

USAT General Guidelines

KALAPAWAI LANIKAI TRIATHLON

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REGULATIONS: This is a USA Triathlon sanctioned race. We ask for your cooperation in *swim-bike-run race regulations*:

SWIM GUIDELINES:

- ▶ PLEASE SEED YOURSELF ACCORDING TO YOUR SWIMMING ABILITY; fast in front, slower in back
- ▶ No flotation devices, fins, paddles, snorkels, etc...

BIKE GUIDELINES:

- ▶ Participants MUST WEAR A HELMET which must be buckled before leaving the transition area
- ▶ It is recommended to wear a bike jersey, gloves, bike shorts, and eye protection (clear lens preferably, if it is a cloudy day)
- ▶ Riding your bike in the transition area is prohibited
- ▶ When passing other bikers please pass on the left and yell "on your left". Please pass safely.
- ▶ If you need to stop on the bike course or need to walk your bike in some areas, please stay on the far-right side of the road
- ▶ All competitors are required to follow the prescribed course and to stay within all directed areas. Cutting the course is an obvious violation and going outside the course is a safety issue
- ▶ Carry a spare tube, pump or CO2 cartridges, tire levers and "drink" (i.e. water, sports drink, etc...)

RUN GUIDELINES:

- ▶ All runners are required to wear race numbers at all times during the run
- ▶ Numbers must face the front and be clearly visible at all times, or you may receive a time penalty
- ▶ Barefoot running is not allowed; proper shoes must be worn

REMINDERS:

- ▶ Do not leave any equipment or personal gear on the race course
- ▶ Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA triathlon officials, volunteers, spectators, or fellow athletes is forbidden.

The Most Commonly Violated Rules

No headphones! While you can carry a phone (mounted on your bike or in an armband while running, for example), you cannot use it as a communication device.

Your helmet must be buckled at all times when you are touching your bike.

No outside assistance. That also means you can't hand off equipment or have pacers.

No glass containers. Save the beer and champagnes for off the race course (and outside of transition).

You cannot transfer your number to another athlete — even if you're not doing the race — without race director permission.

You must wear your number at all times during the run and it must be visible.

And, of course, you have to cover the entire course; don't miss a turn or take an accidental shortcut.

++ REVIEW USAT Guidelines at

https://assets.contentstack.io/v3/assets/blteb7d012fc7ebef7f/blt18e70d5ac2bdc1fc/6949bfa10fbf166236e0e98b/USA_Triathlon_Multisport_Competition_Rules.pdf

Thank you for your cooperation, Have a safe and enjoyable race... Good luck!