

Triathlon Race brief

SWIMMING CONDUCT:

- Timing chip on your left ankle
- Start in the shallow end
- No diving/tumble turns
- Complete 16 lengths (400m) Lane counter will advise when two lengths to go tapping you on the head but we advise that you count your own lengths
- Competitors may use any stroke to propel themselves through the water except backstroke. They may also tread water or float.
- Tri suits or swim suit may be worn **NO wetsuits or calf compression wear**
- Competitors starting in any wave before the one that the competitor is assigned to will be disqualified.
- Competitors are allowed to push off the ground at the beginning and the end of every swim lap, in an emergency a competitor should roll onto their back and raise an arm overhead and call for assistance. Once official assistance is rendered, the competitor must retire from the competition.
- If a swimmer taps your ankle let them pass at the end of your current length
- Please listen to the lifeguards

Transition swim to bike:

- Leave pool at shallow end
- Walk to the right side of the pool, leave through the fire door, turn left and stay against the building, left turn at end of building towards reception and cross over the road towards the bike racks through the open gated area.

Relay changeover swim to bike:

- Handover from swim to bike at the entrance to the bike area

TRANSITION AREA CONDUCT:

- Competitors should only bring equipment to be used during the competition into the transition area, All other belongings and equipment outside the above rules are to be removed before race start, bike shoes, glasses, helmet, and other bike equipment or clothing required for the cycle segment can be placed on the bike, **boxes or bags need to be removed from transition**
- All equipment already used must be deposited in that area
- Competitors must not impede the progress of other competitors in the Transition Area and competitors must not interfere with another competitor's equipment in the Transition Area
- Cycling is not permitted inside the Transition Area
- Competitors must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line
- Competitors must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line
- While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the competitor's hands
- If during the mount or dismount manoeuvre, the competitor loses their shoe(s) or other equipment, they will be collected by the Technical Officials or marshals and no penalty will be applied
- Mount and dismount lines are part of the transition area
- Nudity or indecent exposure is forbidden
- Competitors must not stop in the flow zones of the Transition Area
- Mobile telephones can be brought into transition but may not be used whilst the transition area is live
- Pets must not be brought into transition at any time by any person.
- Where using bike lights would improve competitor safety, these are permitted.

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CYCLING CONDUCT:

- Take care over braking, etc. And to be aware if the wind or rain picks up as
- Go outside the funnel areas (**stay inside the coned funnel areas**)
- Block other competitors;
- Cycle with a bare torso;
- Make forward progress without being in possession of the bike
- DRAFTING: You must remain 10 meters behind the front cyclist, 12 metres behind motorcycles, and 35 metres behind other vehicles to prevent drafting. If overtaking a cyclist you must pass within 20 seconds (If the pass cannot be made you must drop back) Any overtaken cyclist must drop back once passed.
- Dispose of litter on the course, unless in specified littering zones provided by the Event Organiser
- Use a different bike during the competition than the one checked-in.
- Dangerous behaviour:
- Competitors must obey the Highway Code
- Competitors leaving the field of play for safety reasons have to return to it without gaining any advantage, if advantage is gained due to this action, the competitor will receive a time penalty
- Competitors must ensure that his or her cycle is in a safe and roadworthy condition, unsafe cycles will not be allowed to start the race
- During the event competitors are individually responsible for the repair of their bikes
- Competitors must wear and have clearly visible the official race number facing **backwards**
- Competitors must follow the prescribed cycle route
- Helmet to be fastened **before** de racking the bike and the Helmet must still be fastened **when** racking the bike
- Competitors must use only their designated bike rack space and must rack their bike, the bike must be racked in a way that does not block or interfere with the progress of another competitor.

Transition bike to run (relay only)

- Handover from bike to run at the exit from the bike area

RUNNING CONDUCT:

- Competitors can run or walk, NOT crawl
- Wear and have clearly visible the official race number, **facing forward**
- Not run with a bare torso, front zip can be undone to the breastbone but **must** be zipped up for last 200m finish
- Not run with a bike helmet on
- Not use posts, trees or other fixed elements to assist manoeuvring curves
- Not be accompanied by team members, managers or other pacemakers on the course
- Follow the prescribed run course
- Not dispose of litter on the course

Illegal Equipment:

- NO headphones, headsets or technical earplugs, which are inserted in or covering the ears
- No glass containers
- NO personal video recording devices
- NO mobile phones, video recording or any other electronic listening communication device
- Running spikes are not permitted

Marshals:

Please listen to any info the marshals may pass on, they are there to help and offer their time for free, arrow signs are on route (**yellow with a black arrow**)

Chip collection:

- Your chip will be collected by a marshal at the finish, if you need to retire from the race please give your chip to the nearest marshal