



JULY 12, 2020
DES MOINES, IOWA

PRESENTED BY:



**ABOVE+BEYOND
CANCER**

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@ABCancer

TAKE YOUR MARK!

We really couldn't have predicted how well received the Flatland Cup Tri when we started it 10 years ago. That, in part, is the result of two groups of passionate people - 1) The volunteers and sponsors who the event is shouldered by; and, 2) The athletes and families who attend the event from far and wide. To all of you I say "Thank You!"

There are a number of things that are different about the race in 2020 based on the pandemic we are all experiencing. All of the information located within this document is important, however there are a few items I want to point out:

- 1. Please, wear a mask to the event and maintain physical distance!**
- 2. Athletes must wear a mask when checking in to Transition. No mask. No entrance!**
- 3. Athletes must have their temperature checked and sign a waiver (included in the athlete race packet) on race morning as soon as they arrive to the race site. Time and location is located on page 3.**
- 4. Packet pick up will be handled by coaches and parents. Please review the information about time and location on page 3 of this document.**
- Please check the schedule for race day. There are changes to the timeline from earlier years.
- We hosted a virtual pre-race meeting this year. Visit flatlandtri.com to watch it if you haven't already.
- We're busy growing corn in Iowa right now, so it is likely it will be hot, humid and buggy. Plan accordingly.
- Give our volunteers a virtual high-five when you see them!
- If you would like to swim in the lake prior to the Flatland Cup Tri it is only allowed WITHIN THE BUOYS. Swimming outside the buoys could result in a fine imposed by City of West Des Moines. Perhaps you're willing to pay the fine. Please don't. As guests of the park, it's important to abide by the rules so we can be invited back in future years.
- Keep Raccoon River Park beautiful by picking up after yourselves.
- Entering the park after 5:30 am on race day will become difficult. You will have to follow the link contained within this document to the East entrance (see page 9). Please make sure you drive past the baseball diamond parking and to the event. Then enter the parking with extreme caution and care so as not to disrupt the triathlon.

I'm looking forward to seeing you this weekend. If you have any questions, please do not hesitate to contact me at craig.hanken@gmail.com prior to Friday, July 10, 2020.

Best of Luck!

Craig Hanken, Race Director
craig.hanken@gmail.com





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SCHEDULE

PLEASE WEAR A MASK WHILE ON SITE.

SATURDAY, JULY 11 (NEW!!)

9:00 am **Swim Course Preview**
8:30 am – 11:30 am **Flatland Cup Packet Pick-Up**
(Raccoon River Park Shelter) (Coaches and Parents Only)

SUNDAY, JULY 15

5:00 amPark Open
5:00 amAthlete Temperature Check Open
5:15 amJunior Elite Female Transition Open
5:30 amGrand Avenue Closes to Traffic (use East entrance)
5:45 amJunior Elite Female Swim Warm Up
6:15 amJunior Elite Female Transition Closes/Wheel Pit Closes
6:20 amJunior Elite Female Line Up
6:30 am**Junior Elite Female Start**
6:45 amJunior Elite Male Transition Open
7:15 amJunior Elite Male Swim Warm Up
7:45 amJunior Elite Male Transition Closes/Wheel Pit Closes
7:50 amJunior Elite Male Line Up
8:00 am**Junior Elite Male Start**
8:15 amYouth Elite Female Transition Open
8:45 amYouth Elite Female Swim Warm Up
9:15 amAthlete Temperature Check Closes
9:15 amYouth Elite Male Transition Open
9:15 amYouth Elite Female Transition Closes/Wheel Pit Closes
9:20 amYouth Elite Female Line Up
9:30 am**Youth Elite Female Start**
9:45 amYouth Elite Male Swim Warm Up
10:15 amYouth Elite Male Transition Closes/Wheel Pit Closes
10:20 amYouth Elite Male Line Up
10:30 am**Youth Elite Male Start**





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PROCEDURES

Please review the athlete meeting webinar posted at FlatlandTri.com. The information below is a summary of the important information you will learn in the webinar. Please watch it!

COVID-19 SAFETY (IMPORTANT!)

Please help us host this event as safely as possible. There are a number of things we expect you abide by:

- Please be aware there is an inherent risk in attending the event.
- Please limit the number of individual attending. Those who are very young, very old, or have suppressed immune systems SHOULD NOT ATTEND.
- WEAR A MASK AND MAINTAIN PHYSICAL DISTANCE.
- If you are sick or feel ill please do not attend. Please check your temperature. Those with a temperature of 100.4 or higher are not allowed to attend.
- Please bring your own mask and hand sanitizer to the event.

PACKET PICKUP (NEW TIMES!! NEW LOCATION!!)

Packet pickup will be Saturday, July 11, from 8:30 - 11:30 pm at Raccoon River Park Biddle Shelter, located at 2500 Grand Avenue, West Des Moines, IA.

Coaches and parents should pick up race packets for athletes. Please only one person (or a helper for teams picking up large quantities) should come to pick up the packet(s).

- Please wear a mask and maintain physical distance.
- Race packets include race number tattoos, a helmet sticker and bike sticker, numbered swim cap and timing chip. Also within the packet is a waiver/temperature check form that must be completed on race morning.
- Athletes who are not with a team should have a parent pick up the packet.

ATHLETE TEMPERATURE CHECK & WAIVER (IMPORTANT!)

All athletes will be required to complete the temperature check and waiver form on race morning.

- Athletes must come to the Biddle Shelter on race morning between 5:00 am and 9:15 am. Please wear a mask and bring the signed form/waiver from your race packet.
- Volunteers will take an athlete's temperature with touch-free thermometers. Athletes with temperatures of 100.5 degrees or higher will not be allowed to compete and will be asked to leave the race site.
- Volunteers will record the temperature on the form.
- Athletes must bring the completed form to Transition where volunteers will collect it. Athletes must wear a mask in Transition.



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TRANSITION (IMPORTANT CHANGES!)

- Athletes should come to Transition at their assigned time with their equipment, their tattoos, and bike/helmet stickers in place.
- **Athletes won't be allowed in Transition without a mask, or their completed waiver/temperature check form. No exceptions!**
- Athletes will be allowed to rack their bike at their assigned spot. Officials will be on hand to review their equipment after the athlete leaves the area.
- The Transition area will be sanitized after each race.

SWIM START (IMPORTANT CHANGES!)

- Athletes should arrive at the swim start at their assigned swim preview time. Swim caps and timing chips are located in the athlete's packet.
- Athletes will not be required to wear a mask in the swim start area.
- Once the swim warm up closes, athletes will be asked to stand at their assigned spot on the start line. An athlete's bib number will be their assigned start line spot. (Example: Athlete 202 will stand in spot 2. Athlete 155 will stand in spot 55. Athlete 43 will stand in spot 43). (Athletes will not line up outside of the swim start area and pick their start spots like previous years.)
- Once the announcer reads all athlete names, he will say "Athletes, you are now in the hands of the starter."
- The lead official (the starter) will announce "On Your Marks!" and sound an air horn to start the race.





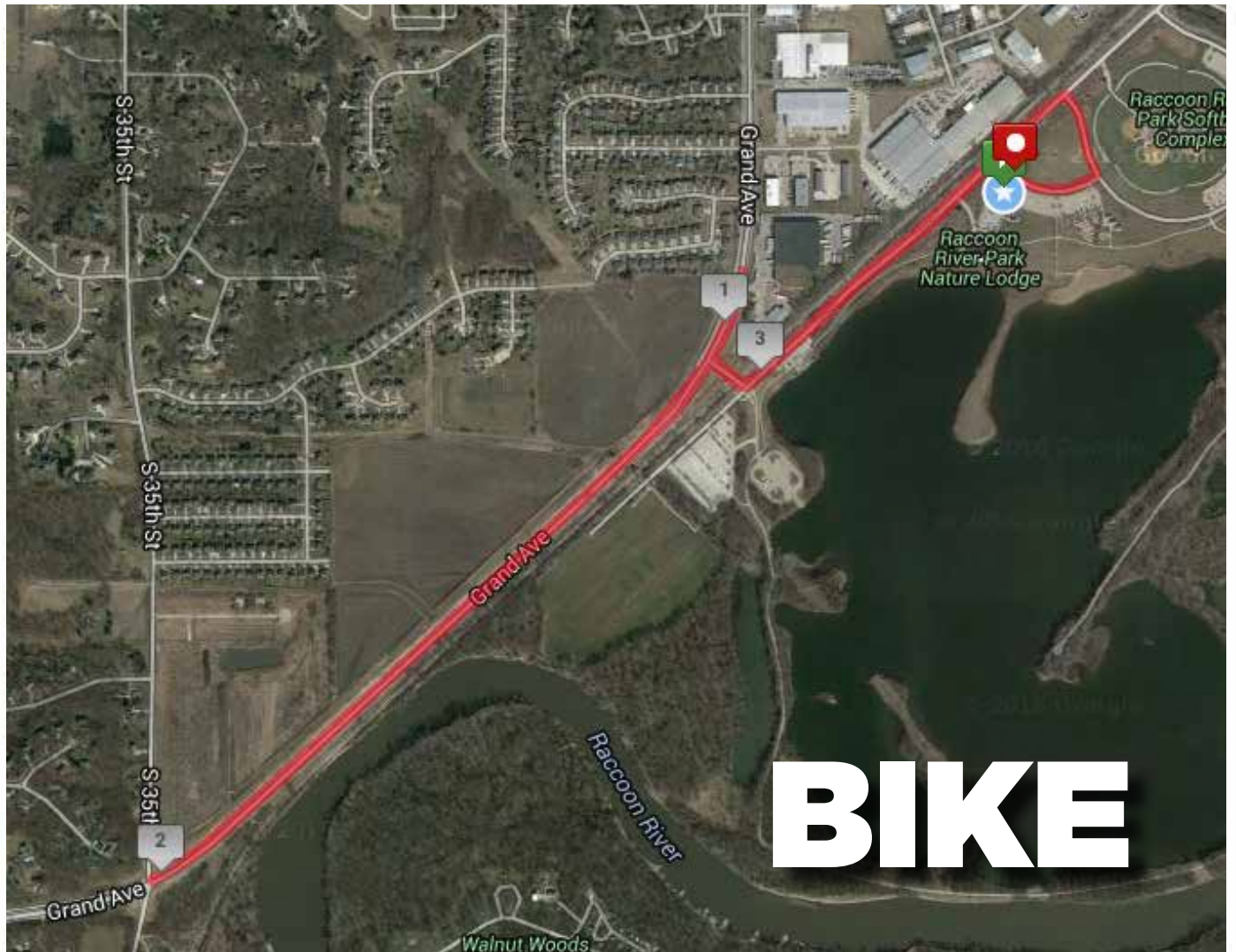
Transition and the Finish Line are located in the parking lot north of the Nature Lodge at Raccoon River Park.

Packet Pick Up is from 8:30 am-11:30 am Saturday, July 11 at the Biddle Shelter (outdoor). See map.

Athlete Temperature Checks / Waiver will be completed on race morning from 5:00 am-9:15 am at the Biddle Shelter (outdoor). All athletes must attend. See map.



The swim is a beach start, with 1 clockwise lap (375M) for youth athletes, and 1 clockwise lap (750M) for junior athletes.



The bike is on closed, paved roads. Youth athletes complete 2 laps. Junior athletes complete 4 laps.



The run will be entirely within the park on paved roads. Youth athletes complete 1 lap. Junior athletes complete 2 laps.

There are 4 aid stations with self-serve bottle water.

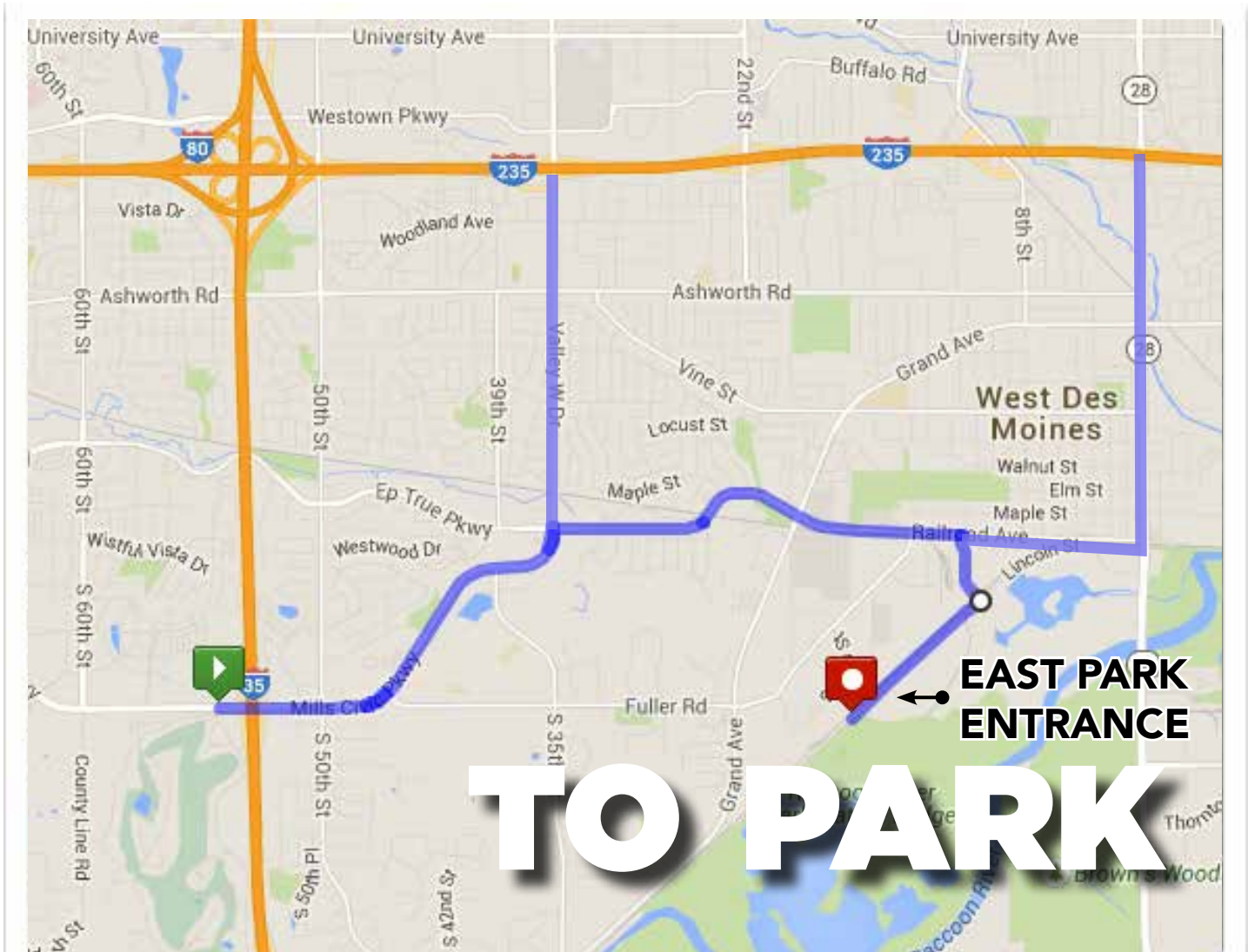


Parking is located in the areas highlighted in orange.

Access parking until 5:30 am through the main entrance to the park at 2500 Grand Avenue in West Des Moines.

After 5:30 am please access the park using the East entrance.

No parking is allowed in the ball diamond parking lots for Flatland Cup athletes!



TO PARK

To access park after 5:30 am you will need to use S 11th Street which provides access to East Entrance to park.