

Midwest Indoor Tri Classic Series Triathlon Participants Rules, Race Format, & Code of Conduct

1. Athletes **MUST** check in at the registration tables at least one hour prior to their start time.
2. Athletes must have completed race registration **AND** check in with the Head Swim Timer in the pool area at least 15 minutes prior to the start of their wave time. Failure to do so may result in the forfeit of position within the wave to an athlete waiting on stand-by.
3. The race format is as follows: 10 minute swim, 10 minute transition, 20 minute bike, 5 minute transition, 15 minute run.
4. A volunteer will be assigned to record your distances throughout the entire race.
5. Wave seeding is based on age and gender. If a shortage of participants exists in any age group, you may be combined with other ages or genders in order to fill the wave.
6. Body marking will take place at the pool area at the time you check in with the Head Swim Timer.
7. A shower must be taken prior to entering the pool.
8. **NO** running is permitted on the pool deck or in the locker rooms.
9. Two competitors are assigned to a swim lane.
10. Participants must begin the race in the water with at least one body part in contact with the wall. No diving or use of flotation devices is allowed.
11. Distance in the pool will be measured to the nearest length.
12. The bike portion of the race is on an assigned stationary bike. Setting your seat height and warming up is part of the transition time.
13. No standing on bikes. 1st violation will result in a verbal warning. 2nd violation will result in disqualification.
14. Water bottles, cleats, tape, and spitting are not allowed on the track surface.
15. Stepping off the outside of 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 ½ lap at Edward & HeathTrack. Penalty will be ¼ lap at Wheaton Sport Center.
16. During the run portion of the race, full laps and ½ laps will be credited.
17. Spectators will be allowed in designated areas only. Non-member participants or spectators do not have use of the club's child care program, workout or recreation facilities. Children **MUST** be accompanied by a parent in all areas of the club at all times.
18. Race results will be posted on the Results Board and www.active.com.
19. All competitors are eligible for prize money and age group awards. However, the top three overall (prize money) winners will not receive age group awards. Winners will be determined by total distance covered (in miles).
20. A locker and one towel are assigned only to participants who provide a photo identification card. There is a \$15.00 fee for keys and towels not returned.
21. For race day emergencies, contact the host site for that race via telephone.
22. 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:
 - ✓ Act in compliance with these Competitive Rules;
 - ✓ 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;
 - ✓ Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
 - ✓ Refrain from the use of abusive language or conduct; and
 - ✓ After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.