

Welcome to the 16th annual Destin "Crab Trap" Triathlon!  
Our race team is ready for you this weekend and the weather forecast is fantastic! We do have a red tide warning as we have had in past years during this time of year, but we are still a go for the swim portion of the event. Family or spectators with asthma and breathing conditions may have to watch a little further from the beach. A hold harmless waiver is also On the site and will get you through packet pick up faster if you print it and sign before coming to the venue. We are encouraging packet pickup on Friday from 5-7 pm at the Crabtrap. If you must pick up on Saturday morning our staff will be ready, but you will experience delays in your race preparations.

We have a slight change for the transition area on the "bike out" and "run out" portion of the course. This will be posted on multisport.com. You will also be given a map in your race bag. Please carpool into the site area since parking is limited.

Wave starts will be as follows:

- 1.White Wave 1
2. Green Wave 2
- 3.Blue Wave 3
- 4.Red Wave 4
- 5.Yellow Wave 5
- 6.Orange Wave 6
- 7.Purple Wave 7
- 8.Black Wave 8

Remember the following since they are they biggest course/rule violations:

1. No drafting off another cyclist (See [multisport.com](http://multisport.com) for detailed rules)
2. No glass in transition area
3. Make sure your chinstrap is fastened and helmet secure on before leaving the transition area.
4. Bib number visible on the run (Especially the finish)
5. Place bike numbers on your bike frame
6. Place Helmet numbers on your Helmet!
7. Get body numbers

All of the above will result in an instant DQ except a chinstrap violation will be a time penalty on first warning then a DQ.

Resort Quest has a special on the Nantucket Rainbow Cottages  
For \$103 per night (2 day minimal) and \$87per night(3 day minimal).  
This is right down the street from the race site and you can walk or ride to the transition area.  
See multisport.com for full rate list.

We would like to thank our **sponsors** as follows:

The Crab Trap Restaurant, Resort Quest, Dragon Sports, Kayak Experience,  
Sand Dollar Motorcycle and Niceville High School ROTC