



YMCA FALL SPRINT TRIATHLON

RACE INSTRUCTIONS

SWIM INSTRUCTIONS

The distance is 750 yards for Long Course (30 pool lengths or 15 laps) or 200 yards for the Short Course (8 pool lengths or 4 laps).

All swimmers need to check in with the race official prior to reporting to your swim lane in order to get a timing card. Swimmers must start in the water, diving is prohibited when starting the race.

All swim times will be recorded and posted on Saturday morning at the bike/run start.

BIKE AND RUN INSTRUCTIONS

Short Course starts at 9:00am and Long Course starts at 9:15am

1. Helmets are required throughout the bike portion of the race.
2. No drafting allowed. Bikers must maintain a minimum distance of approximately six bike lengths behind other competitors.
3. Bicyclist's must obey all traffic rules and must stay to the right of all roadways at all times during the bike route. Moving to the left will only be allowed while making a left hand turn.
4. Cyclists will start in the order and time they finished the swim. They will need to walk into the bike rack area after starting to pick-up their bike. Swim splits will be available at the transition area Saturday Morning.
5. You must walk your bike out of the bike rack area before mounting and after dismounting on your way back.
6. You must slow down when coming into the transition area and follow any instructions given to you by a race official in this area.
7. Team Tagging is done by giving a high five.
8. Runners must wear race bibs on the front where race officials can see it.
9. Please secure your bike and other personal items immediately following the race. Race officials will be monitoring the area during the race and immediately following the race. The YMCA is not responsible for lost or stolen items from this area.
10. Only racers are allowed in the transition area during the race.