

2011 Official Race Rules and Regulations

Lakefront Days Triathlon

RACE NUMBERS AND TIMING

1. A race official will mark your body with a race number at check-in on the morning of the race. Your race number will be marked on your arms, back of legs and the back of hands.
2. A number for your bike will be provided in the race packet and must be used.
3. A runner's number must be worn in an unaltered form and clearly visible on the FRONT of the body.

SWIM

1. Participants will be distributed into 9 (nine) waves by gender and age category or as necessary. Heats start at 8:00 a.m. and every 3 (three) minutes thereafter.
2. Each swimmer must wear the official cap as provided in the race packet-no exceptions or substitutions.
3. Wet suits will be allowed UNLESS the water temperature reaches 78° Fahrenheit or above. Notification of the usage of wetsuits will be available at 6:30 a.m. in the registration area and posted at the beach the day of the race.
4. The swim portion of the triathlon will not take place if the water temperature is below 70° Fahrenheit.
5. The course will be patrolled by water safety certified personnel in safety vessels. Medical personnel will be on shore.
6. Keep buoys on your right at all times.
7. Swimmers may hang on to a boat or other race vessel to rest without disqualification. No forward progress can be made.
8. Swimmers who make forward progress while receiving assistance by a vessel, receive floatation devices from triathlon personnel, and/or who are pulled from the water will be disqualified from the event. No exceptions.
9. Swim course closes at 9:00 a.m. Anyone not finished at this time will be pulled from the water and disqualified.

BIKE

1. Each competitor is responsible for ensuring that his/her bicycle meets the minimum safety standards required.
2. All cyclists are responsible at all times for their own safety and for compliance with all traffic laws on the cycling course and are solely responsible for the consequences of any infraction.
3. Cyclists are expected to heed directions and instructions of race officials. There are areas on the course where slowing down and taking extreme caution are expected of all competitors.
4. Always ride on the right side of the road. Crossing the center line is not allowed unless instructed by race personnel.
5. Participants may not use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the head official. Wearing such items will result in disqualification.
 - a. All participants must wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC). Helmets manufactured prior to March 10, 1999 must meet or exceed the safety standards of the American National Standard Institute (ANSI), the Snell Memorial Foundation, or ASTM.
6. Helmets must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted.
7. No individual support vehicles or assistance by anyone is allowed. A race support vehicle will be provided on the course.
8. Drafting off another bicycle or motor vehicle is not allowed. Drafting is defined as the maintenance of a static position to the rear (within three bike lengths) or to the side (within six feet) of another cyclist or vehicle.
9. Exemptions to the drafting rule are:
 - (a) When passing another cyclist if completed within 15 seconds.
 - (b) When the cyclist is required to reduce speed for safety reasons (e.g. weather, traffic control) or to receive aid.
 - (c) On curves or turns of 90 degrees or more.

RUN

1. All runners must wear their official race number on the course at all times. Numbers must be displayed on the FRONT of the body. Runners must make sure their official printed race numbers are visible to timing volunteers at the finish line.
2. All runners should stay on the right side of the course at all times.
3. No support or escort runners are allowed. This is an individual event. Receiving help results in disqualification.
4. Participants must run or walk the entire run course.
5. Participants may not use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Wearing such items will result in disqualification.
6. Run course closes at 11:00 a.m. Anyone not finished at this time will be pulled from the course and disqualified.

TRANSITION AREAS

1. The transition area opens at 6:00 a.m.
2. Only registered racers and official race personnel are allowed in the transition areas. No exceptions.

3. Security will be provided, however, the race organization and its officials are not responsible for lost, stolen, or damaged equipment. Please remove your bike and other race gear as soon as the race is completed.
4. All participants must walk their bicycles both in and out of the transition area. Any violation of this rule will result in penalty minutes or disqualification.
5. Participants must reduce cycling speeds to an acceptable and safe level when exiting and entering the transition area.
6. All participants must place their bicycles and race gear in the properly designated and individually assigned area. Bicycles must be kept in an upright position when in the transition area.
7. The transition area will be cleared at 7:50 am. Please have all of your gear in the transition area and set up before this time.
8. No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the transition area.
9. The transition area will be torn down at 11:30 a.m. Security will end at this time. Participants will be responsible for any items left in the transition area.

CHIP TIMING

1. Chip timing will be used at this event.
2. All participants must wear their assigned chip on the right side of their body during all portions of the race. Failure to do so will result in disqualification.
3. All chips must be returned to the race staff at the completion of the run. If you do not return your chip, you will be charged \$30.00.

WATER STOPS

1. Water will not be provided for the swim or bike portions of the race. Participants should ensure and provide water for themselves throughout this portion of the race.
2. Water will be provided at miles one and two of the run and at the end of the race.

MEDICAL ATTENTION

1. Paramedic and EMT service will be provided at the event.

WEATHER

1. When winds on the course exceed 15 mph, the event will not be allowed to start. If the event has already started, the remaining participants in the water will be allowed to finish, but no additional swimmers will be allowed to enter.
2. The triathlon will not begin or proceed if severe weather or lightning is present or immediately forecasted for the area.

GENERAL RULES

1. All USA Triathlon (USTA) rules apply.
2. Only registered racers and official race personnel are allowed in the transition areas and on the course. No exceptions.
3. Protests must be filed at the finish line with the race official.
4. Participants may not use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the head official. Wearing such items will result in disqualification.
5. Participants will not use their body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation will result in disqualification.
6. Course marshals and the head official have the ultimate and final authority to remove a participant from the race, if, in their judgment, the participant is physically incapable of continuing the race without sustaining physical damage or loss of life.
7. Please pace yourself, maintain hydration, and keep health and safety in their proper perspective.

AWARDS

1. Awards will be presented at 10:30 am or as results become available.
2. Participation medals to all finishers.
3. Awards will be presented to:
 - Top 3 elite male
 - Top 3 elite female
 - Top 3 amateur male
 - Top 3 amateur femaleFirst place finisher in each of the amateur men's and women's age categories.
4. Elite participants are not eligible for age category awards in the amateur division.
5. Top 3 amateur men's and women's finishers not eligible for age category awards.