

# Manitou Sprint Triathlon Rules and Guidelines

The race follows USA Triathlon Rules and Regulations

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## Swim

- The swim course is an out and back course in a clockwise route. One should always have the buoys and the lifeguards to their right. One must swim out and around the **last 2 buoys** and then head to the gateway on the beach leading to the transition area.
- Swim caps are required to be worn for the entire swim course. The caps will reflect elite, age group female/male and team categories.
- Your race number must be clearly exposed to all race officials during the entire swim. It is recommended not to take off your swim cap until one has entered the main transition area.
- Wet suits are recommended. The water temperature will be somewhere between 60 and 68 degrees.
- Lifeguards will be in the water for your safety. They are available to assist any swimmer in need. A swimmer is not allowed to use the lifeguard to move them forward on the course. They are able to assist in distress and resting situations.
- Any swimmer needing to drop out will be assisted to one of the lifeguards located on the swim course and escorted to shore. Please turn in your timing chip to the timer.

## Bike

- It is the sole responsibility of knowing and following the prescribed cycling course and rules rests with each participant. No adjustments in times or results shall be made for the participants who fail to follow the proper course for any reason whatsoever.
- All participants are required to wear a legal helmet during the entire bike portion of the race. Any cyclist observed without a helmet will be disqualified from the race. Please refer to the 1/4- sized sheet of paper for helmet specifics located in your race packet.
- Numbers are provided for your bicycle. They are to be placed in an upright position at or near the front of the bike frame. The number must be able to be observed at all times during the race.
- **All participants must obey all traffic laws while on the bike course unless otherwise specifically directed by a race official or Sheriff.**

- **Drafting** – Drafting is illegal! The term “drafting zone” shall refer to a rectangular area seven (7) meters (three bike lengths) long and two (2) meters (3 feet or more) wide surrounding each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts. With respect to a moving motor vehicle, the “drafting zone” is a rectangular area extending 15 meters to each side of the vehicle and 30 meters behind the vehicle. The bike course will have course marshals. They will either be traveling or parked.
- **Right-of-way** – A participant is generally entitled to assume any otherwise proper location on the cycling course provided that the participant arrives in the position first without contacting another participant. When taking a position near another participant, however, a cyclist shall not crowd the other participant and shall allow reasonable space for the other participant to make normal movement without making contact.
- **Blocking** – Cyclists who have established the right of way must not block or obstruct the progress of another participant.
- **Passing** – A participant who approaches another cyclist from the rear or from another unfavorable position bears primary responsibility for avoiding a position foul even if the cyclists being approached decreases speed. A participant must not attempt to pass another cyclist unless adequate space is available and the athlete is confident of his/her ability to pass the cyclists. All passing is to be done on the left of the cyclists being overtaken unless otherwise specified.
- **Position** – Except for the reasons of safety and when no advantage is gained, all cyclists shall keep to the right of the prescribed course unless passing.
- **Being overtaken** – When the leading edge of the front wheel of one cyclist passes beyond the front wheel of another cyclist, the second cyclist has been “overtaken” within the meaning of these Rules. A cyclist who has been overtaken bears primary responsibility for avoiding a position foul and must immediately move to the rear and out of the drafting zone of the other cyclists before attempting to re-pass the other cyclists. In no case, however, shall a participant move into the path of another participant possessing the right of way.

- Exceptions – A participant may enter the drafting zone without penalty only under the following conditions:
  - 1) When entering the drafting zone from the rear closing the gap, and overtaking all within no more than 15 seconds.
  - 2) When cyclists reduces speed for safety reasons, for course blockage, for an aid station, for an emergency, when entering or exiting a transition area, or when making a turn 90 degrees or more.
  - 3) When an official expressly excludes a section of the bicycle course from the position foul rules because of overly narrow lanes, construction, detours, or a similar reason.
- The transition to the bicycle and the run will follow a one-way traffic pattern in the transition area. Ask a transition marshal if you are confused about the direction flow.
- When returning from the bicycle course there will be a dismount zone. All participants must dismount from their bicycle and walk/run their bike to the proper bike corral then continue to the run course.
- A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area. When entering from the bike course, all participants must dismount from their bike in the “dismount zone” and walk or run the bike to the proper rack.
- All bicycles must be placed in an upright position when placing it on the bike rack at the beginning of the race and at the end of the bike portion of the race.
- No participant shall impede the forward progress of another participant or interfere with another participant’s equipment while in the transition area.
- There is to be no glass containers of any kind allowed in the transition area or throughout the entire race site.
- Public nudity in the transition area or at any time during the event is prohibited.

**There is NO using of any ipods, walkmans, headsets, or radios throughout ANY part of the event course(s). If you are seen with one, you are disqualified.**

## Run

- All race numbers must be worn on the front of each participant and visible at all times. If a pull- tab is taken off prior to the finish line or the number is not visible, it will be a call for a time penalty or even disqualification.
- It is the sole responsibility of knowing and following the prescribed course and rule, rests with each participant
- The run course is an out and back course (5k = 3.1 miles). A water stop will be located at the turn around point.

## Transition Area

- Bike racks are available. They are first come first serve, EXCEPT Elite and Teams are reserved.
- A one-way direction for all participants will be used. There is NO riding of the bike in the transition area at any time.
- There are to be **no spectators** in the transition area at all times.
- All participants shall place equipment only in properly designated and individually assigned bicycle corral and shall at all times keep their equipment confined to such properly designated areas.