



# RULES & REGULATIONS HASTINGS YMCA TRIATHLON

## REGISTRATION AND RACE DAY PACKET PICK UP:

- Begins at 7am at 16<sup>th</sup> Street Pool
- All teammates must be present before registering

## SWIMMERS

- Race event begins at 8am
- Race number **MUST** be written clearly on **RIGHT** upper arm. (Registration table will mark your arm with number.)
- Swim warm-up at 7-7:55am
- Swim is conducted using a "Serpentine Start" One swimmer will be released in the deep end of the water every 15 Seconds. Placement will be based upon 50 yard (1 lap) swim time.
- 16 lengths must be completed **BEFORE** proceeding to next component
- Swimmers may wear goggles, swim cap, and safety belts (if concerned with survival)
- May change in the locker rooms, transition time may increase
- Benches are located around the exit doors for clothing and accessories needed for bike component
- **NO RUNNING** on pool deck at any time

## CYCLISTS

- Race number bib must be pinned in front of shirt or shorts
- Additional race number (provided) must be placed on bike
- Bicycles must be placed on bike rack prior to event start
- Family members or friends may "get out" racer's bike to aid in transition
- Helmet must be worn to complete bike component
- Cyclists must travel on right side of road (with traffic)
- People will be stationed on the route to help direct you
- Timers will calculate your delay if a train crosses on Baltimore (The time at train will be subtracted from total event time.)

## RUNNERS

- Race number bib must be pinned in front of shirt or shorts
- Runners will travel on left side of road (against traffic)
- People will be stationed on the route to help direct you
- When crossing finish line, stay in single file line until staff can pull your bib tag.
- Water and snacks will be provided after race.

## TEAM PARTICIPANTS

- Once you have completed your segment, you must "tag" the next person before he/she may begin

JOIN US AFTER THE EVENT TO HELP CHEER OTHER COMPETITORS TO THE FINISH LINE. RACE RESULTS WILL BE AVAILABLE ONLINE MONDAY FOLLOWING THE RACE.

**THANK YOU FOR GIVING IT A "TRI!"**