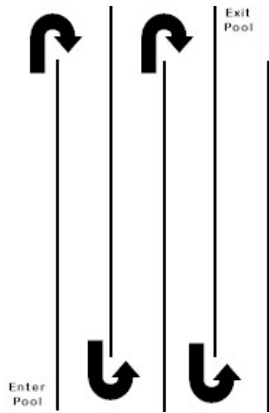
### Aid Stations

Bike Course – No Aid stations

Run Course – Run out will have an aid station and run in. Water, Powerade, Gels.

## Course Map

### Layton Triathlon Course Maps



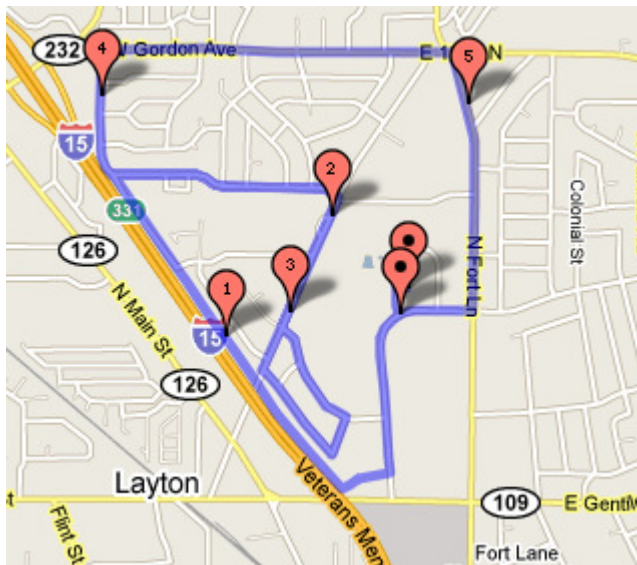
Swim 300 Yards

Sprint – Swim 300 Yards then complete course then swim 300 Yards again.

Mini Sprint – Swim 300 Yards

Relay Triathlon – Swim 300 Yards then complete course then hand off to partner which does the 300 Yards swim.

Youth Triathlon – Swim 100 Yards



Bike Course 5.5 Miles

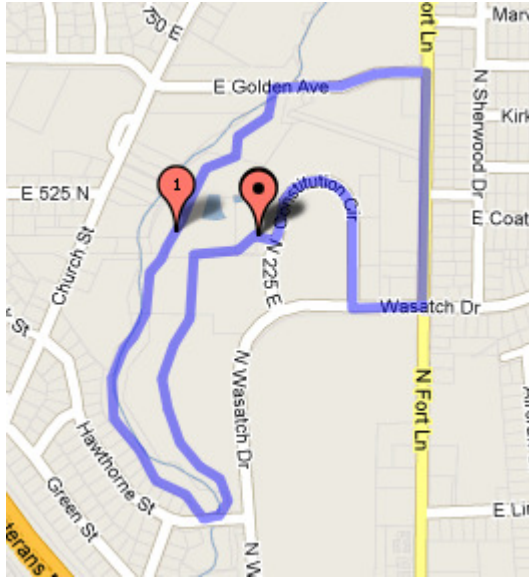
Sprint – 5.5 Miles then repeat 11 miles total

Relay – 5.5 Miles and partner does it on their loop.

Mini Sprint – 5.5 Miles

Youth - 1 Mile (Wasatch Dr and back – picture not shown)

Directions: Wasatch Dr to Bamberger to Golden to Church to Green to Hawthorn to Church to Golden to Gordon to Fort Lane to Wasatch Dr



Run Course 1.55 Miles

Sprint - 1.55 Miles then repeat 3.1 miles total

Relay - 1.55 Miles then partner will repeat

Mini Sprint – 1.55 Miles Total

Youth Tri - .44 Miles around park (picture not shown)

**Regarding All Events**

**The Mini is one time around Swim Bike Run**

**The Sprint is Swim, Bike, Run then repeat course**

**The Relay is one time around then partner repeats course.**

**Parking is at the Layton Surf N Swim. We ask you to park to the Southwest side of the parking lot to help reduce traffic on exiting the pool. Please do not cross road closed barricades or cones routes. Racers safety may be impacted by this.**

Check out [www.OnHillEvents.com](http://www.OnHillEvents.com) for our 2017-18 Schedule of races.

<p style="text-align: center;"><b>2017 On Hill Events Calendar</b></p> <p style="text-align: center;"><b>Abominable Run 5K - 1/7/2017 Theme Race</b></p> <p style="text-align: center;"><b>Candy Heart Run 5K - 2/11/2017 Theme Race</b></p> <p style="text-align: center;"><b>Lucky13 13.1, 10K, 5K - 3/18/2017 Theme Race</b></p> <p style="text-align: center;"><b>Legacy Duathlon - 4/8/2017 Farmington, Utah</b></p> <p style="text-align: center;"><b>Eggs Legs 5K - 4/15/2017 Theme Race</b></p> <p style="text-align: center;"><b>Fantasy Run 13.1, 10K, 5K - 5/6/2017 Theme Race</b></p> <p style="text-align: center;"><b>Mt Green Half Marathon, 10K, 5K - 5/6/2017</b></p> <p style="text-align: center;"><b>Drop13 Half Marathon, 5K - 6/10/2017</b></p> <p style="text-align: center;"><b>Provo Midnight Run 13.1, 10K, 5K - 6/23/2017</b></p> <p style="text-align: center;"><b>Legacy Midnight Run 13.1, 10K, 5K - 7/7/2017</b></p> <p style="text-align: center;"><b>Cache Valley Super Sprint Tri - 7/29/2017</b></p> <p style="text-align: center;"><b>Layton Triathlon - 8/12/2017</b></p> <p style="text-align: center;"><b>East Canyon Marathon 26.2, 13.1, 10K, 5K - 8/26/2017</b></p> <p style="text-align: center;"><b>Bear Lake Brawl Tri Sprint/Olympic - 9/9/2017</b></p> <p style="text-align: center;"><b>Bear Lake Brawl Tri Half/Full - 9/16/2017</b></p> <p style="text-align: center;"><b>Witch Run 5K - 9/30/2017 Theme Race</b></p> <p style="text-align: center;"><b>Antelope Island Marathon 26.2, 13.1, 10K, 5K - 10/14/2017</b></p> <p style="text-align: center;"><b>Powell3 Triathlon Sprint/Olympic - 10/28/2017</b></p> <p style="text-align: center;"><b>Provo Santa Run 5K - 11/17/2017 Theme Race</b></p> <p style="text-align: center;"><b>Ogden Santa Run 5K 11/25/2017 Theme Race</b></p> <p style="text-align: center;"><b>Gardner Village Santa Run 5K 12/2/2017 Theme Race</b></p> <p style="text-align: center;"><b><a href="http://www.OnHillEvents.com">www.OnHillEvents.com</a></b></p>
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Powell3 Triathlon Challenge is now the Southern Utah Triathlon in St. George/Hurricane Utah. New course and new name!

[www.southernutahtriathlon.com](http://www.southernutahtriathlon.com)

Check out February 3, 2018 for our newest addition the Sun Marathon in Santa Clara, Utah (Near St. George). A great time of the year for a Warm Race!!!



[www.sunmarathon.com](http://www.sunmarathon.com)