

Prime Man Triathlon

Rules and Regulations

General:

1. All decisions of triathlon officials prevail on race day.
2. Race Director reserves the right to cancel or change event if weather conditions warrant.
3. Rain Date: 8/15/2009
4. Only competitors are permitted in the transition areas.
5. NO outside assistance is allowed during any part of race. Aid stations will be provided.
6. All competitors are required to follow the race course as marked. Deviation will result in a time penalty or disqualification. Competitors are responsible for knowing race course.
7. Race numbers will be assigned race day and are to be marked visibly on right and left upper arms with permanent marker.
8. Competitors are required to show race numbers at all times during race and asked to **say race number aloud as you cross a timing station**. DO NOT use or copy a number from another competitor!
9. If a competitor must leave the course, they may re-enter the course at the exact point of deviation so long as they did not receive any outside assistance.
10. Headphones, headsets, walkmans, iPods, mp3 players, cell phones, cameras, etc. are not to be carried or worn at any time during race.
11. NO Unsportsmanlike Conduct: Foul, harsh, argumentative, abusive language or pushing shoving, or violence of any kind is strictly prohibited. Violation will result in disqualification.
12. All personal equipment and belongings taken out on the course must stay on the competitor the entire time. No garbage, clothing, etc. shall be thrown on the course.
13. No competitor may impede the forward progress of any other competitor or interfere with another competitor's equipment during any part of the race.
14. NO glass containers!!
15. No animals allowed.
16. Minimum age requirement of 7 years old. Anyone under 18 needs a parent/guardian signature. No baby carriages, strollers, or children under 7 allowed on race course.
17. It is suggested that every competitor be checked by a physician prior to competing.

Swim

1. All swim strokes are allowed.
2. Competitors may stand on bottom, tread water, float, or use ropes/pool sides if you need to stop, catch your breath, or adjust your goggles.
3. Competitors may NOT use any object to make forward progress (excluding bottom of pool).
4. No swim aids such as flippers, swim gloves, floaties, or any sort of propulsion device is allowed.
5. Swim caps, goggles or wetsuits are optional.

Bike

1. Competitors must stay on Right side of road and obey all traffic laws while on race course.
2. Safety helmets must be buckled and worn at all times when on a bicycle.
3. NO DRAFTING! Keep at least 3 bike lengths of space between yourself and the cyclist in front of you.
4. All passing must be on the LEFT side and done within 15 seconds.
5. No forward progress without bike. You may push or pull bike.
6. All bikes must be returned to upright position in bike rack before starting the run.

Run

1. Competitors may run or walk the designated course. No crawling.
2. Competitors must stay on Left side of road and observe pedestrian laws.
3. No additional equipment is allowed during run.