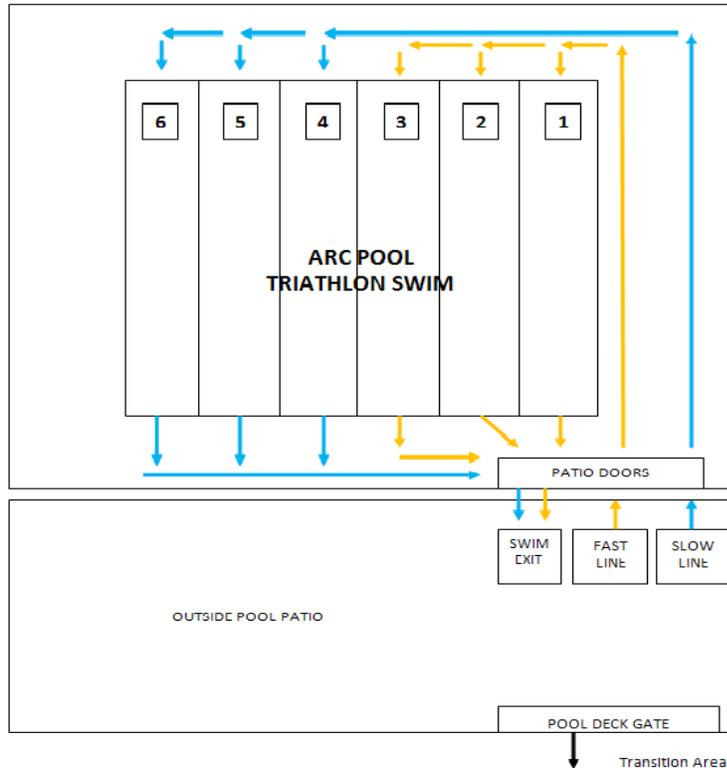


SRU Campus Rec Mini Triathlon

Rules/Course Information

SWIM

1. The swim will be held in the ARC pool. Racers will enter the pool from the outside patio. There will be two lines entering the pool area. One line will be for slower swimmers while the other for faster swimmers. Slower swimmers will be using lanes 4,5,6 while faster swimmers will use lanes 1,2,3. On race day you will be given a number that will identify which line you will be in. Example- Numbers 1-50 fast line, 51-100 slow line. This will be determined based on your estimated swim time.



2. We will start the swim promptly at 7:30am. (There are no warm ups for the swim) It is up to each participant to be in line and ready to start the swim portion of the race during that time. When you check in on race day you will be given a timing chip and number, this number will determine what place you are in line to get into the pool. Your race time starts when you cross the timing chip mat prior to diving into your pool lane.
3. You will swim 17 lengths starting on the ARC gym side of the pool and exiting at the opposite outside patio end of the pool. Each lane will have 2 swimmers in it at one time. You will swim on one side of the lane, no circle swimming.
4. No running is permitted on the pool deck, please wait until you are outside of the pool area to run to the transition zone.

BIKE

1. Portions of the course are open to car traffic.
2. Helmets must be worn at all times when on your bike. Chin straps must be buckled.
3. Drafting is not permitted. All participants must keep 3 bike lengths between you and the cyclist in front of you. If you move into the draft zone you must pass within 15 seconds.

4. Blocking is not permitted. You must ride on the right hand side of the lane of travel unless passing.
5. Once passed you must immediately exit the draft zone from the rear, before attempting to pass again.
6. When transitioning to the bike you must walk your bike across the transition zone lawn and chip timing mat and mount bike when you reach the concrete. Stay to the far right as you enter course.
7. You will ride a 1.3 mile loop 8 times to equal 10.5 miles total. You must cross the chip timing mat each time you complete a bike loop lap.
8. When you complete your last lap of the bike leg enter the deceleration chute on the right side of the road as you approach the ARC and transition zone area. You must walk your bike back into the transition zone

RUN

1. You must cross the timing chip mat as you exit the transition zone onto the run course.
2. Runners stay to the far right of the course for the duration of the run. Runners will run on asphalt, sidewalk, and gravel surfaces throughout the run course.
3. Runners will complete 1 loop to equal 2.5 miles in total.

TEAM

1. Teams will start 1st in the pool followed by individual participants.
2. Teams will have 1 timing chip that will be passed off from racer to racer through each triathlon leg. Example: Swimmer will wear timing chip anklet during the swim and then pass to cyclist in transition zone, cyclist will wear for duration of bike course and then pass to runner in transition zone.

GENERAL

1. All participants must check in on race day at the race day check in table. Each participant is required to sign a race waiver before picking up their chip in order to participate in the event.
2. Participants who pre-ordered a Brian's Ride Triathlon Shirt will pick up their shirt at the check in table while picking up their timing chip.
3. All participants are required to follow the prescribed course. Cutting the course in any way is not permitted.
4. Headphones, headsets, iPods, mp3 players or any other audio devices are not permitted to be carried or worn at any time during the race.
5. All participants are responsible for counting swim and bike laps. We will attempt to have volunteers in the pool area to assist with lap counting.
6. Outside assistance other than that offered by race and medical officials may not be used. Triathlons are individual tests of fitness. Friends are permitted to assist with lap counting (Bike).
7. All equipment must be placed in a properly designated area within the transition zone. Participants are not to interfere with any other participants equipment or impede the progress of another participant.
8. Glass containers are not permitted, and all trash is the responsibility of the participant to clean up.
9. Unsportsmanlike conduct will not be tolerated towards race officials, volunteers, spectators or fellow participants.
10. Volunteer EMS personnel will be available throughout the course.
11. Some parts of the course are open to traffic; it is your responsibility to be alert and aware of your surroundings. We will have volunteers stationed along the course directing traffic.
12. Runners and cyclists will be on some parts of the course at the same time. Runners should stay to the far right of the course, while cyclists will pass them on the left.