

## Chain of Lakes Sprint Triathlon Rules

The race will be chip timed. Chips must be returned immediately after the race. There will be a \$30 charge for unreturned chips. Bikers and runners are responsible for following route signage. EMT's and lifeguards will be on site. Participation in this event is at the participants own risk.

### HEATS:

- All participants will be put into heats for the swim.
- All women will be in the first 3-4 heats, all relay teams will be in the 4<sup>th</sup> heat and men will be in last set of heats

### CHIP TIMING:

- Individual and Teams will receive a Chip Packet at Packet Pickup which will contain a Bib Number, and a chip which will be attached to a Velcro strap.
- The bib number should be displayed on the front of the body.
- The chip and strap must be worn on the ankle (left ankle is suggested) throughout the entire race.
- Teams will receive one chip, which must be transferred to the next team member's ankle at each transition.
- The chip must be returned at the finish line or the participant will be charged \$30.

### SWIM SEGMENT:

- Locker rooms will be available.
- Pool will be open for warmup swim from 8:00 -8:30am. Swimmers may warm up after they check-in.
- All swimmers must be in the staging area behind the blocks at least 15 minutes prior to their heat start time.
- A volunteer to count laps will be provided if swimmers do not have one- see note at bottom.
- If desired, swimmers may vary their stroke. There is no penalty for touching the bottom of the pool.
- Swimmers are to circle swim, which is swimming on the right hand side of the lane.
- If swimmers wish to pass, they are to tap the foot of the person in front of them.
- If a swimmers foot is tapped, they must allow the person to pass once they reach the wall.
- No flippers, snorkels, hand paddles or wetsuits will be allowed.
- Goggles, earplugs and swim caps will be allowed.
- Only officials, participants and lap counters will be allowed in the pool area. A seating area will be open for observers.
- There will be 3-4 swimmers in each lane per heat. The swimmers will be paired according to estimated swim time.
- The next heat will start when 7 of the 8 lanes are open. The venue coordinator will announce when next heat may enter pool.
- NOTE: If you will have someone watching you during the race we would like you to designate that person as your lap counter, in the swim portion of the triathlon.

### SWIM- TO- BIKE- TRANSITION

- Only triathletes and race staff are allowed in the transition area/bike corral. No assistance is allowed in the transition area.
- Bikes must be put in bike rack.
- Bikers cannot get on bike until out of transition area.
- For team competition: Biker will be located in a designated area in the transition area. The swimmer will transfer chip strap to biker.

### BIKE SEGMENT

- Bikers must wear a certified bike helmet and have it clipped at all times. No participation without certified bike helmet.
- No listening devices are allowed on the bike course.
- Bikers must yield right-of-way to vehicles.
- Course will be marked with white paint on the road and signs along the course and volunteers.
- No drafting (no warning). No biker may be closer than two bike lengths behind or six feet to either side. Bikers have 15 seconds to pass. Penalty is 10 minutes added to overall time per violation.

### BIKE-TO-RUN TRANSITION

- Cyclists must get off the bike at the entrance to the transition area, wheel bike to their spot in transition area to ensure safety.
- For team competition, the runner will pull the chip strap off their bikers ankle and put it on their own ankle.

### RUNNING SEGMENT:

- There will be 1 water stop at the turnaround.
- There will be mile marks 1-3 and directional arrows at all corners.

### RESULTS AND AWARDS:

- Race results will be posted before the awards presentation. Any questioning of results must be made a half hour before the awards presentation. Results are final after that point.
- Awards presentation and prize drawing will be near the finish line at approximately 12:30 or just after the last participant has finished. There will be a drawing for a Grand Prize Package valued at \$400 from Gear West Bike Shop for one lucky participant.
- Results will be printed on the Chain of Lakes Website: [www.pickleevents.com/colt](http://www.pickleevents.com/colt)

### INJURIES AND SCRATCHING FROM THE RACE:

- If someone scratches at any time let a volunteer know. This needs to get called into base station. Return chip/strap to the finish area.
- Please communicate any injuries of fellow participants to the next volunteer on the course as well as someone at the finish line/transition site.
- EMT's are stationed along the route for your safety as well as at the transition site and the finish line.