

Rutherglen Triathlon Race Rules

(Adapted from Triathlon Victoria Race Rules)

GENERAL INFORMATION

- Competitors must obey the instructions given to them by a course marshals (identified by their yellow vest with a Rotary symbol on the back), SES and Police.
- It is the responsibility of the competitor to familiarise themselves with the course and with the entry and exit points of transition.
- If you have to withdraw from the event, please notify a course marshal and the registration desk.
- A top covering your chest area must be worn during the cycle and run legs of the event.
- St Johns first aid will be providing medical assistance during the event. They will have the ultimate and final authority to withdraw a competitor from the event if they judge the competitor to be physically incapable of completing the race.
- Unsportsman like behaviour will not be tolerated and can result in disqualification from the event.
- A training program is recommended to physically prepare yourself for the event.
- The event is run on public roads therefore both cyclists and runners must obey all traffic laws.

TRANSITION AREA

- The competitors are responsible for their gear. Do not leave unnecessary gear lying around the transition racks.

SWIM

- No flotation devices, fins, paddles or other piece of swimming equipment other than goggles can be used.
- Course marshals will instruct swimmer where to go in the pool area.
- Qualified life guards will be present at all times in the pool area.

CYCLE

- Bicycles must be in good working order.
- All competitors must carry a full drink bottle at the start of the bike leg.
- Cyclists must wear an Australian Standards approved helmet.
- Your helmet strap must be strapped at all times while you are with your bike i.e. from un-racking your bike until you rack your bike after the ride. Failure to do so may result in disqualification from the event.
- This event is a **no drafting** event. Cyclists must stay at least 2 bike lengths behind other competitors and vehicles unless overtaking.

- Cyclist must only pass fellow competitors on the right hand side. Cyclists must pass competitors in front within 15 seconds to avoid being caught drafting.
- If you are given a drafting penalty you must stop your bike, put both feet on the ground. You can then continue.
- Cyclists must not cross the centre line on the road unless directed by police or course marshals
- Always stay on the left hand side of the road unless you are overtaking.
- Cyclists must obey instructions from police, drafting officials and course marshals and are responsible for consequences of any infractions.
- No music players i.e. iPod's etc. are permitted whilst cycling.

RUN

- Runners must not receive any assistance from escort runners.
- Runners must obey the instructions given by police and course marshals.
- Runners must stay on the designated course. Obey the directional signs and witches hats on the course.
- There will be a drink station at the turn around point of the 3.5 Km run leg.

SAFETY RECOMMENDATIONS

- Hydrate yourself well the day before and on the morning of the race.
- Eat a meal high in carbohydrates the night before the event.
- Take advantage of the fluids available at the drink stations.
- Be cautious when running or walking in your cycling shoes as the plastic under soles tend to be very slippery.
- When cycling around tight turns, ride in single file and watch out for loose objects, potholes and drainage holes. Often these can be very slippery after rain or early in the mornings.

MEDICAL RECOMMENDATIONS

- If you are of an older age or have not overly prepared for the event, we recommend that you have a medical check-up prior to the event.
- Stay hydrated throughout the entire event. Carry fluids on your bike. On the run, there will be a drink station at the turn around point and at the finish line.
- If you are feeling unwell after the race, please seek assistance from medical and/or event staff.
- Rehydrate yourself properly after the race so that you can enjoy the rest of your day.