

Race Rules and Regulations Sprint Distance

It is the responsibility of each participant to be aware of and follow these rules. Failure to do so may result in disqualification.

Swim

1. Participants must wear the swim cap provided in the race kit.
2. Swim start will be a wave release beginning at 7:00 AM.
 - a. 7:00am: Male Age Group
 - b. 7:05am: Female Age Group
3. Each participants start time will begin when they cross the timing line at the swim start.
4. Any stroke of a forward motion can be used.
5. Participants must not at anytime use the buoy ropes to propel them forward. This will result in disqualification.
6. Participants are allowed to use kayaks, boats and rafts as flotation aids, as long as no forward progress is made. Any forward progress will result in disqualification.
7. Participants must have their race number displayed on both upper arms and calves prior to the start of the swim.
8. Participants must complete the entire swim course unassisted. Failure to complete the course correctly will result in disqualification.
9. Participants may not use fins, snorkels, flotation devices, gloves, socks or booties at any time during the swim. Calf sleeves (compression sleeves / socks) will NOT be allowed during the swim. Use of these items at anytime during the swim will result in disqualification.
10. Swimwear must not cover the neck, extend past the elbow, or extend past the knees. Sleeves may be worn but cannot extend past the elbow. Swimwear may contain a zipper. A race kit may be worn underneath the swimwear, as long as it does not extend past the elbow or below the knees. Illegal swimwear will result in disqualification.
11. No individual escorts or paddlers are allowed at any time during the swim.
12. **NO** wetsuits of any kind are allowed. Speedsuits are allowed.
The Ruling on Speed Suits: *Speedsuit must be comprised of 100% textile material such as nylon or lycra and must not include rubberized material such as polyurethane or neoprene. The speedsuit may contain a zipper and must not extend below the knee.*
13. A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, pump it up and down, and call or seek assistance. A swimmer, who has received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.
14. Follow the instructions of race marshals and race officials at all times.
15. After the swim, changing tents will be available. No changing will be allowed in the transition area. Public nudity is prohibited throughout the entire event.
16. **Swim Cut-Off** is 30 minutes after the final swim wave crosses the start line timing mat to begin the swim. No competitor will be allowed to bike if they do not reach the swim exit by the cut-off time. Each participant is given 30 minutes to complete the swim course.

Bike

1. Triathlon, road bikes and mountain bikes are allowed. (including modified mountain bikes or hybrid bikes), However beach cruisers, fixed-wheel bikes, folding bikes, and bikes with coaster-type brakes are prohibited.
2. No tandems, recumbent, fairings or any add-on device designed to reduce resistance is allowed. Any new, 'usual', or prototype equipment will be subject to a ruling of legality by the race director and technical director.
3. All bikes must have one operational brake on each wheel.
4. No wheel may contain a mechanism that is capable of accelerating the wheel.
5. Bike Wheels: Disc wheels or wheel covers may be used only on the rear wheel. However, this provision may be changed by the Race Director in the interest of safety, i.e. high-winds.

6. Shoes and a shirt (cycling jersey, triathlon top, or sports top) must be worn at all times while on the bike course - failure to wear will result to a penalty.
7. Helmet must be clipped before the bike is removed from the bike rack and cannot be unclipped until the bike is securely racked in transition. Failure to wear a helmet will result in disqualification. Unclipping the helmet before the bike is racked will result in a penalty.
8. All bikes must be checked into transition and left overnight on Saturday (times to be announced). Please ensure you arrive at the bike check in on time - there will be no extension or late check in and there will be **NO** bike check in on race morning. Only the participant will be allowed to check in the bike. For a participant to check in their bike, they must have the seat post sticker attached to their bike and show their race ID band as identification. No race ID band, no check in.
9. Participants will have full access to their bikes on race morning but will not be allowed to remove the bike from transition 1 until the start of the bike leg.
10. In case of bad weather, a bike cover may be placed over the bike in transition but must be removed and stored in the transition box or given to a non-participant before the start of the race.
11. Mount and Dismount at the designated areas only.
12. No riding inside transition at any time.
13. Failure to acknowledge a race official who asks a biker to stop for a penalty will result in disqualification.
14. Participants are reminded to keep a safe distance at all times from other riders to avoid accidents and must give way to faster riders. There will be no drafting penalties in the sprint distance triathlon.
15. Always ride on the right side of the road. Over take on the left and return to the right as soon as it is safe to do so.
16. Side-by-side riding is not allowed at any time. Riders must remain in single file and respect the drafting zone at all times.
17. Sprint distance triathlon participants may not draft behind a 5150 standard distance participant at anytime on the bike course.
18. Follow the instructions of race marshals and traffic enforcers at all times.
19. Respect local traffic rules and other vehicles on the road at all times. Do not cross the centerline of the road at anytime.
20. No individual or team support vehicle may follow riders around the course. This will result in disqualification to the offending rider.
21. Outside assistance from a non-participant or spectator is not allowed at any time on the bike course. This means no receiving food, hydration, tools, or replacement wheels from any person not directly involved in the event. (Example of non-participants: family members, friends, spectators, photographers, personal drivers, and coaches.) Receiving outside assistance will result in disqualification to the offending rider.
22. Participants may not provide any item of equipment to another participant competing in the same race which results in the donor participant being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both participants.
23. Pacing from a non-competitor or any kind of motorized vehicle is not allowed at any time on the bike course. This will result in disqualification to the offending rider.
24. Participants may walk their bike if needed but cannot complete the course without their bike.
25. All participants are responsible for their own bike care, maintenance, and repair. An official technical crew will rove around the racecourse and may assist with repairs but should not be expected to fix basic flats.
26. Participants must complete the entire bike course unassisted. Failure to complete the course correctly will result in disqualification.
27. The sole responsibility of knowing and following the prescribed bike course rests with each participant. No adjustments in times or results shall be made for participants who fail to follow the proper course for any reason whatsoever.
28. **Bike Cut-Off** is 2 hours after the final swim wave crosses the timing mat at the start line of the swim. No participant will be allowed to begin the run if they do not enter transition 2 before the cut-off time. Each participant is given 2 hours to complete the bike course.

Run

1. Shoes and shirt / top are required at all times on the run course. Failure to wear will result in disqualification.
2. Race number must be clearly visible on the front of the runner at all times. A race belt may be used to secure the race number. Failure to wear will result in disqualification.

3. A runner may run, walk or crawl to complete the course.
4. Outside assistance from a non-participant or spectator is not allowed at any time on the run course. This means no receiving food, hydration, or water/ice/sponges for cooling off from any person not directly involved in the event. (Example of non-participants: family members, friends, spectators, photographers, personal drivers, and coaches.) Receiving outside assistance will result in disqualification to the offending runner.
5. Pacing from a non-participant or any kind of motorized vehicle is not allowed at any time on the run course. This will result in disqualification to the offending runner.
6. No individual or team support vehicle may follow runners around the course. This will result in disqualification to the offending runner.
7. Follow the instructions of race marshals and traffic enforcers at all times.
8. Respect local traffic rules and other vehicles on the road at all times.
9. Participants must complete the entire run course unassisted. Failure to complete the course correctly will result in disqualification.
10. **Finish Line Cut-Off** is 3 hours after the final swim wave crosses the timing mat at the start line of the swim.

General

1. Participants must wear their race ID band for identification purposes at all times. No athlete will be allowed to enter transition or any restricted race areas without a race ID band.
2. Participants must ensure their timing chip is securely fastened to their left or right ankle for the entire race.
3. A race number sticker must be placed on the seat post of the bike (before bike check-in) and on the front of the bike helmet before the race begins. Failure to attach may result in disqualification.
4. Once transition closes on Saturday no participant, for any reason, will be permitted to enter until transition opens on race morning. (Time to be announced.)
5. Participants will give way to all medical and emergency personnel on the course regardless of their race standing.
6. All participants will surrender their timing chip to race officials immediately after crossing the finish line.
7. A participant must complete all three legs of the race in full before each of the cut off times or be disqualified. A participant who is disqualified (or cut off after the swim or the bike) will not be permitted to continue the race.
8. If for any reason a participant cannot finish the race, they must report to the finish line area and return their timing chip. This will result in a DNF (did not finish) result.
9. In transition, it is the responsibility of the participant to ensure all race gear is placed in their respective race baskets / boxes. Anything found lying on the ground in transition will be collected and considered lost.
10. Only participants wearing a Sprint Triathlon wristband and race officials will be allowed to enter transition before, during and after the race. No family members, support staff, personal bike mechanics or photographers will be allowed in transition at any time.
11. Do not place any items (shoes, towels, clothing, etc.) beyond the front wheel of your bike inside transition. No glass containers of any kind will be allowed inside transition.
12. Bikes or bags remaining in transition after 1:00pm will be left unsecured as the transition area will be closed and race security removed from the area. Bikes and bags can only be collected by the **PARTICIPANT** - family members, support staff, coaches, and drivers will **NOT** be allowed to check out bikes and bags from transition. Participants must show their race ID band as identification to check out their bike.
13. All medical expenses occurred during the course of the race or as a result of the race are the sole responsibility of the participant.
14. MP3 players or any kind of personal music / listening devices with headset are not allowed at any time during the race. Use of a headset at any time during the race will result in disqualification.
15. If a participant loses or forgets their timing chip prior to the swim start, they must report immediately to a race official at the swim start area. If the timing chip is lost during the course of the race, the participant must report the loss to a race official and pay a replacement fee upon completing the race.
16. Full disclosure of a participant's medical condition(s), general health and surgical procedure within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to acceptance into

the race. In all cases, the final decision of medical consideration is at the discretion of the event Medical Director.

17. Participants may be requested to undergo drug-testing procedures before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures. If a participant tests positive to any banned or illegal substance they will be disqualified.
18. Medical personnel shall have **ULTIMATE** and **FINAL** authority to remove a participant from the race if the participant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any participant will result in disqualification.
19. Participants must be 15 years old to be allowed to participate in the event.
20. Age group classification is based on the participant's age as of December 31, 2019.
21. Consider the safety of yourself and other participants at all times during the race. Treat other participants, race officials, race marshals, medical staff, traffic enforcers, and spectators with respect and courtesy before, during, and after the race.
22. Foul, harsh, argumentative or abusive language, or other unsportsmanlike conduct directed at race officials, another participant, race marshal, medical staff, traffic enforcer, or spectator will not be tolerated before, during, or after the race and will result in disqualification.
23. Any protests relating to race results must be submitted in writing to the Race Director within one hour of the final race cutoff.
24. In case of severe weather on race day, organizers reserve the right to make the necessary adjustments to the race course to ensure the safety of all participants. These decisions will be made on race morning and announced at transition and the swim start.
25. Race numbers and race registration are non-transferable. Any attempt to transfer registration will result in disqualification.
26. Organizers reserve the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefing meeting.