

RACE DAY EVENTS PRESENTS:

PLEASANT PRAIRIE TRIATHLON

2024 RACE WEEK UPDATE



SUNDAY JUNE 23

PLEASANT PRAIRIE, WISCONSIN



DATE & LOCATION

DATE: SUNDAY, JUNE 23

LOCATION:

PLEASANT PRAIRIE REC PLEX
9900 TERWALL TERRACE
PLEASANT PRAIRIE, WI 53158

START TIMES

- PARA NATIONAL CHAMPIONSHIP: 6:25AM
- PARA OPEN/ATD1: 6:39AM
- DUATHLON: 6:45AM
- MY TEAM TRIUMPH: 6:45AM
- OLYMPIC TRIATHLON: 6:50AM
- SPRINT TRIATHLON: 7:20AM

EARLY MANDATORY PACKET PICK-UP

SATURDAY, JUNE 22

LOCATION:

PLEASANT PRAIRIE REC PLEX
(BEHIND THE BUILDING)
9900 TERWALL TERRACE
PLEASANT PRAIRIE, WI 53158

TIME: 1:00PM - 5:00PM

***DUE TO THIS BEING A USAT
SANCTIONED EVENT, PARTICIPANTS
MUST PICK UP THEIR OWN PACKET
AND PRESENT A PHOTO ID WHEN
DOING SO.**

DAY OF PACKET PICK-UP

A Day-Of PPU option is available via an add on for \$25.

This option is limited to 200 participants.

More information regarding Day-Of PPU will be sent prior to the event. This add-on option is available as you register.

Hours for day of packet pick-up are 4:45am to 6:00am ONLY.



WHAT YOU GET

- Gender Specific, Soft Feel, Race T-Shirt
- Official Race Bib
- Wave Specific Swim Cap
- Finisher Medal
- Professional Race Timing with Fast, Accurate Results
- FREE Digital Race Photos
- Finisher Lunch provided by Panera Bread

2024 PLEASANT PRAIRIE TRIATHLON

PRELIMINARY WAVE START SHEET

***** AGE AS OF 12/31/2024 *****

WAVE	TIME	DISTANCE	AGE GROUP	CAP COLOR
1	6:25 AM 6:25:00 PTVI1 M/F 6:27:41 PTVI2/3 M 6:28:11 PTVI2/3 F 6:30:00 PTS2/3/4/5-W 6:32:00 PTS2/3/4/5-M 6:34:00 PTWC1-M/W 6:37:00 PTWC2-M 6:37:38 PTWC2-W	OLYMPIC	Para Nationals (Various Wave Starts according to times)	PER USAT
2	6:39 AM	SPRINT	PARA ATD1 (Mass Start)	PER PARA
3	6:42 AM	DUATHLON	ALL	N/A
4	6:45 AM	SPRINT/OLYMPIC	MyTeam Triumph	
5	6:50 AM	OLYMPIC	All Elites, All Oly Relays, MWCTC, Ath and Clyds.	PINK
6	6:53 AM	OLYMPIC	Males 29-Under, All Novice	WHITE
7	6:58 AM	OLYMPIC	Males 30 – 39	ORANGE
8	7:01 AM	OLYMPIC	Males 40 – 44	GREEN
9	7:04 AM	OLYMPIC	Males 45 – 54	SILVER
10	7:07 AM	OLYMPIC	Females 0 – 29	BLUE
11	7:10 AM	OLYMPIC	Females 30 – 44	RED
12	7:13 AM	OLYMPIC	Females 45 – 99	ORANGE
13	7:16 AM	OLYMPIC	Males 55 – 99	GREEN
14	7:25 AM	SPRINT	All Sprint Relays, Elites, Athena and Clydesdale	SILVER
15	7:28 AM	SPRINT	Novice Male	WHITE
16	7:33 AM	SPRINT	Novice Female	GREEN
17	7:38 AM	SPRINT	Males 34-Under	PINK
18	7:41 AM	SPRINT	Males 35-54	BLUE
19	7:44 AM	SPRINT	Females 39-Under	WHITE
20	7:47 AM	SPRINT	Females 40 – 54	ORANGE
21	7:50 AM	SPRINT	Females 55 – 99	PINK
22	7:23 AM	SPRINT	Males 55 – 99	RED

COURSE INFORMATION

SPRINT COURSE

- Swim Course
- Bike Course
- Run Course



OLYMPIC COURSE

- Swim Course
- Bike Course
- Run Course

DUATHLON COURSE

- Run Course #1
- Bike Course
- Run Course #2



PARA SPRINT TRIATHLON

- Swim Course
- Bike Course
- Run Course

AWARDS

- All participants receive a finisher medal.
- Overall awards 1st, 2nd, and 3rd will be awarded to men and women.
- Overall awards will also be given to 1st, 2nd, and 3rd relay teams.
- Age group awards 1st, 2nd, and 3rd will be awarded for each age group, men and women.
- Age groups for the triathlon racers are as follows: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and up.
- Age group awards for our duathletes are as follows: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.
- Special award categories 1st, 2nd, and 3rd will be awarded to men in the Clydesdale category (men over 220 lbs) and women in the Athena category (women over 165 lbs).

Pleasant Prairie Triathlon is a qualifying race for:

- USAT Age Group Nationals
- USAT Wisconsin State Championships
- USAT Para Triathlon National Championships

BODY MARKING / SWIM CAPS

- After checking in, please go to the body marking area. Your race number will be marked on the leg and the arm.
- Race Day Events provides its participants with latex swim caps. The color of these swim caps denotes which wave you will be participating in. If you have a latex allergy, we encourage you to bring your own swim cap.



RULES & REGULATIONS

- Wetsuits may be worn.
- Helmets and swim caps are MANDATORY.
- Drafting is NOT permitted. Penalties and disqualification will be given for drafting.
- You MUST wear your timing chip on your ANKLE throughout the race. NO CHIP = NO TIME.
- All relay athletes will exchange the timing chip in transition.
- All athletes need to mount/dismount the bike at the mount/dismount line.
- All runners are required to wear a bib number and it MUST face forward at the finish line.
- Racers and spectators must follow volunteer and officials' instructions at all times.

[USAT rules may be found here](#)

WETSUITS

- Each age group participant shall be permitted to wear a wet suit 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 wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards.
- Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.
- Wetsuits cannot exceed 5mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit.

PARKING INFORMATION

Event Parking

General parking will be directed by staff, please follow their guidance

- A - Dare2Tri and Para Parking
- B & C - General Parking
- D - ADA & Volunteer Parking



SPONSORS

COURSE HYDRATION



ENDURANCE

FINISH LINE HYDRATION



FINISH LINE WATER



WASTE MANAGEMENT



EVENT SPONSORS

