2026 SAND HOLLOW TRIATHLON ATHLETE GUIDE

Welcome to the Sand Hollow Triathlon, Duathlon, Aquabike, 10k & 5k Run. Our race staff is excited to be here, producing a top-notch race experience at the Sand Hollow Reservoir. We have carefully selected and outlined the most important information you will need for this race. *Thank you for choosing to race with us!*

Race Day Parking – This year you will not have to pay to get into the park on race day, but you will be required to show the event parking pass or red wrist band in you race packet. Without the pass, you will unfortunately have to pay at the gate.

Water Temperature / Weather Forecast - The current water temperature as of May 27th is 71.3 degrees, so wetsuits are still legal.. Saturday's forecast is sunny, with a temperature in the low 70s at the start of the race and temperatures in the mid-90's by the end of the race!

ATHLETE PACKET PICK UP

- Friday, May 15th 3:00pm-6:30pm

  St. George Running Center

  2736 E Red Cliff Dr, St George, UT 84790

- Saturday, May 16th 5:30am-7:15am

  Parking Lot / Finish Line at Sand Hollow State Park, UT 84737

  Those who choose race day pick up will incur a $10 fee. Pay when you register or on race morning. We accept cash or credit cards. Give yourself extra time on race morning, as there may be a line. We will do our best to keep it moving!

Important information to know before arriving to Packet Pick Up!

- If some is picking up your packet on your behalf, they need to show a copy of your ID.
- Athletes traveling from Las Vegas should account for the time change when coming to packet pick up • Please consider the potential traffic delay/construction regarding the route from Las Vegas to St George
- Requirement: Photo IDs are required to pick up your packet. No exceptions.
- There is a **$10 fee for race day pick up.** Please bring cash or pre-pay during online registration.
- Please DO NOT call St. George Running Center with questions regarding the race. You can email info@bbsctri.com
- Maps and knowledgeable staff will be available during Packet Pick Up.

- Late registration will be available, but is limited to space availability.
- All athletes are expected to participate in the distance for which they are registered. If you request a change at packet pick up, a race staff will reassign you to the correct wave and switch out your swim cap. These changes will be reflected in your results. If it is not reflected in your results, please notify the timer immediately to update these changes.

RACE DAY SCHEDULE OF EVENTS

Packet Pick Up	Timing Trailer	5:30a
Transition Opens	Parking Lot / Finish Line	5:30a-7:30a
Triathlon Start	Boat Ramp	7:00a-7:35a
Duathlon, 10K & 5K Start	Run Out / Transition	7:30a
Swim Cut-Off	Boat Ramp	8:45a
Awards begin	Podium	9:00a-9:30a
Bike Cut-Off	Bike Out / Transition	10:30a
Course Closed	Finish Line	12:00a

TRIATHLON START TIMES

Olympic Open Elite & Aquabike & Relay	Silver	7:00a
Olympic Men	Light Blue	7:03a
Olympic Men 40& over	Red	7:06a
Olympic Women	Purple	7:09a
Sprint Open Elite, High School, Collegiate, Relays	White	7:15a
Sprint Men	Orange	7:20a
Sprint Women	Pink	7:25a
Sprint Beginners	Yellow	7:30a

THINGS TO KNOW

Course Description & Online Maps - Directional signs, volunteers and staff will be positioned to guide you through the course. However, please remember that per USAT rules, it is your responsibility to know the course before beginning your race. Maps are available online and will be posted at packet pick up, but will not be printed and distributed to each athlete. Please visit https://bbscendurance.com/sandhollow/#section-127-86 for access to course maps.

Transition - Only participants will be allowed in transition. Bike racks will be spaced per bib number assigned.

Duathlon, 10K & 5K Start – Runners will start at 7:30am. Race start line is near beginning of the finish line chute in the parking lot. Please check-in at packet pick up before going to the start line.

Body Marking - Please be sure to get marked up by a volunteer at the entrances of transition on race day. It's a USAT Rule! 5K and 10K not required to get body marked.

Swim - BBSC Endurance Sports will provide ranger boats, safety boats, kayakers, volunteers, certified lifeguards & directional buoys for your safety and guidance during the swim. You are allowed to rest on a kayak to catch your breath, as long as the kayaker does not help you with forward propulsion. In case of emergency during the swim, please wave your swim cap in the air and a boat will come pull you out of the water and bring you back to shore.

Care Cap - We will have distinctive colored caps available for those who are concerned about the swim. Whether it's your first tri or you are not comfortable in open water just yet. Our water safety team will keep a close eye on all athletes wearing these caps, so request yours from our Race Director at packet pick up.

Bike Aid Stations – Water and Gatorade will be offered at the bike aid stations. There will be 1 aid station on the Sprint Course, 1 aid station on the Olympic Course. Please view our online maps for their exact locations.

Car Traffic - Remember that portions of the course are open to traffic. You are required to stay on the shoulder unless passing.

Drop Zones - These will begin and end at the boundaries of the pull-out where each aid station is located. Please be sure to discard bottles & nutrition packets within these target areas. Let's keep Sand Hollow clean together! Do not litter your bottles and gels on the course.

Run Aid Stations – Gatorade and water will be offered at run aid stations. Aid stations will be located approximately every mile.

Finish - The finish line tent is meant for finishing athletes only. This is where a volunteer will remove your timing chip and present you with a finisher medal and water.

Post-Race Food – Pizza will be served to all participants at the finishers tent.

Awards –Overall Top 3 Men and Women will be awarded in the 10k and 5k awards. No division awards for 5k and 10k run. Overall top 3 men and women will be awarded in the Duathlon, Aquabike, Sprint Tri and Olympic Tri. There will also be Division awards for the multisport races.

Timing Chips - Chips must be worn around either ankle during the entire race. Do not exchange timing chips with another athlete; your timing chip is unique to you. If you drop out of the race at any point, return your chip to the race staff or at the Timing Trailer.

Lost / Unreturned Timing Chips - If you lose your chip between Packet Pick Up and race morning, please go to the race day packet pick up for a replacement. If you lose your chip on the course, notify the timer immediately after crossing the finish line. NO CHIP = NO TIME. Should you forget to return your timing chip for any reason, please email info@bbsctri.com for return instructions. There is a $20 replacement fee for unreturned timing chips.

Medical - Medical Support will be available throughout the event. Please notify a staff member if you are aware of a medical emergency on-site.

On-Course Medical Assistance – If you need medical assistance while on the course, look for support vehicles, aid station volunteers or tell another athlete and they will call it out to us as they pass by. All aid stations will be equipped with cell phones with direct communication to medical support and race staff.

Lost and Found - Return or check for lost equipment at the Timing Trailer, located near the finish line. Should you return home with gear that is not yours, or that you are missing, email info@bbsctri.com. All lost items will be kept for a period of 2 weeks before donating to charity, and payment of postage will be required prior to its return.

USAT RULES & POLICIES

Age Group Calculation - An athlete's age is determined based on their age as of 12/31 for all USAT Sanctioned events. Please take into consideration how old you will be after you've had your birthday this year, then be sure to check the correct age group for your results.

Participant Identification Number - Your bib and body marking will identify you during the race. Race numbers and body marking are required and must be worn and visible at all times to avoid USAT penalty.

It is suggested that you make yourself aware of all USAT rules and guidelines before arriving on race day.
https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules

BBSC Rules & Policies - As noted in the application waiver that you signed during registration, bibs are non-transferable and cannot be transferred from one person to another. Your bib provides BBSC Endurance Sports with very important identifying information for the purposes of our medical program as well as timing. Transferring the bib would compromise these processes severely. We appreciate your cooperation with honoring this important guideline.

Violation of this rule may prohibit you from participation in future events and disqualify you from awards. Thank you for your understanding.

Inclement Weather - The Race Director and/or Park Management reserve the right to reschedule, modify or cancel any or all portions of this event if weather conditions or anything else compromises athlete safety or makes the originally planned event unsafe or impossible. There will be no refunds for rescheduled, modified or canceled events.

Valid: SATURDAY May 16th, 2026 at 5:00 AM

2026 Sand Hollow Triathlon & Run

Sand Hollow State Park, Hurricane, UT

Authorized by BBSC Endurance Sports

BBSC ENDURANCE SPORTS
LIVE STRIVE RACE