

**PLEASE READ**  
**TRIATHLON – BASIC RULES OF CONDUCT**

**Transition**

- You are not allowed to receive assistance in the transition area. All spectators must remain outside of the transition area.

**SWIM**

- You will be called to your swim heat by number. Please line up numerically for efficient lane assignment. Your start time has been determined by this number – if you miss your start time; you will have to go to the end of the total swim line and start there. The clock is ticking!
- Upon entering the pool, get your goggles on and ready to go when the starter says go. Swimmers will be started every 15 seconds. NO WET SUITS!
- If a swimmer touches your ankle from behind stop at the wall and allow him/her to pass. Continue. **DO NOT IMPEDE ANOTHER ATHLETE’S PROGRESS!**
- Exit the water safely. Take your time and walk to the exit. The pool deck is slippery!

**BIKE**

- Helmet must be fastened before leaving the transition area.
- If a train is approaching, pull over to the right side of the road and wait for the train to pass. Finish times and places will not be adjusted if participants are held up by trains.
- Walk your bike to the mount/dismount line. **NO BIKE RIDING IN THE TRANSITION AREA.**
- Always ride in the right hand lane and keep 3 bike lengths between you and the cyclist ahead of you – NO DRAFTING!
- Passing only on left. Do not remain in the left hand lane. It is advisable to make the person you are passing aware of your presence. Simply say “Passing on your left”.
- Cyclists are to utilize no more than one-half of the width of the road.
- In the event that an emergency vehicle is on the road with their emergency lights and sirens on please pull your bike over to the right hand side of the road and come to a stop.
- DO NOT RIDE 2 ABREAST. This blocks other cyclists from passing safely. Visit with your friends after the race please!
- If you have bike problems, pull over to the right hand side of the road.
- NO HEADSETS ALLOWED

**RUN**

- You must have your race number affixed to your clothing for the run and bike portion of the triathlon.
- Basic etiquette applies. The road is narrow and runners will be coming in both directions. Basic courtesy is recommended.
- Please exit the finish chute immediately so that other finishers are not held up and race timers can do their jobs efficiently.

**NO SPECTATORS IN THE TRANSITION AREA AT ANY TIME. NO EXCEPTIONS!**

**The race number on your arm is all you need to enjoy the meal!**

**HAVE A GREAT RACE!**