

FINAL EVENT INFORMATION

2025 Great Floridian Multisport Festival

RACE VENUE: Clermont Waterfront Park, 330 Third Street, Clermont, FL.

RACE PARKING: Limited parking will be available in the main parking lot at Waterfront Park, but plenty of parking is available in the greater Downtown Clermont area. The preferred parking areas for this event are between 5th Street and 8th Street, and at Waterfront Park between 5th Street and 3rd Street. Please be aware that parking is not allowed on many residential streets near Waterfront Park. Do not park at the new Clermont Boat Ramp adjacent to Waterfront Park. Special event parking is not allowed in the boat ramp parking lot and cars will be towed. Please click [here](#) to view a Downtown Clermont Parking Map.

RACE NUMBER: Your race bib can be found in your race packet. Please make sure the number on the bib corresponds to the race number assigned to you. You'll find your official race number on the label affixed to the packet. Your race bib must be worn on the front of your running shirt or shorts during the run and remain visible at all times. Do not cut, fold, or alter your race number in any way. You must show your race bib to enter the transition area on race morning, and your run number must be visible when you exit the transition area to start the run. Following the race, **you will need to show your race bib to reclaim your bike and gear from the transition area.**

SWIM CAP: Your official swim cap is provided for you in your race packet. This cap is provided for your safety during the swim and must be worn during the entire swim.

BODY MARKING: Body marking will be done onsite by a volunteer. If you would prefer to body mark yourself, markers will be available in the transition area. BIB numbers should be visible on the FRONT of the arms and shins.

BIKE INSPECTION: It is up to each individual athlete to make sure his or her bike is in safe and proper working order. JPR Mobile Services will be set-up near the entrance to the transition area on race morning, should you need assistance with your bike. Please make sure your handlebar ends are plugged.

BIKE FRAME NUMBER: Your bike frame number is included in your race packet. The number must be attached to your bike and be visible from both sides before you will be allowed to bring your bike into the transition area.

BIKE CHECK-IN: **There is no Saturday bike check-in available.** All bikes must be checked-in on race morning, Sunday starting at 5:30am. All bikes and gear, for all events, must be placed by 7:05 am. Please allow for extra time to stage your bike in transition.

TRANSITION AREA: The transition area has specific zones for each race that will allow us to have staggered closing times for each race. All bikes and equipment for all events must be staged prior to 7:05am. The transition area will be cleared of all athletes by 7:05 in order to have a clean field of play for all. Following the race our transition team will let athletes reclaim their gear as quickly as possible. Please be aware that the transition area is an active race zone until 11:00 am, so please follow the instructions of the volunteers and be aware of your environment

when you enter. This is not the time or place to chat with other athletes in the transition area as you may become distracted and a hazard to athletes who are still racing.

RECLAIM BIKE & GEAR: Only the athlete with their race number will be permitted to reclaim gear. Remember, no race number, no gear!

DROPPING OUT: If you drop out of the race for any reason, it is imperative that you notify a race official and return your Timing Chip immediately!

SWIM COURSE: The swim course is a triangular course that is shared by both triathlon distances. Swimmers will swim counter clockwise keeping all buoys on their left. A water station will be located prior to the entrance of the transition area. Cups of water will be put out on tables for you to grab as you run towards the transition area.

SWIM STARTS: Athletes will be assigned a swim wave and specific cap color in advance of the race. This information will be printed on your race packet, and your swim cap will be inside of your race packet. The swim start will be a time trial start. When your wave is called to line up, you will self-seed by ability in the swim chute. When it is your turn, you will tell the timer your number and wait for them to tell you when to start. Triple Sprint Participants, see more details below for your event.

BIKE COURSE:

All course maps can be found here <https://greatfloridiantriathlon.com/Resources/DOWNLOADS>. All events share the same bike course.

- The 8.2-mile Sprint bike course travels clockwise around Lake Minneola
- The Triple Triathlon will complete the bike course 3 times.

RUN COURSE: All run courses are out and back on the South Lake Trail. All turnaround points will be marked with signs and will have a course marshal present. It is the responsibility of each athlete to know the course, so please study the course maps and become familiar with them before the race.



SPRINT DUATHLON: The Duathlon run #1 start is by the splash pad entrance next to the beach. There will be a duathlon flag placed by the start line. Your first run is 1 mile and you will run out .5 miles to the turnaround point before Division Street, and then return back to Waterfront Park. The run #1 turnaround point will be identified with a sign. At the end of run #1, you will be merging in with the swimmers to run back into transition.

SPRINT AQUABIKE: Aquabike athletes will complete the swim and bike of the Sprint Distance Course. Your race will end when you finish your bike course and cross the bike start/finish timing wire. After you finish, we encourage you to enter the finish chute and cross the finish line for your official finish photo and to claim our finisher medal and return your timing chip. The time recorded when you cross the finish line will be discarded. If you do not want to run through the finish, please report to the end of the finish chute to turn in your timing chip and collect your finisher medal.

SPRINT AQUATHLON: The aquathlon start time is usually within the last swim wave for the Sprint distance. Your event consists of a 440-yard swim followed by a 5K run/walk. There will be an area in transition by the tent at the entrance to set up your gear prior to the event start. Ask the volunteers in transition to point out the area to you. Once you finish the swim, you will enter transition, put your running gear on, and leave transition via the RUN OUT exit to get on the trail for the 5K. Follow the course, which is an out-and-back to the finish line chute for your medal

SPRINT RELAY: The relay exchange point is at your bike rack in Transition. See the transition coordinator with any questions on race morning.

TRIPLE TRIATHLON:

The Triple Triathlon cut-offs are as follows:

Triathlon #1 – **1:30:00** (total elapsed time: 1:30:00)

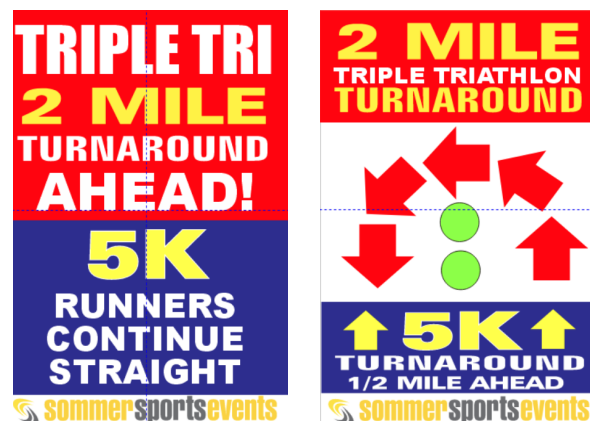
Race-to-Race Transition #1 – 0:15:00 (total elapsed time: 1:45:00)

Triathlon #2 – **1:40:00** (total elapsed time: 3:15:00)

Race-to-Race Transition #2 – 0:20:00 (total elapsed time: 3:35:00)

Triathlon #3 – **1:55:00** (total elapsed time: 5:30:00)

Swim, bike, run, repeat! After finishing the run portion of a triathlon, you'll re-enter the transition area where you can change clothing and swap gear for the next swim. All gear must be staged under your bike rack space, as in a traditional triathlon. A hydration and fueling station will also be available. Once ready, you'll head back to the beach for your next swim start. See timeline above for the total elapsed time you are allotted to begin the next sprint triathlon. These cutoffs will be strictly adhered to.



Please note that all events share the same courses. Each event will have turns or turnaround points that are unique to each event and distance. The special turns and turnaround points will have specific signs and markings identifying the race/distance they represent. Remember, **it is your responsibility to know the course!** Signs can be vandalized or damaged during the event. When in doubt, always follow the correct colored arrows marked on the roads. **Do not automatically follow the cyclists or runners ahead of you, they may be recreational athletes not associated with the race.**

COURSE MAPS: **It is your responsibility to know the course!** We recommend you travel the course in advance of the race. Please study the course maps available online and note the locations of the turns and support stations. You can access the maps from the event website and also from the Downloads Page -

<https://greatfloridiantriathlon.com/Resources/DOWNLOADS>.

WETSUITS: Wetsuit use is in accordance with USAT Rules. The USAT Official will take the temperature on race morning, and it will be posted at the swim start area.

LITTER: Please respect the environment by helping keep the Clermont area clean! Do not discard your energy product wrappers (i.e., Bar and Gel wrappers), banana peels and bike bottles along the course. All trash should be discarded at the designated bottle exchange stations and water stops.

TIMING: This race will be timed using state-of-the-art race|result pro chips. The timing chips are attached to a neoprene ankle bracelet, and they must be worn on your ankle, NOT YOUR WRIST. Chips will be handed out under the Highlander Pavilion on race morning. Timing chips will be collected in the run finish chute. If you drop out of the race for any reason, please turn in your timing chip at the end of the finish line chute. You are responsible for the safekeeping of this chip during the event. There is a \$65 replacement fee for lost or non-returned chips. Please do not cut the chip bands. You will be assessed a \$5 replacement fee if you cut the band on your ankle strap.

If you or your friends wish to receive text or email results notifications during the race, please make sure you follow the link in the email to authorize messaging via RunSignUp.com.

RESULTS & AWARDS: Our race announcer will announce when awards are ready to be distributed, typically within one hour of the first finisher of that event. The awards podium and backdrop will be nearby, so photos can be captured.

UNSPORTSMANLIKE CONDUCT: **Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in disqualification!**

VOLUNTEERS: **Please thank the volunteers whenever possible!** If you have friends or family members who would like to volunteer on race day, please email vteam@SommerSports.com.



COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; time penalty in transition area only.

3. Unauthorized Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Time penalty or disqualification

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Illegal Pass--cyclists must pass on the left, not on the right.

Blocking--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion, time penalty or disqualification

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones and Telephones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress.

Penalty: Time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however, that participants who wear a wetsuit within such

temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://www.usatriathlon.org/about-multisport/rulebook.aspx>