

## SWIM COURSE RULES

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.

Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.

- Wearing swim goggles or a face mask is recommended, but optional
- No fins, paddles, or flotation devices of any kind allowed
- Timing Chips must be properly affixed on your ankle
- Swimmers are required to stay on course, swim clockwise and keep turn buoys on their right. Failure to do so may result in disqualification.
- If you require assistance in the swim, you may hold on to any kayak as long as you do not make forward progression.
- A swimmer experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up and down, and call or seek assistance.
- No swimmer shall return to the race if the official rendering assistance requests that the participant withdraw from the race or receive medical assistance
- Each Swimmer must wear the colored swim cap provided by Long Bay Triathlon.

## BIKE COURSE RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Ride on the right side of your lane unless directed otherwise by race officials.
- Keep three bike lengths between yourself and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right.
- Complete your pass within 15 seconds.
- If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.
- All bicycles shall be propelled only by human force and human power. Any violation of this section shall result in disqualification.
- The sole responsibility of knowing and following the prescribed cycling course rests with each participant. No adjustments in times or results shall be made for participants who fail to follow the proper course for any reason whatsoever.
- Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
- No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
- A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

- Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a penalty. Please keep California clean!
- Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event

## RUN COURSE RULES

- All athletes are required to wear race numbers at all times during the run:
  - Numbers clearly visible at all times
  - Numbers may not be cut or folded or altered in any way
  - Numbers designated to other athletes may not be used
- Audio players are not to be carried or worn at any time during the race:
  - ear buds, headphones, headsets
  - iPod, mp3 players
  - any personal audio devices
- All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.
- No individual support vehicles or non-athlete escort runners are allowed on course.
- **Athletes are expected to follow the directions and instructions of all race officials and public authorities.**
- **The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.**
- Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans.