

Tri For A Cause | Sunday, March 8, 2026 | 8 a.m. – 1 p.m.
Race Day Rules, Format & Conduct for Athletes & Spectators



1. **TRIATHLON** race format is as follows: 10-minute swim, 10-minute transition, 20-minute bike, 5-minute transition, 15-minute run.
DUATHLON race format is as follows: 15-minute run, 5-minute transition, 20-minute bike, 5-minute transition, 15-minute run.
KID'S DUATHLON race format is as follows: 5-minute swim, 10-minute transition, 10-minute run.
2. Event type and wave time are chosen by participant at time of registration. Athletes are responsible for knowing in advance which event and wave they are registered for.
3. Athletes **MUST** check in at the registration table in the front lobby at least **30 minutes prior** to their event start time. Proof of registration or photo ID may be required.
 - **TRIATHLON/KID'S DUATHLON** athletes should also check in with the Head Swim Timer in the pool area at least **10 minutes** prior to start of their wave time.
 - **DUATHLON** athletes should also check in with the Head Run Timer in the gym at least **10 minutes** prior to start of their wave time.
4. Body marking/numbers will be assigned when athletes check in at the registration table. A volunteer will also be assigned to each athlete to record distances in each event.
5. **SWIM WAVE:**
 - A shower must be taken prior to entering the pool.
 - Two competitors may be assigned to a swim lane.
 - Participants must begin the race in the water with at least one body part in contact with the wall. No diving, wet suits, or use of flotation devices allowed.
 - No running is permitted on the pool deck or in the transition spaces (i.e. locker room, hallways).
 - Distance in the swim wave is measured in laps. **One lap = one length of the pool.** Laps will be measured to the last completed half length.
6. **BIKE WAVE:**
 - Setting your bike seat height is part of transition time. Tester bikes will be available at any time to test seat adjustments. **Pedaling on competition bikes will not be permitted before wave start time.** Failure to adhere to this may result in loss of competition time.
 - Cleats, tape and spitting are not allowed on the gym surface. Bike cleats are allowed on bike only. Gym shoes must be worn on gym floor and in hallways. Headphones are allowed to be worn; use of one earbud is suggested.
 - **No standing permitted on bikes.** 1st violation will result in a verbal warning. 2nd violation could result in disqualification.
 - Distance in bike wave is measured in laps. **One lap = 0.25 miles.** Laps will be measured to the last completed half length.
7. **RUN WAVE:**
 - All athletes begin the run wave in the runner's corral at north end of Court 2 in the gymnasium to allow space for runners finishing the wave before them.
 - Headphones are allowed to be worn; use of one earbud is suggested.
 - Stepping off track to get a drink of water during the race is allowed. However, athletes must enter the track at the point of exit, or a penalty will be assessed. Cutting corners will result in a penalty = ½ lap deduction.
 - Distance in the run wave is measured in laps. **One lap = one length around perimeter of the gym.** Laps will be measured to the last completed half length.
8. Winners are determined by total combined number of laps completed from each wave. Half laps do count and will be factored into total completed distance.
9. Medals are awarded to the top three male and female finishers in the open (ages 13-39) and masters (age 40+) age groups for the Triathlon. Medals will be awarded to the top three male and female finishers of the Duathlon. Medals will be awarded to the top three male and female finishers of the Kid's Duathlon.
10. Race results will be posted on-site after the last wave of athletes complete their race, along with post-event awards ceremony. The post-event awards ceremony will take place at approximately 11:45 a.m., after all events have concluded. Results will be posted on the FitRec website following the event, and medals may be picked up at FitRec later if recipients are not present.
11. Spectators will be allowed in designated spectator areas only. Children under the age of 12 must always be accompanied by an adult in all areas of FitRec. Children aged 8-12, participating in the Kid's Duathlon, should have a parent/guardian present within FitRec at all times.
12. Athletes and volunteers are expected to follow the general code of conduct taken from the USAT rule book. During an event or while at the event site, all participants must:
 - i. Act in compliance with these Competitive Rules.
 - ii. Conduct themselves in a matter that is not offensive in any way to fellow participants, spectators, officials or volunteers.
 - iii. Treat all participants, officials, volunteers and spectators with fairness, respect, and courtesy.
 - iv. Refrain from the use of abusive language or conduct.