

RACE DAY EVENTS PRESENTS:

GREEN LAKE TRIATHLON

2024 RACE WEEK UPDATE

RACE 4 OF 7 IN THE
WISCONSIN TRIATHLON SERIES



SUNDAY, JULY 21

DEACON MILLS PARK - GREEN LAKE



DATE & LOCATION

DATE: SUNDAY, JULY 21, 2024

LOCATION: DEACON MILLS PARK

534 MILLS ST., GREEN LAKE, WI 54941

TIME: 7:30AM

COURSE INFORMATION

[CLICK HERE TO VIEW THE COURSE MAPS](#)

MAPS SUBJECT TO CHANGE PENDING PERMITS.

PACKET PICK-UP

SATURDAY JULY 20, 2024

DEACON MILLS PARK

534 MILLS ST.

GREEN LAKE, WI 54941

TIME: 2:00PM - 5:00PM

SATURDAY JULY 21, 2024

DEACON MILLS PARK

534 MILLS ST.

GREEN LAKE, WI 54941

5:30AM - 7:00AM

TRANSITION CLOSES AT 7:15 AM SHARP



WHAT YOU GET

- Gender Specific Race T-Shirt (women's shirts are fitted and run small, refer to sizing chart at registration)
- Finisher Medal
- Professional Race Timing with Fast, Accurate Results
- Free Digital Race Photos
- Wave Specific Swim Cap
- Finisher Food

PARKING INFORMATION

It is each runner's responsibility to arrive on time. We will not hold the event or wait for any runners who are running late. We recommend arriving to the race site no later than 7:00 AM to find parking, grab your race packet, make a bathroom stop and familiarize yourself with the layout of the area.

Parking is available within the city in neighborhoods and on side streets. Obey all posted parking signs along street.

- Arrive early as parking will become congested.
- Please obey "No Parking" signs; they are posted for the safety of the athletes.

GREEN LAKE WAVE SHEET

WAVE	START TIME	AGE GROUP	COLOR
1	7:30 AM	All Olympic Elites Olympic Clydesdales Olympic Athenas Olympic Relays	Green
2	7:32 AM	Olympic Males 39 & Under	Pink
3	7:34 AM	Olympic Males 40 & Up	White
4	7:36 AM	All Olympic Females Olympic Female Novices	Orange
5	7:38 AM	Sprint Elites Sprint Clydesdales Sprint Athenas Sprint Relays	Red
6	7:40 AM	Sprint Males 44 & Under	Yellow
7	7:42 AM	Sprint Males 45 & Up	White
8	7:44 AM	Sprint Females 40 & Up Sprint Male Novices	Green
9	7:46 AM	Sprint Females 39 & Under Sprint Female Novices	Yellow

RULES & REGULATIONS

MOST RECENT WATER TEMPERATURE:

71°

WETSUIT RULES

- Wetsuits are mandatory in water temperatures less than 58° F.
- Competitors may wear wetsuits if the water temperature is 78 degrees or lower.
- If the water temperature is between 78.1 – 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards (if this happens, a special start wave will be created).
- Wetsuits are prohibited in water temperatures greater than 84° F.
- Wetsuits cannot measure more than 5mm thick.

It is strongly encouraged to practice open water swimming prior to the event – with and without a wetsuit.

SWIM RULES

- Swim cap must be worn.
- Wetsuits may be worn.
- No fins, gloves, paddles, or flotation devices of any kind are allowed.

RUN RULES

- All runners are required to wear a bib number and it **MUST** face forward at the finish line.
- It is the responsibility of the athlete to know and follow the prescribed run course. There will be no time adjustments for any reason.

GENERAL RULES

- 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.
- Racers and spectators must always follow volunteer and officials' instructions.
- Transition will remain closed until the last biker has moved on to their run. No one will be allowed back in for any reason.
- **DO NOT Litter. DO NOT** abandon equipment.
- Headphones are allowed for the run portion of the race. They are **NOT** allowed during the bike portion of the race and are highly discouraged for the swim.

BIKE RULES

- Athlete must wear a bike helmet at all times.
- All athletes need to mount/dismount the bike at the mount/dismount line.
- Obey all traffic laws while on the cycling course unless otherwise specifically directed by an official or law enforcement.
- Drafting is not allowed at any point during the race. Penalties and/or disqualifications will be given for drafting.
- It is the responsibility of the athlete to know and follow the prescribed bike course. There will be no time adjustments for any reason.
- We do our best to mark large potholes, but please keep your eyes open and make smart decisions to avoid road hazards.

IMPORTANT COURSE INFORMATION

- **Swim:** The start of the race takes place at Hattie Sherwood Beach. Racers will enter the water in waves and swim counter-clockwise around the buoys and back to the beach. The SPRINT course will do one loop around the YELLOW buoys. The OLYMPIC course will do two laps around the ORANGE buoys. Lifeguards and race staff will be placed along the course. Wetsuits will be allowed. Bright colored swim caps are provided and are mandatory.
- **Transition #1 (NEW FOR 2024):** Located just across from Hattie Sherwood Beach along Lawson Drive. You will rack your bike and stage your bike items at this location race morning. When you transition from swim to bike you will leave your swim items at your rack to be collected once you complete the race, and no later than 1:00 PM. Anything left here after that time will be returned to Race Day Events and will be donated if not collected within 1 week.
- **Sprint Bike:** After exiting transition athletes will continue on Lawson Dr, turn right onto South St., turn right onto Lake St, and left onto Illinois Ave. Then Turn right onto Cty Rd A, another right onto Spring Grove Rd, left onto Horner Rd and continuing onto Cty Hwy N. Turn left onto Center Rd, left onto Prairie Rd, Left onto Thomas Rd and then turn right Cty Rd A, Left onto Illinois Ave and a final right onto Lake St. to transition #2.
- **Olympic Bike:** After exiting transition athletes will continue on Lawson Dr, turn right onto South St., turn right onto Lake St, and left onto Illinois Ave. Then Turn right onto Cty Rd A, another right onto Spring Grove Rd, left onto Horner Rd, left onto Miller Rd., Left onto Cty Rd. E, Left onto Carter Rd. Then a right onto Searl Rd., Left on Thomas Rd., Right onto Cty. Rd. A, Left onto Illinois Ave and a final right onto Lake St. to transition #2.
- **Transition #2:** Located on South St just outside of Deacon Mills Park. You will stage any items you need for the run portion of the event at your rack on race morning before heading down to transition #1 and the swim start. This is where you will rack your bike after completing the bike portion, before taking off on the run portion. Your bike will remain racked here until you complete the race.
- **Run:** Athletes will exit transition and take a left onto South St before turning onto South Lawson Dr and taking a left onto Irving Park Rd. Both courses are out and backs with the Sprint turning around shortly after following Irving Park Rd to the right while the Olympic course continues on bike trail along Hwy 23 before taking a left onto Stone House Rd and continuing onto Shore Dr to the turnaround. Water will be available at transition, the finish line, one time on the Sprint course, and three times on the Olympic course.

AWARDS INFORMATION

- 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.
- Special award categories 1st, 2nd, and 3rd will be awarded to men in the Clydesdale category (men over 220 lbs) women in the Athena category (women over 165 lbs)

AGE GROUPS

- 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, 75-79, 80 & above.



RESULTS

Results will be available upon finishing your race.

You will be able to find your results here:

[2024 Results](#)

If you looking for previous race results, find them here:

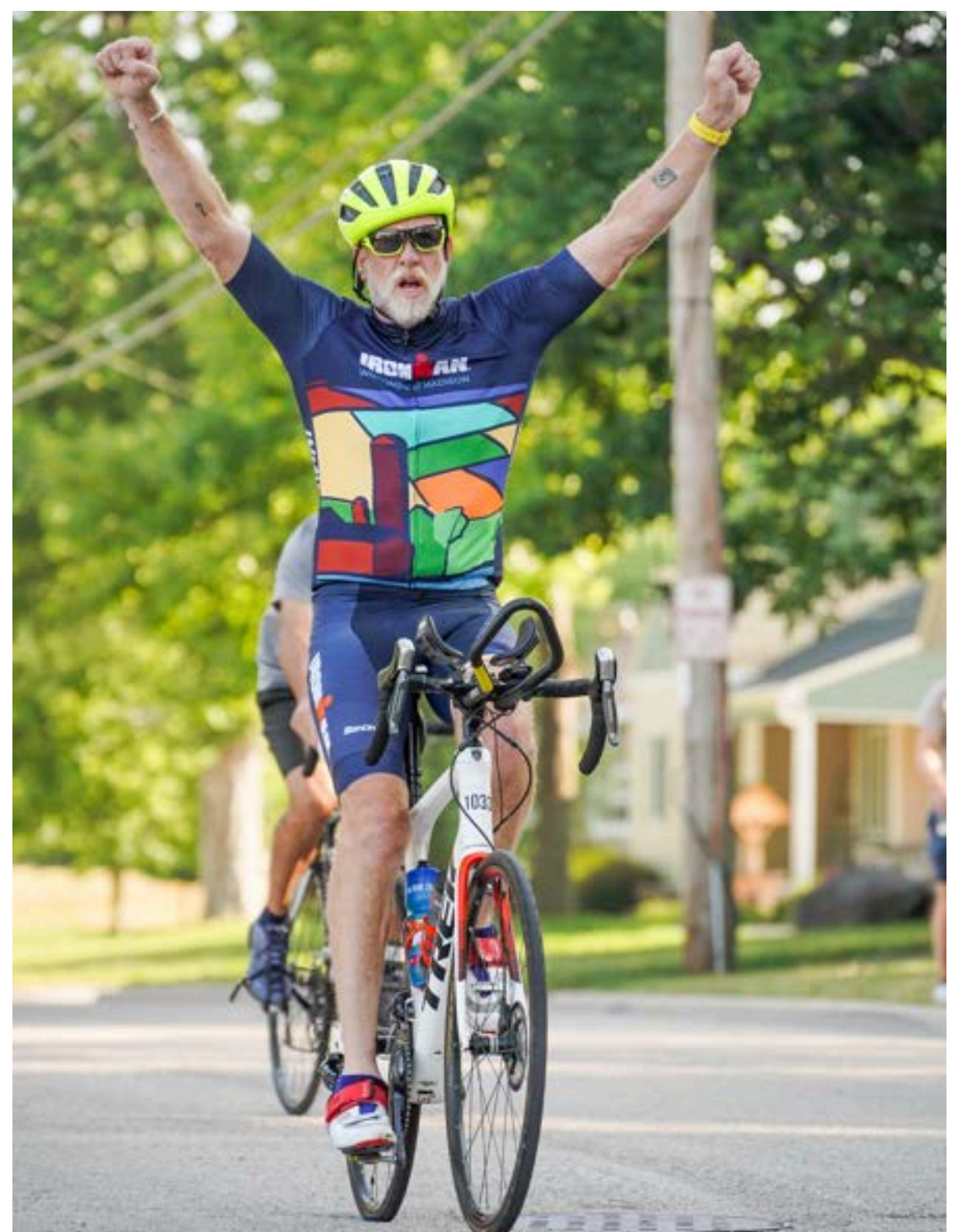
[Past Race Results](#)

SERIES SCORING

The Green Lake Triathlon is race number four of seven in the [Wisconsin Tri Series](#)!

All races in the series offer sprint distance while the [Wisconsin Triterium](#), [Green Lake](#), and [Tri-ing for Children](#) Triathlons also offer an Olympic distance.

Compete in as many races as you can for a chance at winning both overall and division awards for the Wisconsin Tri Series! Series scoring is based on your five best times out of the seven races. For full details, please visit our triathlon series website [here](#).



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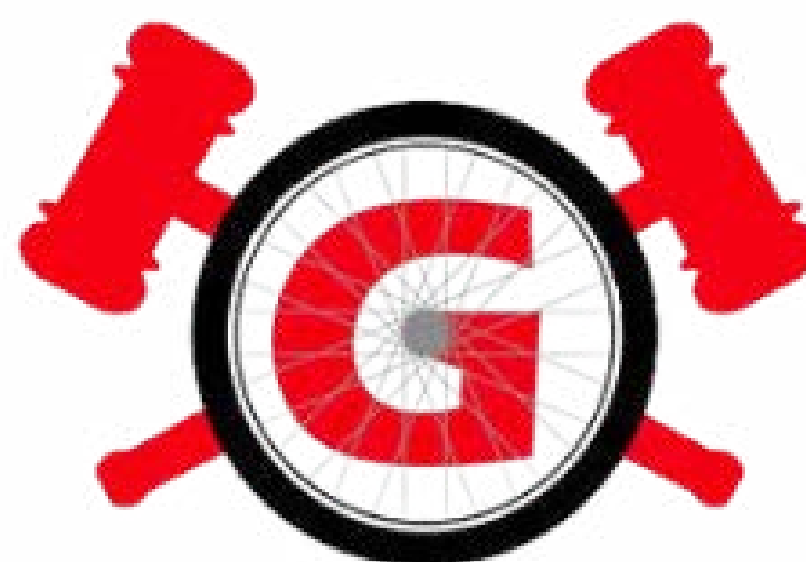
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AFTER THE RACE, VISIT THE MFG BOOTH FOR YOUR CHANCE TO WIN AN ENTRY INTO THE MIDWEST FINANCIAL GROUP MADISON MINI MARATHON

