Official Rules and Regulations

Swim:

- Swimmers must begin the race in the water with a body parts in contact with the starting end of the pool.
- Swimmers will start and stop when the swim marshal blows the whistle.
- Swimmers must stay in their assigned lane, as well as on their side of the lane.
- Swimmers must remain in the pool for the duration of the swim.
- The use of any artificial propulsion and/or flotation device is prohibited; including, but not limited to fins, hand paddles, water gloves, kickboards, pull buoys, and snorkels.
- With the exception of the end walls; no inanimate object (lane ropes, sides of pool, pool bottom) may be used to aid in forward progress at anytime. Flip turns are allowed.
- Failure to adhere to this regulation will result in a warning and 100 meter penalty after the first offense and disqualification after the second. (This means you cannot walk or jump off of the bottom of the pool.)
- Swimmers must continue in the same forward direction until they have made contact with the end wall. (You cannot turn around until you have completed a full pool length.)
- Distance covered and amount of time will be kept by event officials, all other time keeping and/or distance measurements are null & void.

Bike:

- Riders must remain on the bike for the duration of the biking leg.
- Shoes, shirt, and shorts/pants must be worn at all times during the biking leg.
- Dry yourself as much as possible to avoid soaking the bikes.
- Riders may get on the bike prior to the start, but cannot begin to pedal until the start signal is given.
- Late arrival for the start of this leg will result in a penalty of time lost.
- Distance covered and amount of time will be kept by event officials, all other time keeping and/or distance measurements are null & void.

Run:

- Runners must remain on the treadmill for the duration of the run.
- Shoes, shirt, and shorts/pants must be worn at all times during the running leg.
- Runners may get on the treadmill prior to the start, but cannot begin running until the start signal is given.
- Late arrival for the start of this leg will result in a penalty of time lost.
- Distance covered and amount of time will be kept by event officials, all other time keeping and/or distance measurements are null & void.
Transitions:

- All changing of clothes must take place inside the locker rooms.
- Participants must not attempt to disrupt or impede the transition of another competitor in any way.
- Failure to appear to the next leg of the race with in the transition time limits will result in a penalty of time lost for that leg, failure to appear to any one or more legs of the race will result in disqualification.
- Absolutely NO running in the transition areas.

Also:

- All participants must conduct themselves within the guidelines of “good sportsmanship” and in accordance with the rules and regulations listed above.
- Competitors must follow any and all instructions given by event officials.
- Except where an alternative penalty is listed; any violations will result in disqualification. Any and all judgments/ruleds made by event officials are final and may not be disputed.

What to do after the Triathlon:

- Please feel free to use the locker room and showers after your final event.
- The awards will be given out promptly after the last wave finishes.
- Refreshments will also be available.
- Don’t be shy about cheering for your friends and/or teammates.