

## FitRec TRI For A Cause Race Day Rules, Format & Conduct



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.  
**CYCLOTHON** race format is as follows: 50-minute bike.  
**KID'S DUATHLON** race format is as follows: 5-minute swim, 10-minute transition, 10-minute run.
2. Event type and wave time is 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.
  - CYCLOTHON** athletes should also check in with the Head Bike 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:**
  - i. A shower must be taken prior to entering the pool.
  - ii. **NO** running is permitted on the pool deck or in the transition spaces (i.e. locker room, hallways).
  - iii. Two competitors may be assigned to a swim lane.
  - iv. Participants must begin the race in the water with at least one body part in contact with the wall. No diving, wet suits, use of flotation devices allowed.
  - v. 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:**
  - i. 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.
  - ii. Cleats, tape and spitting are not allowed on the gym surface. Bike cleats allowed on bike only. Gym shoes must be worn on gym floor and in hallways.
  - iii. **No standing permitted on bikes.** 1<sup>st</sup> violation will result in a verbal warning. 2<sup>nd</sup> violation could result in disqualification.
  - iv. Distance in bike wave will be measured in laps. One lap = 0.25 mile. Laps will be measured to the last completed half length.
7. **RUN WAVE:**
  - i. All athletes begin the run wave in the runner's corral at north end of Court 2 to allow space for runners finishing the wave before them.
  - ii. Stepping off the track to get a drink of water during the race is allowed. However, you must enter the track at the point of exit, or a penalty will be assessed. Cutting corners will result in a penalty. Penalty will be a ½ lap.
  - iii. Distance in the run wave is measured in laps. One lap = one full length around perimeter of the gym. Laps will be measured to the last completed half length.
8. Winners will be 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 will be awarded to the top three male and female finishers in open (ages 12-39) and masters (age 40+) age groups for the Triathlon. Medals will be awarded to the top three male and female finishers for the Duathlon. Medals will be awarded to the top three overall finishers for the Cyclothon and 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 11:30 a.m. 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 areas only. Non-member participants or spectators do have the use of the KidRec services at a \$5 drop-in rate or FitRec member KidRec add-on rate. Children must always be accompanied by an adult in all other areas of the FitRec.
12. Athletes and volunteers are expected to follow the general code of conduct taken from the USAT rule book. At or 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 and is considered reasonable and acceptable in the community.
  - iii. Treat all participants, officials, volunteers and spectators with fairness, respect, and courtesy.
  - iv. Refrain from the use of abusive language or conduct.