



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

38th Annual La Porte YMCA Triathlon Rules

(Please also refer to USAT Triathlon Rules for additional race information)

Swimmers (1/4 mile)

- 1) Race numbers will be marked on right and left arms and one leg with markers at registration area.
- 2) The color of your swim cap determines your wave.

Wave 1 - RED caps	<u>Male 18-34 yrs age</u>
Wave 2 - GREEN caps	<u>Male 35-49 yrs age</u>
Wave 3 - PURPLE caps	<u>Male 50+ yrs age</u>
Wave 4 - WHITE caps	<u>Women 18-34 yrs age</u>
Wave 5 - BLUE caps	<u>Women 35 & up yrs age</u>
Wave 6 - YELLOW caps	<u>Men & Women 17 & under plus all teams</u>

Waves will start 5 minutes apart. Times will be adjusted for wave starts according to race numbers.

3) The course is triangular in shape and will be marked by buoys and monitored by lifeguards. Keep the buoy markers to your right at all times. The swim course will be open for warm ups until 10 minutes prior to the 1st wave starting. All swimmers will be asked to leave the water at that time.

4) **Wet suits** are permitted in water temperatures up to and including 78 degrees Fahrenheit. No floatation devices are allowed. **Safety noodles are for emergency situations "only" and are not to be used as swim aids!**
Swimming with noodles will disqualify you!

Bikers (12.4 miles)

- 1) **Helmets are required! You will be disqualified if you do not wear one.**
- 2) Race numbers for the helmets must be placed on the front of the helmet so that it can be seen head on. *The adhesive numbers will not leave a residue on your helmet!*
- 3) All bikes must be **pushed out** of and into the transition area. Marshalls will instruct when you can mount your bike and also when to dismount when you return.
- 4) All bikes must be racked on the bike racks. **NO BIKES LEANED AGAINST THE FENCING!**
- 5) **Do not move bikes!** The placement of bikes is first come, first serve. Moving around of bikes will be an automatic disqualification.
- 6) You need to be aware of traffic. Busy intersections will be monitored and controlled by volunteers, County and City Police. Please use caution and **stay to the right side of the road!**
- 7) If you breakdown on the course, please do not leave the course. A sag wagon will pick you up. If you must drop out for any reason, please inform one of the Race Directors at Cummings Lodge.

8) **NO DRAFTING ALLOWED!** If it is verified that you have broken this rule by two or more racers, a time penalty will be enforced and added to your finishing time. Please report any drafting to race officials.

9) At the conclusion of the race, a bike may not be removed from the transition area until a designated race official has matched the bike number with the arm number of the participant.

Runners (3.4 miles)

1) Race numbers must be pinned on the front and clearly visible. At the end of the chute, remove your timing chip and give it to the race official. Do not re-enter the chute after you have given your chip to the official.

2) The course is a loop around Stone Lake. You need to be aware of traffic. Volunteers, County and City Police, will monitor busy intersections. Please use caution and **stay to the left hand side of the road!**

3) Water stations will be located at 1-mile intervals.

Transition Area

1) Competitors **ONLY** in the transition area! **(No pets)**

2) All bikes must be racked. Return your bike to the rack it was removed from. Racks will have a colored flag on the ends for easier identification. Please do not remove your bike from the Transition Area until the last competitor has finished.

Teams

1) Teams must rack their bikes in Transition Area like all competitors.

2) Team participants must tag off in the designated "Team Tag" area. You must transfer your chip in this area. **(No bikes in Team Tag area.)** Bike members must rack their bike before trading off to their runner in the "Team Tag" area.

Results

1) Results will be posted at Cummings Lodge as soon as possible.

2) Official results will be available on the Y website as soon as possible.

The official results site address is **www.onlineraceresults.com**. Results will not be mailed out!

Additional Information

1) **No audio equipment (headphones, etc.) is allowed while participating in the Race.**

2) Watch for cars backing out of driveways. We have distributed information cautioning residents along the course to watch for bikers and runners and to keep their pets inside.

3) "Free" refreshments will be available for all **Competitors** after the race.

4) **If you have to drop out of the race before finishing, please notify a race official of your number.**

5) **Failure to follow any of these rules may result in disqualification.**

6) **HAVE A SAFE AND ENJOYABLE RACE!**

*****Please remain off of the race course until the last competitor has finished!!!**