

RULES FOR TRIATHLON ATHLETES

- Have fun! This is a rule, not a suggestion
- You are responsible for your own water, there will be no one designated to offer you water during the event
- If you need help at any time for any reason, please ask a volunteer
- No spectator assistance allowed
- Exercise extreme caution running between events, your path may be crossed by a spectator
- Make sure your cleats are compatible with what will be offered on the bikes:
 - Platform
 - Toe Cages
 - Shimano SPD
 - Shimano SPD-SL
 - Crank Brothers Eggbeater
 - Speedplay Zero
- If you do not finish one of the disciplines in the threshold time allowed you will be asked to move on by a volunteer, but you will be given credit for the entire distance at your average pace
- Appropriate athletic attire, including shirts that completely cover the torso, must be worn at all times outside of the Aquatic Center.
- No cursing, using foul language or trash talking

RULES FOR SPECTATORS

- The pool, bikes and treadmills designated for the race are to be used only by registered athletes during the duration of the race
- Stay off the path the athletes will use during transition between events
 - Be extremely cautious crossing an athlete path
- Spectators are PROHIBITED from entering the transition area
- No assistance is allowed in transition
- No cursing, using foul language or trash talking
- You **MUST** cheer for your favorite athlete, and you will not be penalized for cheering for everyone!