

**South Beach**  
TRIATHLON



BENEFITTING  
**Save the Children.**

# 2018 ATHLETE GUIDE



**APRIL 15, 2018**

# WELCOME

## 11 Years of the South Beach Tri

**O**n behalf of the City of Miami Beach, the Miami Beach Visitor and Convention Authority and Life Time Fitness, we are grateful to welcome you to the 11th edition of the South Beach Triathlon, presented by Save the Children.

As always, the Life Time Tri Series kicks-off in style atop South Florida's most popular destination. While this year's event is no different, the entire tri series has undergone a bit of a makeover - and you might notice a few changes during event weekend.

This week, we launched our new Officiating Program, identifying new rules designed to better educate our athletes, as well as move toward global sport standards. Be sure to read the rules in detail, which identify new wetsuit temperatures, a new bike draft zone, a new Penalty Tent process and more.

The South Beach Tri is also a qualifying event for the inaugural Life Time Tri Championship event, to be hosted in New York City in July. Due to the unfortunate cancellation of Escape to Miami back in September, qualifying slots have doubled (to 264), meaning the top six qualifiers in all Competitive divisions will earn guaranteed entry into the Championship event - which includes free bike shipping!

Beyond our Tri Series, the 2018 SoBe Tri event is shaping up to be just as incredible. Of the 2,500 registered participants, we're honored to host one of the largest group of travelers ever at this venue. Nearly half of this year's field travels from out of state, comprising more than 30 states and 28 countries.

We also welcome back our national charity partner, Save the Children. This group is the world's leading children's relief organization, working in 120 countries including the United States.

Look for a healthy dose of celebrity athletes this year, too. The South Beach Tri remains a hotbed for stars who answer the triathlon

challenge and raise funds for those in need. More so, please be courteous and extend a smile as you interact with the hundreds of volunteers who dedicate themselves to providing you with a top-notch race experience.

Thank you again for joining us, and best of luck for an incredible race weekend.

We'll see you at the Finish Line!

*The South Beach Triathlon Race Staff*

## Contact Us

South Beach Triathlon  
Race Venue: Lummus Park  
501 Ocean Drive | Miami Beach, FL  
Athlete Services: Email: [FLevents@lt.life](mailto:FLevents@lt.life)

# Table of Contents

Schedule of Events . . . . .	4
Packet Pick Up   Expo . . . . .	5
Race Venue & Logistics . . . . .	7
Relay Team Details . . . . .	7
Swim Course Details . . . . .	8
Swim Course Map . . . . .	9
Wave Start Sequence . . . . .	10
Bike Course Details . . . . .	10
Bike Course Maps . . . . .	12
Run Course Details . . . . .	14
Run Course Maps . . . . .	15
Full Course Map . . . . .	16
Finish Festival . . . . .	18
Awards   LTT Championship . . . . .	19
2018 Tri Rules Summary . . . . .	20
FAQs . . . . .	22
Pre Race Checklist . . . . .	26
Sponsors . . . . .	27
APPENDIX	
2018 Life Time Tri Rules Book . . . . .	28

## 2018 Life Time Tri Series



04.15.18  
Miami Beach, FL



05.28.18  
Austin, TX



07.01.18  
New York City, NY

**LIFETIME TRI:**  
*Championship*



07.14.18  
Minneapolis, MN



08.25.18  
Chicago, IL



08.26.18  
Chicago, IL



09.14.18  
Tempe, AZ



09.30.18  
Miami, FL

# Schedule of Events

## SATURDAY, APRIL 14, 2018

### PACKET PICK-UP / EXPO

Lummus Park | 700 Ocean Drive, Miami Beach FL  
(Ocean Drive between 5th & 7th Streets)

8:00 AM	Optional Pre Race Open Water Swim & Clinic Benefitting Save the Children   <a href="#">Details &amp; RSVP</a>
9:00 AM	Packet Pick-Up and Mandatory Bike Check Opens
9:00 AM	Athlete Briefing ( <i>located in Athlete Briefing Tent on beach</i> )
10:30 AM	Athlete Briefing
12:00 PM	Athlete Briefing
1:30 PM	Athlete Briefing
3:00 PM	Athlete Briefing
4:30 PM	Athlete Briefing
6:00 PM	Packet Pick-Up and Bike Check Closes

## SUNDAY, APRIL 15, 2018

### RACE DAY / FINISH FESTIVAL

Lummus Park | 700 Ocean Drive, Miami Beach FL  
(Ocean Drive between 5th & 7th Streets)

#### RACE DAY!

4:30 AM	Transition Opens ( <i>all distances</i> )
6:30 AM	Transition Closes ( <i>all distances</i> )
6:30 AM	International Waves Start ( <i>near 14th Street</i> ) *
7:00 AM	Finish Festival Opens
7:25 AM	Classic Waves Begin ( <i>near 10th Street</i> ) *
10:45 AM	Transition Check-Out **
11:00 AM	Awards Ceremony
11:00 AM	2018 Life Time Tri Championship On-Site Registration Begins
12:00 PM	Finish Festival Closes

\* Swim wave start times are tentative and subject to change.

\*\* No equipment may be removed prior to 10:45 AM.

## MIAMI CHALLENGE

Two races, lots of perks. The first 300 athletes registered for both the 2018 South Beach Triathlon and 2018 Mack Cycle Escape to Miami Triathlon (09.30.18) are eligible to receive this custom Voler jacket. [Click here to learn more.](#)

Once completing Packet Pick-Up on Saturday, visit the **Life Time Tri** Tent to receive your jacket. Sizes are limited, and available on a first-come first-served basis.



## FLORIDA STORM SERIES

If you've completed 3 or more Life Time Run Florida events, or have qualified for the Perfect Storm Challenge in the 2017-18 race season, you may pick up your award(s) at the **Miami Marathon Tent** in the Finish Festival on race day. [Click here](#) to learn more about the series.



# Packet Pick-Up

All participants must pick up their own packet from the race venue in Lummus Park on Saturday, April 14 between 9:00 AM and 6:00 PM:

- This includes each member of a relay team at Packet Pick-Up.
- Unless purchased in advance, there is no Race Day Packet Pick-Up option.
- Athletes are highly encouraged to attend one of the Athlete Briefings, emphasizing timelines, a variety of new rules and provide a great deal of details and last-minute tips to ensure a successful race.

## Required for Check-In

In order to successfully complete the Packet Pick-Up process, each participant will need to provide:

- A current Driver's License or Photo ID. Remember that participating athletes may pick up ONLY their own packet. NO EXCEPTIONS. This applies to all relay team members as well.
- Athlete Bib Number: Participants will be emailed their bib number prior to race week. They may also reference their bib number at the Packet Pick-Up kiosk.

## Registration Packet Items

The following items are customized for each individual participant. Please ensure you receive each of the following at the Packet Pick-Up Tent:

- Swim Cap
- Bib Number (in envelope)
- Athlete wristband (in envelope)
- Tattoo (one for each arm)
- Timing Chip and Strap
- Bike/Helmet/Gear Bag number (in envelope)
- Safety Pins (in envelope)
- Clear Transition Bag

Athletes will then receive the following items at the T-Shirt Tent, located on the beach, within the Expo area:

- T-Shirt
- Goodie Bag
- Visor

## Timing Chips

Timing chips and straps will be provided to you at the Packet Pick-Up Tent.

- Please make sure that timing chips are affixed tightly and correctly to avoid any timing issues.
- IT IS YOUR RESPONSIBILITY TO BRING YOUR CHIP ON RACE DAY IN ORDER TO COMPETE!
- The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event.
- RELAY MEMBERS: You will pass the chip to your teammate after completing your race segment at the respective Relay Pen area.
- Should your chip fall-off during the race, please notify the Timing Staff located at the Finish Line.
- All timing chips must be returned to volunteers at the finish line! Missing chips/velcro straps will incur a \$30.00 fee.



## Bike, Helmet & Bag Stickers

The athlete packets will include a series of stickers, each used to identify the individual athletes and/or athlete gear. Please note:

- The adhesive bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike by joining both end of the adhesive around the center frame of the bike.
- Do not affix the number to your bike frame until after you are prepared to enter Transition on Saturday. Lost bike numbers cannot be replaced!
- The small adhesive helmet number must be affixed to the front of the helmet. A helmet is mandatory for the bike course.
- The bike frame number will match the athlete wristband, mandatory for bike check-out.



## Run Bib Number

The race issued bib must be worn on the Run Course (not required for the Swim or Bike), and must be visible at all times.

- Safety pins will be provided at Packet Pick-Up for those not using a triathlon race belt.
- Please wear on the front of your running shirt or shorts. For safety and security, the number **MUST** be visible while you run.
- Do not cut, fold, or alter your race number in any way apart from removing the bottom tear tags. including each member of a relay team.



## Swim Caps

An official swim cap will be provided at Packet Pick-Up:

- This cap is provided for your safety during the swim and must be worn during the entire swim.
- Athletes will not be allowed in the swim staging area without it.
- Multiple waves will utilize the same cap color. Be alert and ensure you locate the correct wave.
- Participants must start in their designated swim wave. Please follow signage on the beach. **NO EXCEPTIONS.**



## Body Marking Tattoos

All participants will receive a temporary tattoo sheet complete with their race number – one for each shoulder. Follow instructions accordingly. Certain divisions (Premier, Athena, Clydesdale, Para, Relay) will notice additional letters on their tattoos. Please apply the tattoos prior to leaving your house/hotel on race morning. Body Marking volunteers will be available on race morning to assist using permanent markers – applying race age to the left calf.



## Clear Transition Bag

A clear bag will be issued during Packet Pick-Up. All items entering Transition must be placed within this bag. No backpacks or other personal bags will be permitted to enter Transition. All items entering Transition are subject to security checks.

## Participant Wristband

An athlete wristband will be affixed to all participants at Packet Pick-Up. Please note:

- All wristbands **MUST BE WORN THROUGH THE DURATION OF RACE WEEKEND.**
- Athlete wristbands must be presented in order to check-in your bike on Saturday, to enter/exit Transition and to claim your bike following the race on Sunday.
- Do not remove your wristband until you have removed all gear from Transition and left the event site following the event.
- Relay Team swimmers and runners will wear a special wristband denoting "Relay Team."



# Race Venue & Logistics

Race Day requires all athletes, spectators and volunteers to abide by a variety of special timelines, access points and security processes.

## Relay Team Details

Athletes participating in a Relay Team have a very specific set of instructions, differing from the individual athletes:

- ALL RELAY TEAM MEMBERS MUST BE PRESENT TO PICK UP YOUR PACKET. There will be one packet for the entire team, with contents to be shared among the team (swim cap, tattoos and race bib). Each athlete will receive a wristband, a goodie bag and a clear plastic bag.
- Only the Biker of each relay team will be allowed to enter Transition. Like all other athletes, the Biker must rack their bike on Saturday during the mandatory bike check hours.
- On race morning, following the swim portion, the Swimmer will pass their timing chip to their Biker in the Relay Pen, located just outside of the Transition area. The Biker will then proceed into Transition, grab their bike from the rack and exit onto the Bike Course.
- Upon completing the Bike Course, the Biker will enter Transition, rack their bike then proceed to the Relay Pen outside of Transition where they will pass their timing chip to their Runner.
- All timing chip switches must be done at the respective Relay Pen areas only.
- If the Swimmer and Runner have bags or other items which won't be used during their race, they can be handed-off to/from the Biker inside the Relay Pen. There is no need to use the Transition area for storage – especially since all Classic and International athletes must wait to re-enter Transition until the end of the race.
- Only the Runner will cross the finish line, thus receiving their finisher medal in the Finish Chute. Remaining team members can report to the Information Tent within the Finish Festival to receive their medals.

## Driving / Travel Updates

Planning to attend the South Beach Triathlon? The Florida Department of Transportation encourages travelers to use the 511 Traveler Information System before hitting the road to stay up-to-

date on crashes, congestion and construction along their route. The 511 system provides information on all of Florida's interstates, toll roads and other major metropolitan roadways, including those traveling near your event. Before you leave, check the website <http://fl511.com/> or call "511" toll-free from your mobile phone.



## Parking Information

Parking can be found in parking garages along Collins Ave and Washington Ave. Garages between 5th and 9th are the closest option to the Packet Pick-Up/Expo/Transition/Finish Line areas. Parking in these garages can be \$20 to \$30 a day.

If you are a visitor we recommend staying in a Miami Beach hotel, using hotel shuttle service to hotel then riding your bike or a rental bike around the south beach area as all amenities needed are much more convenient to walk or bike to once you are in the area.

## Transition Information

All participants MUST rack their bikes on Saturday, April 14 between 9:00 A.M. and 6:00 P.M. within the Transition Area. Once Transition closes, athletes will no longer be allowed to rack their bikes. Note:

- Bike frame stickers must be applied prior to entering.
- Overnight security will be provided.
- Check signs at the ends of each row of bike racks to locate your specific rack and spot.
- Transition racks will be designated with athlete number stickers.
- Once a bike has been checked into the Transition Area, it cannot be removed until after the start of the race (for the bike course).
- Athletes will need your bib number/wristband to reclaim your bike after the race.
- Bike tech will be provided by City Bikes on Saturday at their Expo tent, and Sunday in Transition and along the course.

## Transition Race Day Schedule

- 4:30 AM Transition area opens
- 6:30 AM Transition area closes for all athletes.
- 10:45 AM Transition reopens to remove gear/bikes (approx). Wristbands will be required for entry and gear removal.

# Swim Course Details

The South Beach Triathlon Swim Course offers includes an incredible Atlantic Ocean swim in the beautiful, warm waters that runs parallel to world-famous South Beach. Average water temperatures measure 78°F.

## Swim Start Process

Please stage yourself according to your swim cap color, wave assignment and signage in the staging area.

## Swim Buoys

Swim buoys will line the course, including both turns and straightaways. Please stay to the left of all swim buoys while swimming.

## Lifeguards and Support

Lifeguards and support vessels will be lined up throughout the course. If assistance is needed, please visibly raise and wave your hand and a staff member will assist you.

## Water Station

Prior to the race, there will be a water station located at the start staging area. Upon completion of the swim, there will be a water station located at the Swim In entrance of the Transition area.

## Wetsuits & Water Temperatures

The use of wetsuits during the swim will be allowed if the water temperature on race morning is 78.0°F or less. If the water temperature measures 78.1°F or higher, no wetsuits are permitted.

## Swim Caps

Only the swim cap placed in your race packet must be worn during the swim. Do not trade your swim cap with another athlete as the caps are color-coded to assist race management with organizing you at the swim start. Your swim cap color dictates the start of swim wave. See below for wave start breakdown.

## Special Needs Table

A special needs table will be provided at the Swim Exit for anyone who wishes to place eye glasses, inhalers, medicine, etc. The table will be located on the right side as athletes exit the water. Those who wish to place items simply need to stop at the table prior to walking to their respective swim start.

## International Distance Description

The International distance Swim Course consists of a 1500 meter “box” course, beginning at 14th Street. The course will extend 120 yards out from shore, then run 1400 yards parallel to the beach and finally back onto the shore 120 yards.

- Start Time: 6:30 AM
- Start Location: Ocean Drive & 14th Street.
- Distance: 0.93-mile swim (1500 meters)
- Course Limits: All swimmers must exit the water by 8:45 AM
- Map: See following page.

## Classic Distance Description

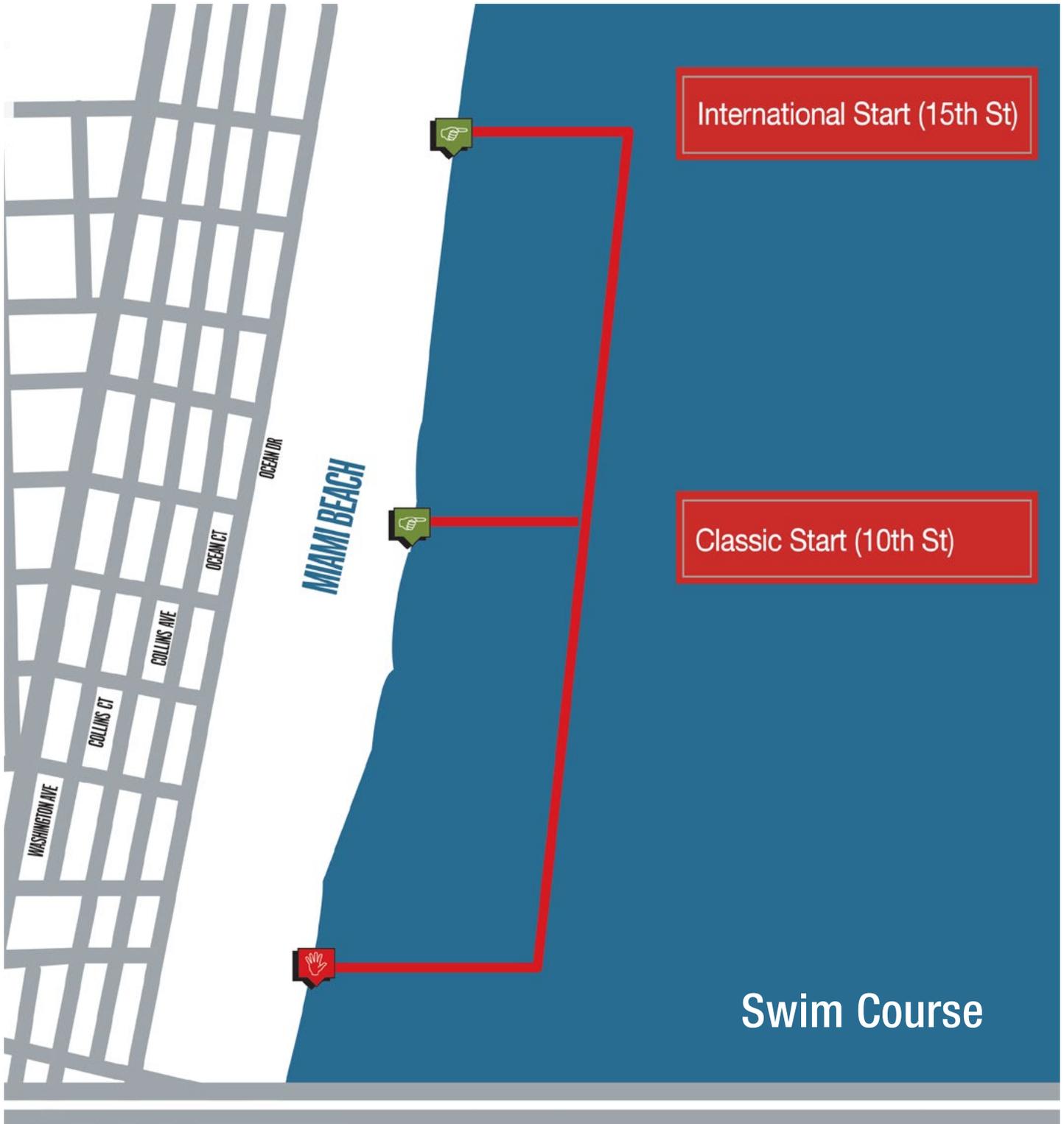
The Classic distance Swim Course consists of a 750 meter “box” course, beginning from the south corner of the Lifeguard Tower (near 10th Street). The course will extend 120 yards out from shore, connecting to the International distance course, then run 640 yards parallel to the beach and finally back onto the shore 120 yards.

- Start Time: 7:25 AM
- Start Location: Ocean Drive & 10th Street.
- Distance: 0.47-mile swim (750 meters)
- Course Limits: All swimmers must exit the water by 8:45 AM
- Map: See following page.

## Jelly Fish

In the unlikely event that you may be stung by a jelly fish, look for vinegar sprays located at the Swim Exit Aid Station.

# Swim Course Map



# Wave Start Sequence

This event will utilize a combination of mass and time trial starts, implemented to provide a smooth starting sequence. As a reminder, athletes MUST enter the water with their assigned wave.

INTERNATIONAL DISTANCE				
WAVE	DIVISION	CAP COLOR	START TIME	START TYPE
1	PREMIER MALES	RED	6:30 AM	Mass Start
2	PREMIER FEMALES	WHITE	6:32 AM	Mass Start
3	ALL COLLEGIATES	BLUE	6:32 AM	Mass Start
4	PARA TRIATHLETES	NEON YELLOW	6:34 AM	Time Trial
5	SAVE THE CHILDREN	ORANGE	6:36 AM	Time Trial
6	CHARITY WAVE	PURPLE	6:37 AM	Time Trial
7	EARLY BIRD	RED	6:38 AM	Time Trial
8	FIRST RESPONDER	SILVER	6:39 AM	Time Trial
9	ALL RELAYS	NEON GREEN	6:40 AM	Time Trial
10	FEMALES 25-29	LIGHT BLUE	6:42 AM	Time Trial
11	FEMALES 24 & UNDER	NEON GREEN	6:43 AM	Time Trial
12	MALES 25-29	BLUE	6:44 AM	Time Trial
13	MALES 40-44	YELLOW	6:45 AM	Time Trial
14	MALES 45-49	GREEN	6:47 AM	Time Trial
15	MALES 50-54	PURPLE	6:49 AM	Time Trial
16	FEMALES 30-34	WHITE	6:50 AM	Time Trial
17	MALES 55-59	RED	6:51 AM	Time Trial
18	MALES 30-34	WHITE	6:52 AM	Time Trial
19	FEMALES 40-44	NEON YELLOW	6:54 AM	Time Trial
20	CLYDESDALES	YELLOW	6:55 AM	Time Trial
21	FEMALES 35-39	LIGHT PINK	6:56 AM	Time Trial
22	MALES 60-64	PURPLE	6:57 AM	Time Trial
23	MALES 65 & OVER	NEON ORANGE	6:58 AM	Time Trial
24	MALES 24 & UNDER	BLUE	6:59 AM	Time Trial
25	MALES 35-39	SILVER	7:00 AM	Time Trial
26	ATHENAS	BLUE	7:02 AM	Time Trial
27	FEMALES 45-49	LIGHT BLUE	7:03 AM	Time Trial
28	FEMALES 50-54	PURPLE	7:04 AM	Time Trial
29	FEMALES 55 & OVER	RED	7:05 AM	Time Trial
30	FRIENDS/FAMILY	NEON GREEN	7:06 AM	Time Trial
31	FIRST TIMER WAVE	YELLOW	7:07 AM	Time Trial

CLASSIC DISTANCE				
WAVE	DIVISION	CAP COLOR	START TIME	START TYPE
32	PARA TRIATHLETE	NEON YELLOW	7:25 AM	Time Trial
33	SAVE THE CHILDREN	PURPLE	7:27 AM	Time Trial
34	CHARITY WAVE	ORANGE	8:28 AM	Time Trial
35	FIRST RESPONDER	SILVER	7:29 AM	Time Trial
36	ALL RELAYS & EARLY BIRDS	NEON GREEN	7:30 AM	Time Trial
37	MALES 25-29	BLUE	7:32 AM	Time Trial
38	MALES 24 & UNDER	NEON ORANGE	7:33 AM	Time Trial
39	MALES 35-39	SILVER	7:34 AM	Time Trial
40	MALES 55-59	RED	7:36 AM	Time Trial
41	MALES 45-49	GREEN	7:37 AM	Time Trial
42	MALES 30-34	WHITE	7:39 AM	Time Trial
43	MALES 50-54	SILVER	7:41 AM	Time Trial
44	MALES 40-44	YELLOW	7:43 AM	Time Trial
45	FEMALES 24 & UNDER	NEON GREEN	7:45 AM	Time Trial
46	FEMALES 25-29	LIGHT BLUE	7:46 AM	Time Trial
47	FEMALES 35-39	LIGHT PINK	7:47 AM	Time Trial
48	CLYDESDALES	YELLOW	7:48 AM	Time Trial
49	FEMALES 30-34	WHITE	7:49 AM	Time Trial
50	MALES 60-64	PURPLE	7:50 AM	Time Trial
51	FEMALES 55-59	NEON GREEN	7:51 AM	Time Trial
52	FEMALES 45-49	LIGHT BLUE	7:51 AM	Time Trial
53	FEMALES 50-54	PURPLE	7:52 AM	Time Trial
54	FEMALES 40-44	NEON YELLOW	7:53 AM	Time Trial
55	MALES 65 & OVER	NEON ORANGE	7:54 AM	Time Trial
56	ATHENAS	BLUE	7:55 AM	Time Trial
57	FEMALES 60 & OVER	RED	7:56 AM	Time Trial
58	FRIENDS/FAMILY	NEON GREEN	7:57 AM	Time Trial
59	FIRST TIMER WAVE	YELLOW	7:58 AM	Time Trial

# Bike Course Details

The South Beach Triathlon Bike Course offers the most unique ride in all of South Florida. The course is relatively flat, crossing over two of Miami's famous causeways with scenic views of the Intracoastal Waterway, downtown Miami and Miami Beach.

## International Distance Description

- Distance: 24.25 miles (39k)
- Course Limits:
  - Cut-off A | 9:50 AM: Any International cyclist reaching the Alton Rd EB exit after 9:50 AM will be sent directly north back to the Julia Tuttle Causeway.
  - Cut-off B | 10:20 AM: Any cyclists reaching NE 38th Street & N Federal Hwy after 10:20 AM will be sent directly south down NE 2nd Ave.
  - Cut-Off C | 10:35 AM: All cyclists must be off the road by 10:45AM. Any remaining participants will be picked up by the SAG Vehicle.
- Bike Support: Roving bike support provided by City Bikes.

## International Distance | Turn By Turn Directions

- BIKE OUT OF TRANSITION: OCEAN DRIVE & 8TH STREET
- BIKERS HEAD SOUTH ON OCEAN DRIVE
- RIGHT ON 5TH ST.
- FOLLOW 5TH ONTO WESTBOUND MACARTHUR CAUSEWAY
- TAKE BISCAYNE BLVD EXIT (NE 13TH ST)
- RIGHT ON N BAYSHORE DRIVE
- LEFT ON NE 15TH ST.
- RIGHT ON NE 2ND AVE.
- RIGHT ON NE 36TH STREET
- MERGE ONTO JULIA TUTTLE CAUSEWAY EASTBOUND
- EXIT ALTON RD. SOUTH
- LEFT ON N. MICHIGAN AVE
- LEFT ON DADE BLVD.
- LEFT ON PRAIRIE AVE
- LEFT ON W. 28TH ST.
- LEFT ON MERIDIAN AVE
- RIGHT ON DADE BLVD.
- RIGHT ON N. MICHIGAN AVE
- RIGHT ON ALTON RD.

- U-TURN AT ALTON RD & SULLIVAN DRIVE INTERSECTION
- HEAD SOUTH TO JULIA TUTTLE WESTBOUND ON RAMP
- TAKE BISCAYNE BLVD EXIT (NE 38TH STREET)
- RIGHT TURN ON NE 2ND STREET (N FEDERAL HWY) HEADING NORTHBOUND
- U-TURN AT 51TH ST TO HEAD SOUTHBOUND ON NE 2ND ST(N. FEDERAL HWY)
- LEFT ON NE 15TH STREET
- RIGHT ON N BAYSHORE DRIVE
- ENTER MACARTHUR CAUSEWAY EASTBOUND RAMP
- TAKE ALTON ROAD EXIT ON RIGHT
- RIGHT ON ALTON ROAD
- ALTON ROAD DEAD ENDS AT SOUTH POINTE DRIVE
- LEFT ON SOUTH POINTE DRIVE
- LEFT ON OCEAN DRIVE
- BIKE INTO TRANSITION: OCEAN DRIVE & 5TH STREET
- TAKE BISCAYNE BLVD EXIT (NE 38TH STREET)
- RIGHT TURN ON NE 2ND STREET (N FEDERAL HWY) HEADING NORTHBOUND
- U-TURN AT 51TH ST TO HEAD SOUTHBOUND ON NE 2ND ST (N. FEDERAL HWY)
- LEFT ON NE 15TH STREET
- RIGHT ON N BAYSHORE DRIVE
- ENTER MACARTHUR CAUSEWAY EASTBOUND RAMP
- TAKE ALTON ROAD EXIT ON RIGHT
- RIGHT ON ALTON ROAD
- ALTON ROAD DEAD ENDS AT SOUTH POINTE DRIVE
- LEFT ON SOUTH POINTE DRIVE
- LEFT ON OCEAN DRIVE
- BIKE INTO TRANSITION: OCEAN DRIVE & 5TH STREET

Bike Course maps are located on the following pages.

### Classic Distance Description

- Distance: 20.17 miles (32.5k)
- Course Limits:
  - Cut-Off A | 10:20 AM: Any bikers reaching NE 38th Street & N Federal Hwy after 10:20 AM will be sent directly south down NE 2nd Ave.
  - Cut-Off B | 10:35 AM: All bikers must be off the road by 10:45AM. Any remaining participants will be picked up by the SAG Vehicle.
- Bike Support: Roving bike support provided by City Bikes.

### Classic Distance | Turn By Turn Directions

- BIKE OUT OF TRANSITION: OCEAN DRIVE & 8TH STREET
- BIKERS HEAD SOUTH ON OCEAN DRIVE
- RIGHT ON 5TH ST.
- FOLLOW 5TH ONTO WESTBOUND MACARTHUR CAUSEWAY
- TAKE BISCAYNE BLVD EXIT (NE 13TH ST)
- RIGHT ON N BAYSHORE DRIVE
- LEFT ON NE 15TH ST.
- RIGHT ON NE 2ND AVE.
- RIGHT ON NE 36TH STREET
- MERGE ONTO JULIA TUTTLE CAUSEWAY EASTBOUND
- EXIT ALTON ROAD NORTH (TOWARD MT SINAI HOSPITAL)
- U-TURN AT ALTON RD & SULLIVAN DRIVE INTERSECTION
- HEAD SOUTH TO JULIA TUTTLE WESTBOUND ON RAMP

# Bike Course: International Distance

**LIFETIME TRI** ★ ★ ★ SM

*South Beach*

T R I A T H L O N



## INTERNATIONAL BIKE

BIKE OUT OF TRANSITION: OCEAN DRIVE & 8TH STREET

- BIKERS HEAD SOUTH ON OCEAN DRIVE
- RIGHT ON 5TH ST.
- FOLLOW 5TH ONTO WESTBOUND MACARTHUR CAUSEWAY
- TAKE BISCAYNE BLVD EXIT (NE 13TH ST)
- RIGHT ON N BAYSHORE DRIVE
- LEFT ON NE 15TH ST.
- RIGHT ON NE 2ND AVE.
- MERGE ONTO JULIA TUTTLE CAUSEWAY EASTBOUND
- EXIT ALTON RD. SOUTH
- LEFT ON N. MICHIGAN AVE
- LEFT ON DADE BLVD.
- LEFT ON PRAIRIE AVE
- LEFT ON W. 28TH ST.
- LEFT ON MERIDIAN AVE
- RIGHT ON DADE BLVD.
- RIGHT ON N. MICHIGAN AVE
- U-TURN AT ALTON RD.
- HEAD SOUTH TO JULIA TUTTLE WESTBOUND ON RAMP
- TAKE BISCAYNE BLVD EXIT (NE 38TH STREET)
- RIGHT TURN ON NE 2ND STREET (N FEDERAL HWY) HEADING NORTHBOUND
- U-TURN AT 51TH ST TO HEAD SOUTHBOUND ON NE 2ND ST(N. FEDERAL HWY)
- LEFT ON NE 15TH STREET
- RIGHT ON N BAYSHORE DRIVE
- TAKE ALTON ROAD EXIT ON RIGHT
- RIGHT ON ALTON ROAD
- ALTON ROAD DEAD ENDS AT SOUTH POINTE DRIVE
- LEFT ON SOUTH POINTE DRIVE
- LEFT ON OCEAN DRIVE

BIKE INTO TRANSITION: OCEAN DRIVE & 5TH STREET

WWW.LIFETIME TRI.COM



# Run Course Details

The South Beach Triathlon Run Course provides a fast out-and-back on the pedestrian path alongside Miami Beach’s Art Deco District, and finishing on the white sands of South Beach.

## International Distance Run Course

The 6.2 mile (10k) International distance Run Course exits Transition and proceeds north along the Miami Beach Boardwalk. The course turns around near 46th Street and proceeds south to 10th Street, where it detours from the Boardwalk. From there, athletes run onto the beach for the final 1/4 mile before crossing the Finish Line. There are a total of 5 aid stations located along the International course. Note: all runners must complete the Run Course by 12:15 PM.

## Classic Distance Run Course

The 4 mile (6.4k) Classic distance Run Course follows the International distance course, but turns around near 27th Street (instead of 46th Street). There are 3 aid stations located along the Classic course.

## Aid Stations & Restrooms

The South Beach Triathlon provides Aid Stations throughout the race venue and course, providing water and Gatorade Endurance. There will be signage along the route at these locations. All aid stations on the course will have dozens of enthusiastic volunteers and portable toilets located nearby.

Aid Stations will be available at these locations:

- Transition - 17th Street
- 27th Street - 44th Street

Public Restrooms and/or portos will be located at:

- 10th Street - 14th Street
- 21st Street - 36th Street

## Gatorade Endurance Energy Gels

Gatorade Endurance Energy Gel will be available on course beyond Mile 1. Gatorade Endurance Energy Gels provide 20g of carb energy, natural flavors, and a light texture and taste. Take it just before, or on course, and chase with water.

## Gatorade Endurance Formula

Lemon-Lime Gatorade Endurance Formula will be available on course at all aid stations. Endurance Formula has nearly two times the sodium and three times the potassium of traditional Gatorade. It also contains no artificial flavors and has a light taste. Learn more about Gatorade Endurance Formula [here](#).



## Medical Support

There will be roving and EMS along the bike course, run course, along with medical support at the Aid Stations, in Transition and at the finish. Should you experience any medical issues, please notify the nearest official or Aid Station who will dispatch appropriate medical attention. Be sure to hydrate well with expected heat. In the event of lightning along the course, immediately seek shelter under a permanent structure.

## Event Alert System (EAS)

This race will utilize the EAS system, encompassing a color-coded system to reveal current event conditions. Participants will notice flags posted in Transition, the race venue and at each Aid Station along the Run Course. The EAS system is developed to help athletes understand changing race conditions due to weather-related, environmental or other man-made situations. EAS updates will be communicated through PA alerts, social media, web, emails, etc.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
<b>EXTREME</b>	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
<b>HIGH</b>	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
<b>MODERATE</b>	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
<b>LOW</b>	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

**LIFETIME TRI**

*South Beach*  
TRIATHLON

Int'l Turn

Classic Turn

Run Course





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Photo: Tamar Levine

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**Join now! [SavetheChildren.org/TeamSave](https://www.savethechildren.org/TeamSave)**

Team Save the Children offers athletes of all abilities a chance to join us in a race while raising much-needed funds to help children.

# Finish Festival

Celebrate your finish at the South Beach Triathlon Finish Festival from 7:00 a.m. to 12:00 PM! Athletes will be able to refuel and rehydrate with water, bagels, cookies and more. The Finish Festival will be bustling with South Beach Triathlon sponsors and vendors sampling their products.

## Post Race Food

The following will be distributed to all athletes within the Finish Festival: Hot Paella, bagels & cookies, bananas, Dole fruit cups, Gatorade Endurance and water.

## Michelob ULTRA Beer Garden

One complimentary Michelob ULTRA beer will be available for all spectators and athletes in the Beer Garden. Must be 21 years and older with valid ID, or present their beer wristband received during Packet Pick-Up.

## Live Entertainment

The Caribbean Crew – one of the most popular Caribbean bands in the country - will perform a variety of reggae, calypso, soca and dancehall music at the Finish Festival.

## Athlinks Results

Race results will be updated regularly online throughout the day. Please visit the Athlinks results tent after you finish for your personal time. You can also access your results directly from your mobile phone using the Athlinks App or via this link: <https://www.athlinks.com/event/30409/results/Event/602415/Results>

## Photography & Social Media

UnitedHealthcare will provide complimentary race photography before, during and after the race. Please make sure your race numbers (body marking, bike and bib numbers) are visible at all times so you can be identified. Photos will be posted to the event website within 24 hours of the event.

## Shirt Exchanges

If you need to exchange your shirt for a different size, you may do so on Race Day at the results area after the race. Shirt size exchanges will be based on availability.

## Spectator Information

Spectators will be able to see their athletes at various points along the course - primarily the swim start, swim exit, bike start, entrance to Transition, the run start and at the finish. Crosswalks will be set up to allow spectators to see athletes during the race.

Non-race personnel and spectators are not permitted to assist athletes in any way. Those who receive outside assistance (of any type) have an unfair advantage over their competition. If athletes are seen accepting assistance, they are subject to time penalties or disqualification. Families and spectators must stay off the course, and may not enter the Transition area or the Finish Line chute. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition. **ONLY ATHLETES ARE PERMITTED IN TRANSITION AND FINISH LINE.**

## Children / Pets

Parents, please supervise your children at all times. The race site and course are busy and potentially dangerous areas. We recommend to leave pets at home. If there are any pets on site, we will ask to make sure they are leashed at all times.

## Volunteers

This event requires hundreds of volunteers to dedicate their time during the big holiday weekend. Please remember to thank them as you come across their services! The event would not be possible without them. If you're available, consider joining us: [RSVP here!](#)

## Lost And Found

Lost and Found items should be turned in or claimed at the Results/Awards Tent. Unclaimed items will be relocated to the Life Time office following the event, and donated after 30 days to a local charity.

# Awards | Championship

## Awards

All finishers will receive a Finisher's Medal. Top performing individuals in all *Competitive* divisions will earn additional awards. The Awards Ceremony begins at 11:00 AM on the beach, with awards issued to top three female and male finishers in these categories:

- Overall
- Premier (Int'l only)
- Premier Masters (Int'l only, 40+)
- Age Groups (19 & Under through 85+)
- Collegiate
- Athenas/Clydesdales
- First Responders
- Paratriathletes
- Relay Teams
- Team Challenge Competition

Should you win an award but can't stay for the awards ceremony, simply email us at [FLevents@lt.life](mailto:FLevents@lt.life) and we will mail it to you.

## Life Time Tri Championship Qualification

The South Beach Triathlon is one of the final qualifying events into the inaugural Life Time Tri Championship race, to be held July 1, 2018 within the 2XU New York City Triathlon. This unique, race-within-a-race competition will attract hundreds of participants from across the nation into a variety of special race weekend events, culminating with a shot at winning big on race day.

Sunday's International distance race offers 264 qualifying spots for the Championship event. Top 6 female and male performers from these divisions will earn guaranteed entry:

### International Division

- Premier Amateurs
- Overall Age Group
- Age Groups (5 year)
- Clydesdale/Athenas
- Para Tri
- First Responders

### Championship Implications

- Will compete in Premier Division (Masters if 40+ in 2018)
- Will compete in respective age group
- Will compete in respective age group
- Will compete in Clydes/Athena Div (Masters if 40+ in 2018)
- Will compete in new Para classifications
- Will compete in First Resp. Division

## Life Time Tri Championship

The South Beach Triathlon is one of the final qualifying events into the inaugural Life Time Tri Championship race, to be held July 1, 2018 within the 2XU New York City Triathlon.

The **first 100 qualifiers to register on-site** for the 2018 Championship and earn complimentary bike shipping to/from New York City!



All athletes who register will have access to a \$50,000 prize purse, VIP finish line tickets, big swag and more great perks. Each of the above qualifiers will be included within the Awards Ceremony. Immediately after receiving their award, qualifiers may register at the Awards Tent (\$310 fee, credit cards only). Otherwise, qualifiers have until June 1, 2018 to register for the Championship.

## 2018 RULES SUMMARY

Experienced triathletes will notice a variety of changes to Life Time Tri's Officiating Program in 2018. While safety and fairness remain paramount, portions of the Officiating Program were redesigned to better educate the entire field of athletes while also applying better global standards across the sport. A summary of these rules is noted below, with a full rules set and descriptions identified under separate cover. Athletes are highly encouraged to review these in detail to ensure a successful race experience.

### On-site Presence

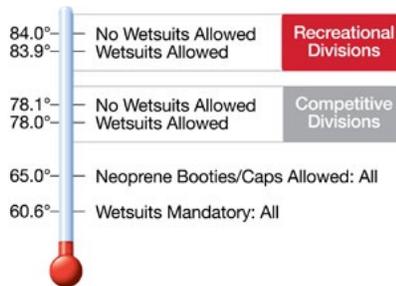
A full team of Race Officials will be on-site and integrated with athletes throughout the entire weekend - from Packet Pick Up to Transition and through the Awards Ceremony.

### Wetsuit Temperatures

Legal wetsuit temperatures are now relative to one of two athlete "divisions," originally selected during registration.

"Recreational" division participants may wear wetsuits in waters up to and including 83.9°F.

"Competitive" athletes (those competing for awards) are able to wear wetsuits in waters up to and including 78.0°F, in line with global standards. If approaching weekend water temperatures are of concern, athletes may elect to change divisions at Packet Pick Up. Full details are listed on p.4 of the Rules Book.



### Draft Zone



Moving toward the global short course standard, Life Time Tri will move to a 9m draft zone. Athletes must keep four (4) bike lengths of space between them, or complete their pass in 20 seconds, to avoid a "drafting" penalty.

### Penalty Card

When a penalty is being issued (and when deemed safe along the course), the Official will call out the athlete's race number and present this black and white penalty card.



### Penalty Tent

Athletes receiving a penalty will be directed to a Penalty Tent, located on the Run Course. Athletes must check-in here to serve their 3-minute time penalty.



### Other Common Rules

- Be a good sportsman. Always.
- Don't endanger anyone, including yourself.
- Cell phones, headphones and cameras are not allowed during the race.
- Participants may not receive assistance, in any way, from anyone other than active racers, volunteers or official Race Staff.
- Keep it clean. Please don't litter.
- Flotation devices are not allowed in the swim.
- Wear a helmet -- before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Always ride on the right and pass on the left (with exception to a portion of the Chicago Triathlon course).
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate. We'll help you with that!



**QUESTIONS?** Contact Rosalyn Popham, Life Time Tri Head Official at [rpopham@lt.life](mailto:rpopham@lt.life) or Athlete Services: [events@lt.life](mailto:events@lt.life)

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# Frequently Asked Questions

## Packet Pick Up

### **Can I pick up a race packet for a friend or coworker?**

No. Each participant is required to pick up his or her own packet. No exceptions! You must have your photo ID with you to pick up your race packet.

### **Where is race Packet Pick-Up?**

Packet Pick-Up will be held at Lummus Park in Miami Beach on Saturday, April 14 from 9:00 AM to 6:00 PM.

### **Is there Packet Pick-Up race morning?**

No. All race packets must be picked up prior to race day at the Expo at Lummus Park.

### **Can I pick up race packets for my relay team members?**

No, each member of the relay team needs to show their ID in order to pick up their own packet.

### **Do I need a driver's license or USAT license for Packet Pick-Up?**

A valid photo ID (current driver's license, certified state ID or passport) is required at Packet Pick-Up. We do not require a USA Triathlon one-day or annual member license.

### **What will be included in the race packets?**

Race packets will include the following: Race numbers for your bike and helmet; swim cap; race information; and rules and sponsor-related materials. You will also pick up your T-shirt and timing chip at the expo along with your packet.

## Swim

### **What is the water temperature on race morning?**

The water temperature will be checked by Race Officials on race morning, and given during pre-race announcements. Typical water temperatures range from 74-78 degrees.

### **What are the rules for requesting assistance from lifeguards?**

If you need to rest during the swim, you may hold onto the rescue tubes and safety boats used by lifeguards along the swim course. However, you will be disqualified if you use one of these devices to assist yourself in forward progress.

### **Which equipment is needed for the swim?**

Swim caps (provided in the race packet), goggles or mask (optional) and swimsuit or tri suit. Wetsuits are legal under USAT rules if the water temperature is 78 degrees or lower. When the water temperature is 79-83 degrees, you may wear a wetsuit, but you will be ineligible for age group awards. No wetsuits are allowed when water temperatures are 84+ degrees. Fins and propulsion devices are not allowed.

## Bike

### **What equipment is mandatory for the bike section?**

A bike and a bike helmet are required. Your bike must be in good working condition with your bike race number properly attached. Your bike helmet must be ANSI or SNELL certified, and it must have your number sticker properly attached. We recommend having your bicycle checked through a reputable bike shop prior to the event. We also advise to bring equipment for changing a flat tire or making minor bike adjustments.

### **Will drafting be allowed?**

No. You must stay four bike lengths behind the rider in front of you. When passing, you need to complete the pass within 20 seconds. If you are being passed, you must drop back four bike lengths from the person passing you. Riding side by side with another rider is also illegal. If you are caught drafting, you will be penalized. See race rules for more information.

### **Are you allowed to use a mountain bike?**

Yes. You may use a mountain bike, hybrid/city bike, road bike, single-speed bike or triathlon bike. No motorized bikes, fixed-gear bikes or recumbent bikes are allowed. Fairings (windshields) are not allowed.

## Run

### **How many Aid Stations will be on the Run Course?**

Aid stations will be approximately every mile on the run course. The International course offers six stations, while the Classic offers four.

### **What mandatory equipment do I need for the run?**

It is required to have your race number and timing chip during the run. Race numbers are to be attached on the front of your body and

the timing chip must be securely strapped to your left ankle.

#### **Are headphones and/or mobile phones allowed when racing?**

NO. Headphones, headsets, iPod, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the “off” position. A participant may only use the phone when dismounted, off course, and not making forward progress.

### Transition

#### **What is the Transition Area?**

The Transition Area is a common area where participants rack their bike, run and swim gear before and during the race. It is also your assigned spot where you will Transition from swim to bike and bike to run. Relay teams have a designated region in Transition where they exchange their timing chip strap from swimmer to cyclist and cyclist to runner.

#### **Who is allowed in the Transition?**

Only race participants (with attached bike race number), Transition volunteers and race officials are allowed inside Transition. Family members and friends are unable to access this secured facility.

#### **What time does Transition open and close on race morning?**

Transition opens at 4:30 a.m. and closes at 6:30 a.m. on Sunday. It will reopen at approximately 10:45 a.m.

### Timing Chips

#### **Where should I place my timing chip?**

The strap with the timing chip must be worn on the left ankle.

#### **How does chip timing work?**

A computer chip encoded with the athlete’s name, race number and wave start is attached to a strap each athlete SECURELY wears on their left ankle. “Scanners” located on mats positioned throughout the course “read” the chips and records the time as each athlete steps on the mat. For this reason, athletes must be careful to step/ride near the mats along the course. In addition, an athlete who starts any wave after the first swim wave begins, must take care not to step on a mat in or around the Transition area accidentally as he/she waits for their wave to begin. The chips go “live” after Saturday’s

mandatory Packet Pick-Up and will record every instance an athlete steps on a mat; if such a time is recorded that is earlier than an athlete’s scheduled wave, accidentally or intentionally, the athlete may be disqualified.

#### **If I lose my chip, will I be timed for the race and where can I get another chip?**

You must have a chip to participate. If you lose your chip before the race begins, contact race personnel at the Swim Start to obtain a replacement chip. Athletes will incur the cost of a lost timing chip - currently a \$30 fee.

#### **What do I do with my timing chip if I decide to stop racing?**

Please return all timing chips to race personnel. If you end up picking up your packet and timing chip on Saturday, but do not race Sunday, please mail you chip to event staff at: Life Time Athletic Event: 8879 SW 131st Street, Miami FL 33176.



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August 26, 2018  
[ChicagoTriathlon.com](http://ChicagoTriathlon.com)

   #ChiTri



Distances	Swim	Bike	Run
SuperSprint	.23 miles	6.2 miles	1.5 miles
Sprint	.47 miles	15 miles	3.1 miles
International	.93 miles	24.8 miles	6.2 miles



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# RACE CHECKLIST

Pack It Up. Rock It Out.

## GENERAL ITEMS

Special foods or drinks  
Extra shoes  
Plastic gear bag – from Packet Pick-Up  
Necessary medications (inhalers, etc.)  
Warm-up suit/warm clothes  
Umbrella or rain gear  
Timing chip band – from Packet Pick-Up  
Multi-tool kit  
Electrical tape

## SWIM GEAR

Swimsuit or tri race kit  
Swim cap  
Goggles  
Wetsuit or swim skin

## BIKE GEAR

Helmet  
Cycling shoes  
Bike/tri shorts or tri race kit  
Pump  
Water bottles  
Nutrition bag

Flat repair kit (tire, tube, tire levers, CO2)  
Arm warmers or leg warmers  
Light wind vest  
Sunglasses  
Sunblock

## RUN GEAR

Race belt  
Socks  
Running shoes with quick laces  
Hydration belt or water bottle  
Hat or visor

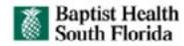
## TRANSITION NEEDS

Towel or mat  
Extra water bottle  
Sunscreen  
Anti-chafe cream

## PRE / POST RACE

Extra clothes  
Extra shoes/flip flops  
Recovery nutrition  
Sunscreen

# Thank You To Our Sponsors



## 2018 RULES BOOK

The conduct and rules set forth here are directed toward all athletes who participate in Life Time Tri events. The following is intended to be a guide for athletes on appropriate and unacceptable conduct at events. It is intended to provide fair play, encourage safety and show respect for all participating. Life Time Tri wishes to emphasize a continued quest to develop well-educated athletes within the sport of triathlon. *Note: An abbreviated Rules Summary is listed on p12.*

### What's New?

Experienced triathletes will notice a variety of changes in Life Time's Officiating Program -- all designed to properly educate the field while also applying better global standards across the entire sport. Key differences include:

#### ON-SITE PRESENCE

A full team of Officials will be on-site during the weekend, from Packet Pick Up through the Awards Ceremony.

#### NEW WETSUIT TEMPERATURES

The maximum legal wetsuit temperatures are relative to athlete "Divisions." *Competitive* athletes may wear wetsuits up to 78.0°F. *Recreational* athletes may wear wetsuits up to 83.9°F.

#### ON-COURSE DIALOGUE

While experiencing a rule infraction, Officials will communicate (when safe) with the athlete in the moment, identifying the penalty and advising on how to serve it.

#### NEW DRAFT ZONE

Moving toward global short course standards, Life Time will move to a 9m draft zone, where athletes keep 4 bike lengths of space between them and make a pass in 20 seconds.

#### PENALTY TENT

Athletes receiving penalties will be directed to a Penalty Tent (located on the Run Course) where they will check-in and must serve a 3-minute stand down.

#### QUESTIONS?

Ask the Officiating Team while at the race venue, or email Rosalyn Popham, Head Official at: [rpopham@lt.life](mailto:rpopham@lt.life)

## I. General Athlete Conduct

1. Athletes not adhering to any of these rules may incur a three (3) minute time penalty per infraction, a possible DISQUALIFICATION or even a suspension from Life Time Tri events.
2. Athletes are expected to treat other athletes, volunteers, race staff, officials and spectators with respect. Any unsportsmanlike conduct may result in a DISQUALIFICATION.
3. Unsportsmanlike conduct on behalf of an athlete towards another athlete, volunteer, race staff, official or spectator, including but not limited to tampering with equipment, will not be tolerated. The athlete on whose behalf they are acting will be DISQUALIFIED and may also be banned from future Life Time Tri events.
4. Knowledge of the entire prescribed swim, bike and run course is the responsibility of each athlete. No adjustments in time or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. An athlete who departs from the course must re-enter at the same point. Any athlete not completing the course in its entirety will be DISQUALIFIED.
5. Athletes must obey all applicable traffic and local laws unless otherwise instructed by race staff or Law Enforcement Officers. Failure to do so may result in a DISQUALIFICATION.
6. No athlete shall endanger themselves, other athletes, volunteers, race staff, officials or spectators. Athletes who intentionally present a danger to anyone may result in a DISQUALIFICATION.
7. Athletes are required to have the race-appropriate body markings, as well as helmet and bike frame numbers visible.
8. Littering or abandoning any personal equipment or gear outside of transition, or a designated aid station, intentional or otherwise, will not be tolerated. Athletes doing this will receive a 3-minute time penalty and a gross infraction may result in a DISQUALIFICATION.

9. Listening devices, head phones, ear buds, Bluetooth products and the like are not allowed at ANY time during the race. Athletes using these items during the race are subject to a 3-minute time penalty, risk their audio device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.



Life Time Tri is not responsible for any lost or damaged items. Confiscated items will be available to the athlete once the race is complete.

10. Athletes may not use communication devices of any type in a distracting manner during the race. Communication devices consist of, but are not limited to: cell phones, smart watches and two-way radios. A “distracting manner” includes but is not limited to: making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for the purpose of using the device like a bike computer. Athletes using a communication device during the race in a distracting manner are subject to a 3-minute time penalty, risk their communication device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.

11. Life Time Tri is not responsible for any lost or damaged items confiscated and confiscated items will be available to the athlete once the race is complete. Athletes may possess a cell phone as long as it is out of sight, used for emergency situations only and is used in a safe manner which does not present a hazard to themselves or others.

12. Cameras, phone cameras, video cameras, GoPros™ and the like are prohibited unless permission is given by Life Time. Athletes wishing to use these items need to contact the Head Official at least five (5) days prior to the event. Athletes using these items without prior approval will be DISQUALIFIED.

13. Signage, flag poles longer than 2', selfie sticks, balloons or other items that could be deemed a distraction or safety hazard in transition or carried on the course will not be permitted. Such items need to be removed/discarded immediately or may result in a DISQUALIFICATION.

14. Athletes are not allowed to accept outside assistance from anyone other than volunteers, race staff and other athletes still actively racing. Examples of outside assistance include: non-participants supplying nutritional items, providing or receiving gear,

escorting an athlete along the race course, pacing or supplying any aid not available to all other athletes at the event. Athletes using outside assistance will receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.

15. Athletes may not provide any equipment to a fellow competing athlete if it results in the donor athlete being unable to continue with his/her own race. Such equipment includes but is not restricted to: complete bicycles, frame, wheels, helmet and shoes. Should this occur, both athletes will be DISQUALIFIED.

16. Athletes shall not work together to improve their performance or efficiency.

17. Athletes who begin the race in an incorrect starting wave may be DISQUALIFIED.

18. Offensive language spoken or written is not allowed. Offensive language written on a sign, clothing or body will need to be removed or may result in a DISQUALIFICATION at the discretion of the Head Official.

19. Public nudity and public urination/defecation are not allowed. Athletes who violate this will be DISQUALIFIED and may also be fined by local law enforcement. Local decency laws apply.

20. Any athlete who appears to be intoxicated or under the influence of drugs will be immediately pulled from the race and DISQUALIFIED.

21. Course officials and medical personnel reserve the right to remove any athlete from the course if determined medically-necessary.

22. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. Life Time Tri supports TrueSport and random testing may occur at any of its events. For more information visit: <https://www.usada.org/substances/prohibited-list/>

23. Unauthorized bib selling or cheating in any form is not allowed. Should you witness this, please report the activity with as many details as possible to events@lt.life or any Race Official. Situations will be investigated to the best of their ability.

## II. Transition Area Conduct

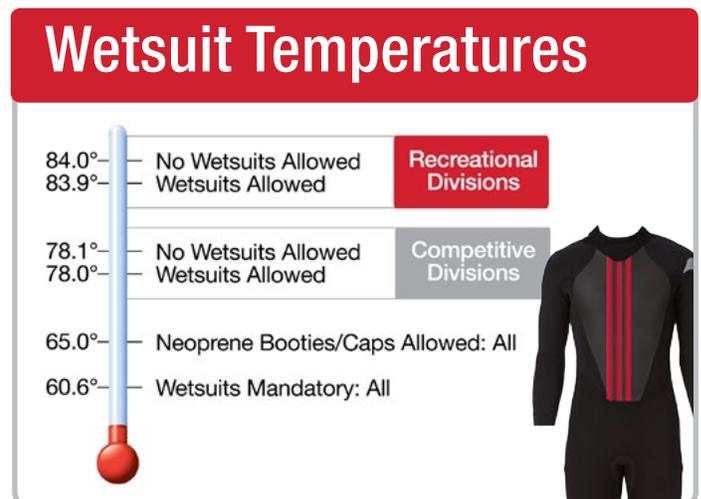
1. Glass items are a hazard and not allowed in transition. Glass items need to be removed immediately or the athlete possessing these items may be DISQUALIFIED.
2. Athletes must rack their bike in a way that does not block or interfere with the progress of another athlete.
3. If an event uses bike racks labeled with individual bike numbers, the wheel down must be on the side of the rack where the athlete's bib number is labeled. Athletes may rack their bikes either by the seat or the handle bars, although the bike must be placed in the rack area specified by the race. Athletes are required to use this rack space for the entire race. Athletes who do not rack their bikes in the proper location may receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.
4. Gear must be placed under the athlete's bicycle or the bicycle tire next to them, not be in the general walkway, bike rack ends or along the transition area fence. Items in these areas will be removed.
5. Athletes are not to interfere with another athlete's equipment in the transition area. Athlete's found tampering with another athlete or event equipment will be DISQUALIFIED.
6. Riding a bike in transition before, during or after the race is not allowed and may result in a DISQUALIFICATION.
7. Athletes who arrive late or remain in transition after race staff have officially deemed it "closed" for the race may be DISQUALIFIED.

## III. Swimming Conduct

1. Race bib numbers are not to be worn during the swim.
2. Athletes may use any stroke to self-propel themselves through the water, including treading water and floating. Athletes may use inanimate objects such as course buoys, boats or ropes to rest upon during the swim, as long as no forward progress is made. If forward progress is made aided by those items, a 3-minute time penalty will

be issued. Should the athlete have received an unfair advantage, the athlete will be DISQUALIFIED.

3. Flotation devices, pull buoys, aquatic flotation belts, fins and webbed gloves are not allowed during the swim portion. Athletes using these or similar items will be DISQUALIFIED.
4. All athletes must swim to the outside of all swim course buoys on the prescribed course.
5. Athletes are required to use the event issued swim cap as the outermost cap during the swim portion. Failure to wear it, or altering the event-given swim cap may result in a DISQUALIFICATION.
6. Goggles and face masks are not required, but strongly encouraged.
7. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with a medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.



8. Legal wetsuit temperatures are now relative to one of two athlete divisions, originally selected during event registration:

A. "Recreational" division participants are those opting into non-competitive waves (ie. First-Timers', Friends & Family, Early Bird, Charity Waves, etc.). *Recreational* participants may wear wetsuits when the water temperature measures 83.9°F (28.8°C) or below.

B. “*Competitive*” division athletes are those competing for awards (ie. Age Groups, Paratri, Athena/Clydesdale, First Responders, Relays, etc.). *Competitive* participants are able to wear wetsuits when the water temperature is 78.0°F (25.5°C) or below.

9. Wetsuits, neoprene or rubberized speed suits, lava shorts, neoprene-type pants and the like are not allowed in water temperatures of 78.1°F (25.6°C) or higher for *Competitive* athletes, or temperatures of 84.0°F (28.9°C) or higher for *Recreational* athletes.

10. Should approaching water temperatures be of concern to those registered in *Competitive* divisions, athletes may elect to move into a *Recreational* division, subject to availability. Requests must be submitted before the close of Packet Pick Up.

11. Wetsuits are forbidden for all athletes when water temperatures reach 84.0°F (28.9°C) or above.

12. Neoprene booties and neoprene swim caps are allowed when the water temperature is 65.0°F or below.

13. Wetsuits are mandatory for all participants when the water temperature is 60.6°F (15.9°C) or below.

14. The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5mm. Athletes not adhering to this will be DISQUALIFIED.

15. Official water temperatures will be taken at least two hours prior to the race start on event day.

16. Uninflated personal safety flotation devices (such as the Swim IT®) are allowed. However, should the athlete deploy their device, they must retire from the race and their results will be listed as a DNF (Did Not Finish).

## IV. Cycling Conduct

1. Race bib numbers are optional while on the bike.
2. Unless otherwise prescribed for a specific race venue, athletes

must ride their bikes on the right side of the road so as not to block the progress of others. Athletes passing on the right side of other athletes will incur a 3-minute time penalty for an ILLEGAL PASS.

3. Athletes are not to cross-over the roadway’s center line while on the bike course. Athletes riding over the center line and endangering themselves or others may be DISQUALIFIED.



4. Drafting occurs when one athlete rides closely behind another, reducing their exerted effort and energy. Drafting is not allowed on the cycling portion of the event. Athletes must keep at least four (4) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 9 meter draft zone, to avoid a 3-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

5. Athletes must keep 35 meters between them and moving motorized vehicles to avoid a 3-minute time penalty for DRAFTING.

6. If passing another cyclist, athletes must complete their pass within 20 seconds to also avoid a 3-minute time penalty for DRAFTING.

7. Once an athlete enters into the draft zone, they MUST complete the pass and not back out. Athletes who fail to complete a legal pass within 20 seconds or back out of the draft zone once entered will incur a 3-minute time penalty for DRAFTING.

8. Once an athlete has been passed they will need to immediately fall back four (4) bike lengths before repassing to avoid a 3-minute time penalty for being OVERTAKEN.

9. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

10. Athletes riding to the left without passing another athlete will incur a 3-minute time penalty for POSITION.

11. Athletes riding to the left and obstructing other athletes from passing will incur a 3-minute time penalty for BLOCKING. Side-by-side riding is not allowed.

12. The bike position rules are in effect at all times during the race with the exception of the immediate area around Aid Stations, the mount/dismount line, sharp turns or U-turns, extreme inclines and descents and in times where athletes need to proceed with caution due to unforeseen events.

13. Closed-toed shoes are required for the bike portion of the event. Athletes not observing this may be DISQUALIFIED. Barefoot biking is not allowed.

14. Athletes are not allowed to mount their bicycles until their entire bicycle has moved beyond the mount line. Athletes need to fully dismount their bicycle prior to crossing the dismount line. Athletes mounting their bikes early or dismounting their bikes late will result in a 3-minute time penalty.

15. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED. See the BICYCLE HELMET REQUIREMENTS section for complete helmet specifications.

## V. Cycling Requirements

1. Only two-wheeled bicycle models will be allowed for competition. All bikes must have a working brake on both wheels, as well as a free-wheeling crankset mechanism. Fixed gear bikes are not allowed and subject to DISQUALIFICATION. Note: Freewheel systems allow the bicycle to roll forward while the pedals remain stationary. Fixed-gear systems do not have the ability to “coast” when pedaled backwards and are not allowed

2. Trikes, tandems and other non-standard bicycles are not allowed. Athletes will not be allowed to race with these bikes and will be DISQUALIFIED.

3. For reasons of safety, athletes are responsible for having all handlebar ends on their bike solidly-plugged to avoid injury. Once the race has begun, athletes with bikes found to be missing end plugs will not be allowed on the course and will be DISQUALIFIED. If needed, bar end plugs can be acquired from the transition bike tech tent at race site.

4. Bikes and wheels need to be propelled entirely by human power. Bike motors and Ebikes are illegal and subject to DISQUALIFICATION from the event and expulsion from future Life Time Tri events.

5. No fairings or other shield intended to reduce air drag is allowed on the bicycle. Anything fitting this description needs to be removed prior to the start of the race or the athlete will be DISQUALIFIED.

6. Any athlete using a bike or cycling equipment deemed to provide an unfair advantage or to be unsafe will need to have the bike replaced or equipment corrected prior to the start of the race or the athlete will be DISQUALIFIED.

7. Recumbent bicycles are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a recumbent bike are not eligible for awards. Athletes using a recumbent bike without approval will be DISQUALIFIED.

## VI. Helmet Requirements

1. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED.

2. Helmets must be manufactured for cycling use and have a certification from any of the following agencies: CPSC, Snell B-90, Snell B-95, CEN, EN1078, ASTM 1447-12, Canadian Standards Association (CSA), Standard Australia/Standards New Zealand (AS/NZS), or Japanese Industrial Standard (JIS). Athletes using helmets from an agency other than those listed above will not be allowed to race and will be DISQUALIFIED.

3. No skateboard or other non-cycling helmets are allowed. Athletes

using these types of helmets will not be allowed to race and will be DISQUALIFIED.

4. Helmets are not to be altered from its manufactured state or the athlete may be DISQUALIFIED.

## VII. Running Conduct

1. Bib numbers are mandatory and must be visible on the run course.
2. Running, walking or crawling is allowed.
3. Rules pertaining to Outside Assistance and communication and listening devices are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for full details.
4. Rules pertaining to littering or abandoning equipment or gear outside of a designated aid station are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for details.

## VIII. Finish Line Policy

1. Only registered athletes are allowed to enter the Finish Chute and cross the Finish Line. For the safety of all, and so each participant can celebrate their accomplishment, athletes should not bring family or friends in the Finish Chute or across the Finish Line. Athletes not following this policy will be DISQUALIFIED.

## IX. Penalty Assessment

1. Athletes who do not comply with the rules will be notified while on the course, when safely appropriate, if a penalty is being issued.
2. When a penalty is being issued, the official will call out the athlete's race number and show them the black and white PENALTY card illustrated below. It is the athlete's responsibility to stop at the Penalty Tent located on the run course. The exact location of the Penalty Tent will be included in the event Athlete Guide and communicated at the Athlete Briefings. It is the athlete's responsibility to know where the Penalty Tent is located and to serve their penalty time.



3. All time penalties are additive and require the athlete to check-in with a race official at the Penalty Tent, where they will remain for 3 or more minutes, depending on how many penalties were issued. If an athlete was issued a penalty and does not stop at the Penalty Tent, the athlete will be DISQUALIFIED.
4. Any athlete receiving three (3) or more penalties will be DISQUALIFIED.
5. For relay teams, it is the responsibility of the swimmer and biker to inform the runner if a penalty needs to be served, as the Penalty Tent is located on the run course.
6. Any penalty being issued beyond the location of the Penalty Tent will be served directly with the race official at the point of infraction.
7. Assessed time penalties will be included in splits when there are primes or awards for fastest swim, bike or run times. Athletes must complete the race in order to win the prime.
8. Athletes who continually receive multiple penalties at any Life Time Tri event risk the possibility of declined entry to future Life Time Tri events.
9. The Head Official shall have the authority to disqualify any athlete.

## X. Protests & Appeals

1. Protests against the conduct of an athlete or the legality of their equipment must be formally filed in writing with the Head Official either in person or via e-mail within one (1) hour of the athlete crossing

the finish line. Protests will require a \$75 USD deposit and will be refunded only if the protest is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

2. Appeals requesting a review to a decision already made must be formally filed in writing with the Head Official either in person or via e-mail within 5 days of the event. Appeals will require a \$75 USD deposit and will be refunded only if the appeal is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

3. Observations and judgment calls made by the race officials cannot be protested or appealed.

## XI. Registration Restrictions, Categories and Suspensions

1. Athletes will race under their age as of December 31st of the race year.

2. Athletes need to be 18 years or older on race day to register. Athletes under the age of 18 on race day need approval of a parent/guardian and Life Time Events to register.

3. Age Group Athletes who wish to compete at a higher competitive level should be registered in the Premier Category when offered. Approval from Life Time Triathlon is needed to register in this category.

4. Athletes racing under someone else's name/registration, or providing false information will be suspended from Life Time Tri for one year from discovery. Athletes racing and not properly registered will not be allowed to race and may be turned over to law enforcement officials.

5. Other actions such as blatant disregard for the rules, gross unsportsmanlike conduct, violence, failure to notify race staff when withdrawing from a race are also acts warranting suspension.

6. Life Time Tri has adopted the International Olympic Committee's guidelines for transgender and sex reassignment athletes.

## PARATRIATHLETE RULES

Paratriathletes will follow all the same rules as the Age Group athletes with the following exceptions listed below. Athletes not complying with these rules will be DISQUALIFIED unless otherwise indicated.

### I. Paratri Classifications

1. For ease of registering and racing, paratriathletes will be classified into one of these three categories:

A. PTWC /Wheel Chair/Sit: Athletes require the use of a recumbent handcycle for the bike portion and a racing wheelchair for the run portion. PTWC athletes are allowed up to 2 handlers and wetsuits are allowed at any water temperature.

B. PTS/Stand: Athletes may use an approved prosthesis or support device for the bike and run portions. PTS athletes are allowed one (1) handler and wetsuits are only allowed in water temperatures 78.0°F and below.

C. PTVI/Visually Impaired: Athletes with partial or total blindness must use a tethered guide for the swim portion, must ride a tandem bicycle for the bike portion and must have a tethered guide for the run portion. PTVI athletes are required to have one (1) guide of the same sex as the athlete who does not currently hold a Pro/Elite triathlon license and wetsuits are only allowed in water temperatures 78.0°F and below.

2. Athletes with miscellaneous conditions such as, but not limited to: intolerance to extreme temperatures, organ & tissue transplantations, joint replacements, kidney dialysis, hearing impairments and/or cognitive impairments are not eligible for paratriathlon competition.

3. Athletes can be reclassified in the paratri division or placed into the able body Age Group category at the discretion of the Head Official.

### II. Paratriathlete Conduct

1. Handlers may aid their athlete by assisting or carrying the athlete

from the swim exit to the transition area, assist with prosthetic or support devices, lift athletes in and out of handcycles and wheelchairs, help with clothing and wetsuits as well as repair flats and other equipment while in transition only. Handlers may not take action to propel an athlete forward unless there is an unusual circumstance and the additional assistance is approved by the Head Official.

2. Handlers and guides are subject to all competition rules and conduct.

3. Aside from transition, no guide dogs or therapy animals are allowed on the course at any time.

4. Any request for an impairment adaptation to any piece of equipment must be submitted to the Head Official at least 20 days prior to the event with clear photos and an explanation. Decisions will be rendered 10 days prior to the event.

5. Paratriathletes who use catheters or urinary diversions devices must use a catheter bag at all times.

## III. Para Tri Transition Conduct

1. PTWC athletes may only use a wheelchair or day chair to get from the swim exit to the transition area, as well as while in transition. No hand cycles are allowed from the swim exit to the transition area.

2. PTS athletes may only use crutches or prosthetic devices to get from the swim exit to the transition area, as well as while in transition. One handler may accompany the athlete to and from the mount/dismount line as long as they do not impede the progress of any other participant.

3. Bicycles, tandem bicycles and tricycles cannot be used from the swim exit to the transition area.

4. All PC athletes must come to a complete stop at the mount and dismount line before proceeding.

## IV. Paratri Swimming Conduct

1. When there is a multiple loop swim course, paratriathletes are not required to exit the water before completing additional loops.

2. Prosthetic and orthotic devices are not allowed for any paratriathlete during the swim, as these are considered propulsive devices.

3. PTWC athletes shall have both legs bound together during the swim portion. The athlete may use a brace as long as it does not provide flotation. The binding or brace must remain in place until the athlete exits the swim.

4. PTVI athletes must be tethered to their guide with an elastic tether at any point on the body for the entire swim portion. At no time may the guide lead the athlete or move them forward by pulling or pushing. Guides must swim next to the PTVI athlete with no more than a 60-inch (1.5m) separation between them. When a violation of these rules occur the PTVI athlete and the guide will both incur a 3-minute time penalty.

5. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.

## V. Para Tri Cycling Conduct

1. Athletes are only allowed to be supported on the bike by pedals, the saddle and handlebars.

2. Ridged prosthetic devices are not allowed to be mounted to any part of the bicycle except for the two situations described below:

A. Athletes not wearing a prosthesis may use support for the thigh if the thigh is not affixed to the bicycle.

B. Athletes are allowed to mount Ankle Foot Orthosis (AFO) as leg braces to the foot plate area.

3. If using a recumbent handcycle:

The recumbent handcycle should be arm powered with three wheels and an open frame of tubular construction, conforming to the general principles of the International Cycling Union (UCI) construction for bicycles with the exception that the chassis frame is not required to be straight).

The recumbent handcycle cannot measure more than 98.4 inches (250cm) in length or 27.6 inches (70cm) in width.

Maximum frame tube dimension is 31.5 inches (80mm) with any ribs or insertions between the tubes be for strengthening purposes only.

The single wheel is not required to be the same diameter as the double wheels, but all wheel diameters must be a minimum of 16 inches (406mm) and a maximum of 24.5 inches (622mm). The front wheel(s) must be steerable. The distance between the double wheels must be between 21.7 inches (55cm) and 27.6 inches (70cm). The single wheel shall be driven through a system comprising of handgrips and a conventional cycle drive train with hand grips replacing foot pedals and force exerted by the upper body only. Modified hub attachments are allowed. Wheels must be of spoke construction as solid disc wheels and wheel covers are not allowed.

If the recumbent handcycle has two rear wheels it must be fitted with a safety bar between the two wheels that prevents another athlete's bike from entering this space. The safety bar must be a round tube with a minimum diameter of 0.70 inches (18mm) and cannot extend outside the width of the two rear wheels while having solidly plugged bar ends. The safety bar should be fitted to be 0.50 inch (13mm) to 0.70 inches (17mm) behind the rear wheels and be positioned 10.6 inches (270mm) to 11.4 inches (290mm) from the ground while ensuring that safe functioning is not affected by normal road conditions.

All recumbent handcycles must have a braking system on the front wheel(s) and a separate breaking system on the back wheel(s). The braking system on the double wheel must act upon both wheels.

The shifting device on the recumbent handcycle may be located within the extremities of the handlebars or to the side of the athlete's body.

The athlete's eye line must be above the crank housing when the rider's hands are on the handgrips, the shoulder blades are touching the backrest and the head is touching the headrest.

To protect the athlete, the largest chain ring must have a solid guard securely fitted and covering over half of the ring circumference (>180°) and which faces the rider.

The rider shall remain seated in the recumbent position with their body weight supported through the seat and backrest. The angle of the back must be a minimum of 30° and a maximum of 45°.

To ensure rear-view vision, all recumbent handcycle athletes must have a mirror fixed to their helmet or the front of the handcycle.

Hand cycles may be measured in transition and are subject to re-examination at any time.

4. If using a tandem bicycle:

The tandem bicycle shall only have two wheels of equal diameter which conforms to the principles of UCI construction for bicycles and is built for only two riders with a system comprised of pedals and chains. The tandem bike must measure no longer than 8.9 feet (2.70m) and be no wider than 20 inches (0.5m).

The guide or 'pilot' will ride in front while the PTVI athlete will be seated behind the guide, both athletes shall face forward in the traditional cycling position. The front wheel of the tandem bike must be steerable by the guide.

A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.

Athletes must wear an approved bicycle helmet at all times while seated in the recumbent handcycle. See HELMET REQUIREMENTS for more details.

## VI. Paratri Running Conduct

1. Running shoes or approved prosthetics on affected limbs are allowed and recommended, but not required.

2. If using a racing wheelchair:

The racing wheelchair must have one small wheel with a brake attached on the front and two larger wheels in the back.

No part of the actual chair can extend past the hub of the front wheel and must not extend in to the hubs of the two rear wheels. No part of the chair is allowed to protrude past the vertical plane of the back edge of the rear tires. The maximum height the main body of the chair can be from the ground is 19.7 inches (50cm).

The maximum diameter of the small front wheel when inflated cannot be larger than 19.7 inches (50cm), and the maximum diameter of the two large rear wheels cannot be larger than 27.6 inches (70cm) when inflated.

Only one round hand rim is allowed on each large wheel unless special exemption is requested.

Only hand operated, mechanical steering devices are allowed. Athletes must be able to turn the wheel manually side to side.

No mechanical gears or levers are allowed that may be used to propel the chair. Propulsion by any other method than pushing on the wheels or push-rims is a DISQUALIFICATION.

Mirrors are allowed, but not required.

Competitors must ensure that no part of their limbs can fall to the ground during the event.

Athletes must wear an approved bicycle helmet at all times while seated in a racing wheelchair. See HELMET REQUIREMENTS for more details.

A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.

Racing wheelchairs may be measured in transition and are subject to re-examination at any time.

3. Guides are not allowed to lead or propel the PTVI athlete by pushing or pulling. Paratriathletes and guide partners displaying this behavior will both incur a 3-minute time penalty.

4. PTVI athletes and guides must be tethered during the run with a non-elastic tether or an elbow lead. Paratriathletes and guides must not be separated more than 20 inches (0.5m) at any times. The guide may not lead the athlete or move them forward by pulling or pushing.

Athlete and guide partners displaying this behavior will both incur a 3-minute time penalty.

## VII. Para Tri Finish Line Policy

1. PTVI Paratriathletes are considered finished when the center of the axle of the leading wheel crosses the vertical plane of the finish line.

2. For PTVI athletes, guides shall be no more than 20 inches (0.5m) away from the athlete they are guiding and may not precede the athlete across the finish line.

## PROFESSIONAL RULES

1. Professional athletes must hold a National Triathlon Federation Pro card from the country in which they live and provide the card to Life Time Tri prior to race weekend.

2. Professional athletes holding a Pro card are prohibited from competing in an age group category.

3. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. The Life Time Tri Series supports TrueSport and random testing may occur at any of its events. For more information visit: <https://www.usada.org/substances/prohibited-list/>

4. Professional athletes will follow all the same rules as the Age Group athletes with the following exceptions listed below:

5. Professional athletes must keep at least six (6) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 12 meter draft zone, to avoid a 1-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

6. Professional athletes must keep 35 meters between them and moving motorized vehicles to avoid a 1-minute time penalty for DRAFTING.

7. If passing another cyclist, professional athletes must complete their pass within 25 seconds to also avoid a 1-minute time penalty for DRAFTING.

8. Once a professional athlete enters into the draft zone, they MUST complete the pass and not back out. Professional athletes who fail to complete a legal pass within 25 seconds or back out of the draft zone once entered will incur a 1-minute time penalty for DRAFTING.

9. Once a professional athlete has been passed, they will need to immediately fall back six (6) bike lengths before repassing to avoid a 1-minute time penalty for being OVERTAKEN.

10. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

11. Professional athletes will NOT be allowed to slipstream. Prior to entering the six (6) bike length (12 meter) draft zone, Professional athletes must noticeably move to the left prior to beginning the pass.

12. Professional athletes are not allowed to slot-in or pull between two other athletes unless there is more than eight (8) bike lengths of open space.

13. There is no "Stagger Rule" in use at Life Time Tri events.

14. All professional athlete penalties will be one (1) minute. A second penalty will result in DISQUALIFICATION.

15. Wetsuits are mandatory for professional athletes when the water temperature is 60.6°F (15.9°C) or below. Professional athletes are allowed to wear wetsuits when the water temperature is 68.0°F (20.0°C) or below. Wetsuits are illegal when the water temperature is 68.1°F (20.1°C).

v3 | revised 4/4/18

## Rules Summary

Don't feel like reading all that? Try this abbreviated version:

- Always promote good sportsmanship.
- Don't endanger anyone.
- Cell phones, headphones and cameras are not allowed. Triathlon requires all five of your senses.
- You may not receive assistance, in any way, from anyone other than other active racers, volunteers or race staff.
- Keep it clean. Don't litter.
- If water temperatures are 78.0°F or below, wetsuits are legal for *Competitive* division participants.
- If water temperatures are 83.9°F or below, wetsuits are legal for *Recreational* division participants.
- Flotation devices are not allowed during the swim.
- Wear a helmet - before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Don't draft. Keep four bike lengths between cyclists while riding, or complete a pass within 20 seconds.
- Always ride on the right and pass on the left.
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate!
- Have questions? Ask the Race Official team. They'll be happy to chat throughout race weekend.

## Disclaimer

These rules and expected code of conduct can be amended at the discretion of the Head Official for any unforeseen reason or situations due to weather or course conditions and will be communicated prior to the start of the race. Life Time Tri reserves the right to remove any athlete at any time from the race course.

Please contact Life Time staff with questions or comments:

- **Rosalyn Popham, Head Official:** rpopham@lt.life
- **Life Time Tri Athlete Services:** events@lt.life