



# Important Athlete Information



## ***READ THIS – IT'S IMPORTANT!***

***This is a new event, so please take the time to familiarize yourself with these details.***

---

### ***10K Official Start will be at 8:00am***

**1 MILE START TIME IS APPROXIMATELY 9:00AM**

Pre-Race meeting will take place at the Jacksonville University Registration Area at 7:40am for ALL SWIMMERS.

---

### ***All Athletes reports to Jacksonville University for Packet Pickup!***

Day of Race Registration and Packet Pickup will take place at The Kayak Launch Pavilion at Jacksonville University. **(See Attached Map)** ALL Swimmers will report to this location by 7:30am.

---

### ***1 Mile Athletes will have Busses taking them to the Swim Start***

1 Mile Swim Athletes will be transported by Bus to the Swim Start location, at the Jacksonville Landing. The Bus will leave the JU Parking Lot approximately 15 minutes after the 10K Start. After dropping 1 Mile Athletes off, the bus will take any spectators to the Finish Line located at the Riverside Arts Market under the Fuller Warren Bridge.

---

### ***Gear Drop Available***

Due to the point-to-point Swim Course, Athletes will be able to drop a gear bag at Registration Pavilion that will be transported to the Finish Line Area. Be sure to attach the Bag Tag provided in your Race Packet.

---

### ***Race Day Parking is available at Jacksonville University***

Race day parking is available at the Jacksonville University parking lot. We will be using Lot "I" at the corner of Dolphin Drive and River Road. Parking is within walking distance to the Kayak Launch Registration Area. **Please See the Attached Map.** You must present the Parking Pass to get on campus, so be sure to **Print Out The Parking Pass** and have it in your vehicle.

---

### ***We will be Using Disposable Timing Chips!***

Make sure to leave 1 finger of space between the strap and your wrist to avoid chaffing.

---

### ***Projected Water Temp is 86°***

No Wetsuits allowed for this event.

---

## Up The River Downtown:

We welcome you to the Up The River Downtown 10K and 1 Mile open Water Swim! **(Located at the Jacksonville University)** Please read the Athlete Information provided below very carefully for what's expected prior to and on race day.

### Entry Fees Are Non-Refundable – NO Exception

In *extremely* unusual circumstances, an athlete may request to defer their registration to next year's race. Please direct requests to the race director no later than 14 days before the event. [info@drcsports.com](mailto:info@drcsports.com) There are **NO** deferments permitted **within 14 days** of an event, for **ANY** reason.

DRC Sports reserves the right in the event of inclement weather, emergency, or natural disaster to cancel the race and move to a later time. In the event of a cancellation, there will be no refund of entry fees. However, the USAT fee, if pre-paid, will be refunded.

### Packet Pick-Up/Athlete Check-In

Packet pick-up will be available on Race Day, prior to the race, at the **Jacksonville University Kayak & Paddleboard Launch**, located at **2800 University Blvd. N. Jacksonville, FL 32211, from 6:00am – 7:45am.**

### Race Day Parking

Race day parking is available at the Jacksonville University parking lot. We will be using Lot "I" at the corner of Dolphin Drive and River Road. Parking is within walking distance to the Kayak Launch Registration Area. ***Please See the Attached Map.*** Please arrive early and do not park in any private or prohibited areas to avoid being towed. You must present the Parking Pass to get on campus, so be sure to [Print Out The Parking Pass](#) and have it in your vehicle.

### Race Numbers

Your Race Number will be written on your Swim Cap for help in identification. You will also be issued a Timing Chip with the corresponding number printed on it and you will be Body Marked on Day of Race.

### Body Markings

Body marking will take place on Saturday from 6:00am – 7:45am in the designated area. Please verify that body marking matches the race number printed on your Swim Cap.

### Timing Chips

All athletes will have your **Disposable Timing Chip** included in your Race Envelope. Simply remove the small tab at the end of the strap to reveal the adhesive. ***Make sure to leave 1 finger of space between the strap and your wrist to avoid chaffing.*** DO NOT REMOVE THE FOAM PIECES ON THE STRAP. Do not lose your chip. Each chip is encoded with specific registration data so no chip trading is permitted. Chips must be affixed to the Right Wrist prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the Finish Line in the designated area adjacent to the Exit Dock. Chips DO NOT need to be returned at the end of the event!

### Swim Cap

The swim cap is distributed at packet pick-up and must be worn during the swim. Do not trade swim caps with other athletes, as caps may be color coded to assist in the organization of the swim start. Each of the swim waves leave by Age Group and everyone must leave in the correct swim group. Refer to the Swim Wave information provided.

### Bus Schedule and 1 Mile Swim Start - ***DON'T MISS YOUR BUS!***

1 Mile Swim Athletes will be transported by Bus to the Swim Start location, at the Jacksonville Landing. The Bus will leave the JU Parking Lot approximately 15 minutes after the 10K Start. If you miss the bus, you will have to find another way to the Swim Start. It is your responsibility to be at the Swim Start in time for your wave. After dropping 1 Mile Athletes off, the bus will take any spectators to the Finish Line located at the Riverside Arts Market under the Fuller Warren Bridge.

## 10K Swim Start

The 10K Swim will start on the dock at JU. We will hold a pre-race meeting at 7:40am in front of the Registration Pavilion at the Kayak Launch, then we will walk the swimmers to the Dock for the Swim Start. Waves will be determined based on the number of swimmers. No wave will have more than 100 swimmers.

## Swim Course *it will help to understand this!*

The swim begins by heading towards the first set of buoys. Both courses are point-to-point. You will be swimming **with the current**. The current is expected to average 1 knot so it will be a fast and easy swim. Proceed toward the Finish Line, keeping all buoys on your **LEFT**. In order to remain on course, stay within 10 meters of the Buoys. Passing on either side of the buoy will not result in a penalty, as long as you are within 10 meters (30 feet). [View the Sighting Charts Here](#)

The **Swim Exit** will be a floating dock, indicated by a Red Flag, with Ladders downstream side. Swimmers may hold onto the ladder or handrail to assist in guiding them to the exit. There will be Safety Personnel on each dock to assist you.

Due to the fast-moving current, it is important to **swim toward the Swim Exit Area Docks well ahead of your planned exit**. If you miss the dock for any reason, Water Safety Personnel will bring you to the dock.

Certified Water Safety Personnel will monitor the course throughout the swim in both Kayaks and on Jet Ski's. Athletes needing assistance should raise hands above your head and safety personnel will assist. Athletes who cut any portion of the swim course will be assessed a time penalty. The water temperature is expected to be 86 degrees so Wetsuits will NOT be legal.

## Swimmer Support

Kayaks will have water bottles with squeeze sport tops. This will allow swimmers to squirt water directly into their mouth without touching the bottle. If you need a drink, raise your hand and approach a kayak. You cannot make forward progress with the help of the Kayak or boat. No Gels will be provided, so if you need nutrition, please bring your own.

Kayaks will follow each wave of swimmers through the course. There may be paddle boards as well. You are permitted to rest by holding onto these crafts, however you cannot make forward progress assisted by them. This will result in a time penalty or even disqualification. "Drifting" with the current is not considered forward progress.

Lifeguards have the final say in your ability to remain in the water and if they determine your safety is in jeopardy, you may be removed from the water. Your ability to continually make forward progress without difficulty is critical to your safety. If at any time you feel that you cannot continue, notify a Kayaker and we will get you to a boat.

The Course is close monitored by Kayaks and Paddle Boards, Jet Ski's will patrol and provide extrication and rescues, Boats will remain outside the swim area and swimmers will be taken to boats via Jet Ski or Kayak.

## Finish

The Swim course officially closes at 11:00 am. With the current, you should have no problem with this limit. A race vehicle will sweep the course and pick you up if needed. The finish clock will remain on and times will be recorded until 11:30am.

## Finisher Medals

**Every Athlete** will receive a Custom Cast Finisher Medal at the Finish Line Dock.

## Dropping Out

If you fail to complete the entire course, be sure to notify a race timing official and return your timing chip to the finish line area.

## Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during the pre-race or post-race activities will result in immediate disqualification.

### Timing & Results

Race results will be posted prior to the awards presentation. Please report any discrepancy to a race official prior to the start of the awards presentation. Athletes who do not wear the timing chip during the entire event will not be scored. Note: Penalties will be posted after the first round of results.

### Medical Care

EMS will provide medical care for any injuries.

The greatest risk to athletes during the race is the potential of heat-related injuries associated with inadequate hydration prior to and during the event. Be sure to drink plenty of fluids prior to and throughout the race.

### Age Requirements

Participants in the triathlon must be 14 years or older on December 31, 2018. However, exceptions are made for seasoned youth athletes (per Race Director approval following consultation with athlete's parents).

### Final Results & Awards

Race results will be posted online [www.DRCSports.com](http://www.DRCSports.com) following the race. The top three participants in each age category will receive an award.

Please have a safe race and we look forward to seeing you at future events.

### Awards Party

The Awards Ceremony begins at approximately 11am. The Awards *Party* begins as soon as YOU cross the finish line! Be sure to stick around for Great Food, fruit, snacks, etc.

### Bus Return Schedule – *How to get back to your Car!*

Buses will be provided to return Athletes and Spectators to (JU) Jacksonville University Parking Lot "I". The Bus will leave the (RAM) Riverside Arts Market at the designated Shuttle Pick-up Area (Blue Windfeather Flag on Riverside Drive) on the following schedule:

**10:00am Departs RAM – Arrives JU at 10:20am**

**10:45am Departs RAM – Arrives JU at 11:05am**

**11:30am Departs RAM – Arrives JU at 11:50am**

## Links to Detailed Maps can be viewed here:



### Swim Course and Swim Exit Map

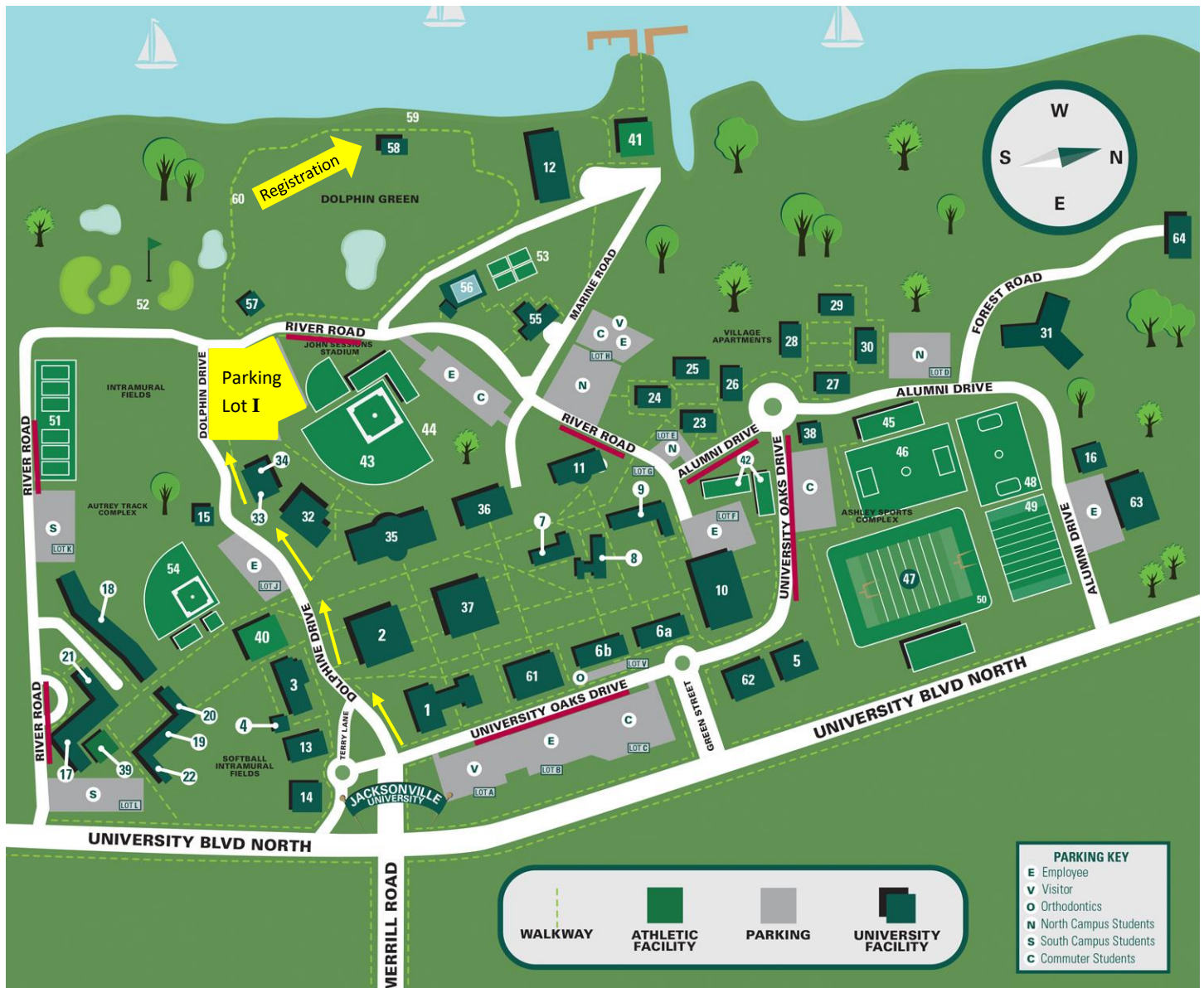


### 10K Route Guidance and Sighting Charts



### Parking Pass for Jacksonville University

# Parking Information



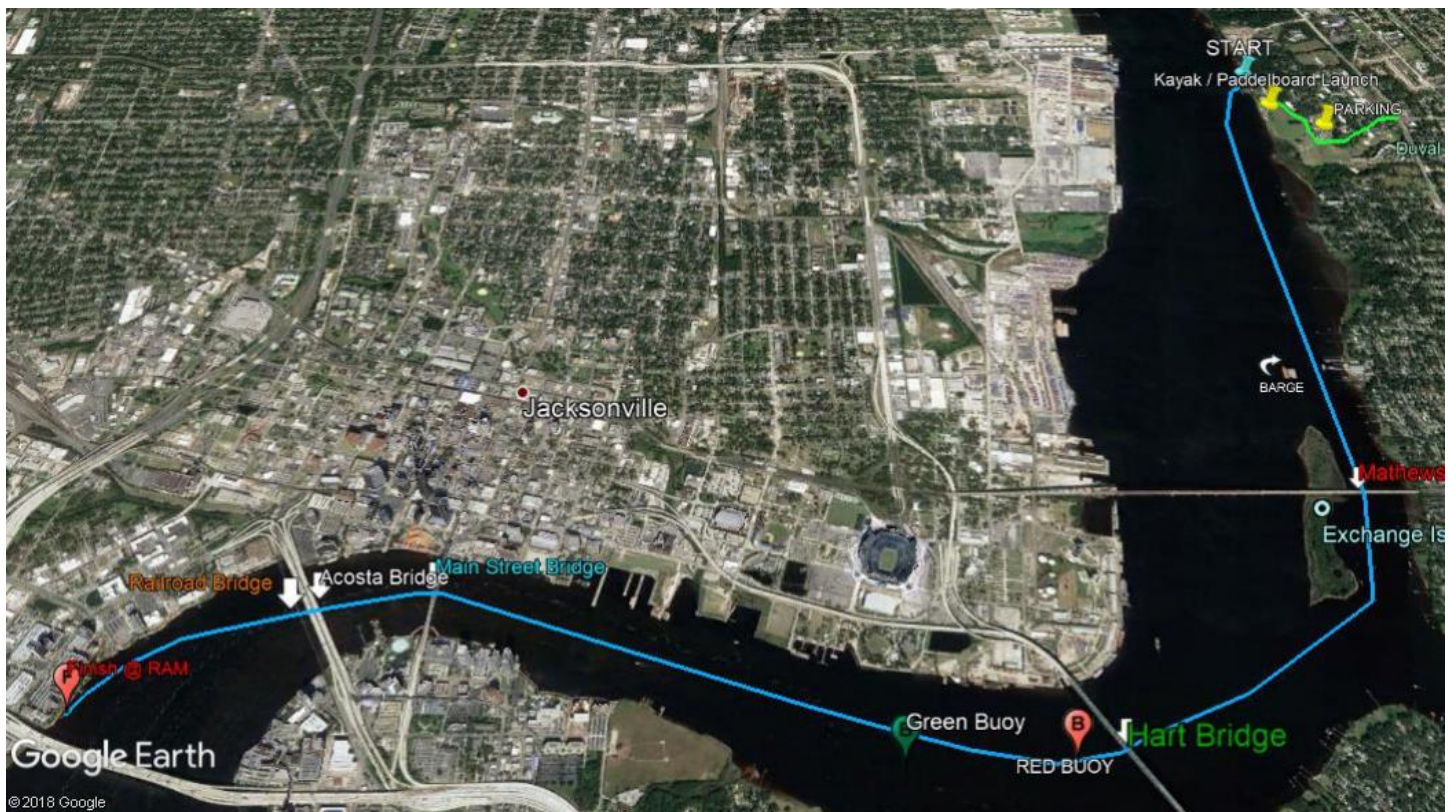
## PARKING NOTICE:

Enter the University at the Main Gate (University across from Merrill Rd), through the Guard Gate and straight onto Dolphin Dr., to the End. Parking is on your right. Please watch your speed!

Race day parking is available at the Jacksonville University Parking Lot "I". Please arrive early and do not park in any private or prohibited areas to avoid being towed. Once you are parked, please walk directly to the Race Site, located at the Kayak Launch (59) Pavilion (58).

Make sure to print out the Parking Pass (Above) and place in your vehicle.

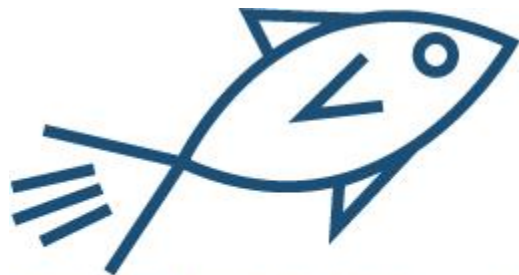




---

WE WOULD LIKE TO THANK OUR SPONSORS AND SUPPORTERS

---



JUMPiNGFiSH.net  
Advocacy for the Waterways



JACKSONVILLE  
UNIVERSITY

