



RACE RULES

Please read the following rules thoroughly. It is imperative for ALL to be aware of the following policies and precautions prior to participation in Tri by the Sea to ensure the safety of our athletes, spectators and volunteers.

Participants

- Each athlete must be body marked at race check-in before pre race meeting and prior to swim start.
- Swim-caps must be worn for shoulder length or longer hair throughout the swim portion of the race.
- Swimmers may use kickboards and noodles provided if needed.
- There is no nudity allowed in transition.
- Race numbers (Bibs) must be visible at all times during the bike and run portion of the race.
- Athletes are not allowed to mount or ride their bikes within the transition.
- Bike helmets must be put on-and strapped- before an athlete is allowed out of transition and onto the bike course. Volunteers will be on hand to assist.
- Athletes must mount and dismount their bikes at the respective mount/dismount lines located outside of transition.
- Cyclists must stay two bike lengths behind the participant in the front, except when passing.
- Cyclists must make passes on the left, with slower cyclists remaining to the right.

Participants & Parents

- Racers must complete race unassisted by parents or others. Racers receiving assistance in changing area, along course, etc. will not be eligible to place.
- Parents are **NOT** allowed in transition at any time during the race.
- Parents are only allowed in transition during designated set-up times, and upon completion of the race to retrieve belongings.
- No one will be allowed to remove equipment out of transition during the active race.
- For safety reasons, parents are not allowed to follow their children on the bike course.
- Parents may sit in the pool bleachers or in the designated spectator area on the track.
- Spectators are only allowed to enter/exit the pool in between swim waves.
- Please be considerate and do not block the view of those sitting behind you on the bleachers.