



EVENT RULES and REGULATIONS

OVERALL REQUIREMENTS

1. A participant may register as an age grouper, Zeus, or Xena (participating in all 3 segments of the event) or as a member of one team (participating in 1 or 2 segments of the event).
 - a. Age groupers will be assigned to age groups based on their age on December 31st. (This is a USA Triathlon guideline – they probably have a well thought out reason for this as the determining factor!)
 - b. Participants may not register as both an age grouper/Zeus/Xena and as a team member.
 - c. Participants may not register as a member of more than one team.
 - d. Zeus and Xena categories are OPTIONAL: Men weighing 200 lbs. or more and ladies weighing 150 lbs. or more have the OPTION of registering in the Zeus (men) category or the Xena (ladies) category. **PLEASE NOTE:**
 - i. There will only be awards for the top 3 OVERALL individuals in Zeus and Xena categories
 - ii. This is OPTIONAL – no one is going to ask your weight and there will be no scales. If you prefer to register as an age grouper or as a member of a team please do so.
2. Helpful event volunteers and law enforcement officials will be at various locations along the ride and run routes, but you are responsible for your safety and for not injuring others. Instructions and directions of helpful event volunteers and law enforcement officials must be followed at the risk of disqualification.
3. It is your responsibility to know the ride and run routes!
4. Only official event vehicles are allowed in Musgrove Park on Saturday. If you park within Musgrove Park, you will not be able to leave until after all runners have left the Park (Park access road used for run out route). Please see Musgrove Park overview map for off-site parking options.
5. Timing chips will be distributed on Saturday morning – it is your responsibility to pick up your chip.
 - a. Team members will hand off the timing chip between all 3 segments and the bib between the bike/run segments within the transition area.
 - b. AVOID stepping on a timing pad except when you start or end a segment of the event. Disqualification will result if a participant steps on the timing pad at any other time.
 - c. Timing chips will be removed by helpful event volunteers at the finish line; however it is YOUR RESPONSIBILITY to ensure your chip is returned to avoid a \$30.00 fee.
6. Ear buds / Headphones may not be used during the ride but may be used during the run.
7. All participant gear must be in your transition space by 7:15 a.m. on Saturday morning.
8. Participants may check in Friday night or Saturday morning. **ALL MEMBERS OF A TEAM MUST CHECK IN** as a group whether it be Friday night or Saturday morning.
 - a. Enter the check in area to receive your event bag, which contains your participant bib, safety pins, jersey, and sponsor gifts. (Team materials are bundled as one packet by team name – that’s why it’s helpful if you come together and know your team name.)
 - b. Arms and legs will be marked with your participant number and swim time before you leave the check in area. **DO NOT USE LOTIONS/OIL ON SKIN** before being body marked – it won’t stick!
 - c. You can check in Friday night and wait to be body marked until Saturday morning!
 - d. You only need to check in once – either Friday night or Saturday morning.

TRANSITION AREA

The transition area will open at 6:00 a.m. on Saturday. YOU are responsible for making sure all of your gear is in your transition space no later than 7:15 a.m.

1. Only body marked participants and helpful event volunteers will be allowed into the Transition Area (your Sherpas can help you carry your stuff in but can not hang out in Transition during the event).
2. Each 13’ bike rack has space for 7 bikes – please hang your handlebars or seat on the tape only, alternating directions, so that all bikes will fit on the 30 racks. And, of course, you would not be so rude as to move anyone else’s bike or stuff... Helpful event volunteers can provide assistance and guidance with this.

3. You are responsible for remembering where your transition space is located – the helpful event volunteers in the body marking area will be happy to add your row (A-F) and rack (1-5) to your body marking!
4. Enter and exit your transition space by rows only – do not cross through the transition spaces of others – be considerate and respectful.
5. Each team sets up just like an individual participant – in one slot. **TEAM MEMBERS MEET AND PASS THE TIMING CHIP / BIB TO NEXT TEAM MEMBER AT THE TEAM TRANSITION SPACE** – no clogging up the rows to save a nanosecond.
6. No bike riding in the transition area – you must walk or run alongside your bike until you cross the timing pad.

SWIM SEGMENT

Body-marked participants will have free access to the pool Friday evening during check-in hours.

Body-marked participants will have free access to the pool Saturday morning but must exit the pool by 7:15 a.m.

It is your responsibility to be on the pool deck and ready to go at your group's assigned start time.

7:15 a.m. First Group: COED – men and women who don't mind mixing it up

To follow Second Group: WOMEN - women who don't want to mix it up

Within each group - line up for swim start by swim time order with faster swimmers first.

1. At the direction of the helpful event volunteer, step on the timing pad to begin and drop or jump into the water. Swimmers will enter the water when the person in front of them reaches the deep end wall (2/3rds of the way across).
 - a. Swimmers may not dive into the water.
 - b. Swimmers may push off the wall/bottom.
2. Swimmers may use any stroke or combination of strokes, may tread water, may float and may even walk if preferred. Paddles, fins, or other swim aid devices are not allowed.
3. Swim one length, touch the wall, go under the lane marker, and swim the next length. Continue until you have swum all 8 lengths. (Let's be fair – we're only swimming 200 meters – go ahead and touch the wall!)
4. Flip turns are fine if you have sufficient space to not run into another swimmer.
5. Swim on the right side of the lane, pass on the left. Do not swim (or walk) 'on' the black line down the middle of the lane – if you keep your right shoulder close to the rope unless you are passing you'll be fine!
6. Allow faster swimmers to pass you.
7. Do not grab or pull on any swimmers next to or in front of you.
8. You may rest on the lane markers or stand up if needed as long as others can pass you. Pool depth in swimming lanes is 4'9" at deepest section.
9. Exit through the zero depth end of the pool and cross pool deck into transition area through the north opening, taking ALL your belongings with you.
10. Step on the timing pad when you enter the transition area through the north opening to end the swim segment.

Flip Flops or Shoes: swimmers may wish to wear flip-flops or shoes to the pool deck as the route to and surface of the transition area includes cement and dirt/grass.

Changing Area: swimmers may change in the pool house if desired – after you exit the pool and cross the timing pad into transition at the north opening, get your stuff and go back onto the pool deck and into the pool house via the south opening (do not cross the pool deck timing pad again). After you change, return to the transition area through the south gate (avoiding swimmers exiting the pool, crossing the pad, and entering transition at the north opening), then get your bike and exit transition with the other cyclists. You are responsible for taking all of your articles to the Transition Area after you change. See TIMING TRIVIA section for implications of using the pool house for changing.

BIKE SEGMENT

Bikers are responsible for making sure your bike is in good working order prior to the start of the event. Each biker **MUST** wear a helmet with the chin strap secured or participation will not be allowed.

1. Rules of the Road are to be observed at all times (ride with traffic and follow direction of event volunteers and law enforcement officers).
 - a. Roads will not be closed during the event – law enforcement will be directing vehicle traffic at key intersections – follow their instructions.

- b. The ride route is a straight out-and-back, which means while an outgoing rider is making a left turn an incoming rider will be making a right turn at the same intersection or vice-versa – be alert at corners and don't swing so wide that you run into another rider (or a HEV!).
2. Bikers must have participant bib plainly displayed at all times in an unobstructed/easily readable manner.
3. No bike riding in transition area – you must walk or run alongside your bike until you cross the timing pad.
4. Mount your bike after crossing the timing pad and turning to the right once you are on the circle drive. The HEV at the green tape line will make sure you know where to mount.
5. Ride single file on the right side of the road except to pass.
6. Faster riders should call out 'passing on the left' as they pass slower riders.
7. Be cautious of road surfaces – especially any loose gravel – yes, we do sweep, but sometimes things change after 7:00 a.m. Saturday morning!
8. **DRAFTING IS NOT ALLOWED.**
9. There will be aid stations at two spots on the ride course with small bottles of water and a tire pump.
10. When returning to Musgrove Park, slow down as you approach the pool house, then get off your bike at the red tape mark (HEVs will be there too!). Cross the timing pad and enter the Transition Area.
11. Remember to take your bike helmet off before you exit transition area for run/walk segment!
12. Bikes may not be ridden on sidewalks in any areas (some sidewalks in Musgrove Park are part of the run/walk course).

All helpful event volunteers on the ride and run routes have phone numbers for the mobile bike mechanic, first aid vehicle and SAG wagons should you be unable to continue the event at any point. Just stop and tell them what you need and they will be more than happy to help you. **These important emergency numbers are also on a label on your bib.**

If you encounter a participant stopped / in trouble along the road on the ride or run routes – please be sure to alert the next set of helpful event volunteers (or if you are carrying a cell phone, call the emergency numbers – they're on your bib – including the mobile mechanic, first aid vehicle, and SAG wagons!)

RUN / WALK SEGMENT

1. Runners/Walkers must have their participant bib plainly displayed in front at all times in an unobstructed and easily readable manner. [This is so we can ID you via your bib number and announce you at finish.]
2. Step on the timing pad as you exit the transition area.
3. Observe all rules of the road, keeping to the left side of the road (run facing traffic and follow directions of event volunteers and law enforcement officers).
4. Be aware of your surroundings – the run route roads will not be closed during the event.
5. There will be water stations on the pool deck (exit of transition), in the Cemetery, and at the City Park.
6. Be alert as you return to Musgrove Park; final run section is on sidewalks after the Hardman/Silver intersection.
 - a. First sidewalk section is parallel to Silver until you reach the south boundary of the park.
 - b. Turn right onto the sidewalk running across the south boundary of the park until you reach East Street.
 - c. Turn left onto near sidewalk parallel to East Street until you reach the sidewalk coming off on your left.
 - d. Turn left onto this sidewalk and follow it to the finish arch.

FINISH

The finish line is where the timing pad is – don't stop too early!

1. Step on the timing pad as you cross the finish line through the finish chute.
2. Turn in your timing chip (a helpful event volunteer will be there to take it off and turn it in).
3. Pick up your completion medal – if you are a **TEAM MEMBER** – pick up medals for your entire team unless your team has opted to cross the finish line together.
4. HEVs will offer a selection of drinks at the finish line; additional beverages and a ton of food will be in the food tent when you're ready to eat something.

POST RACE

After all swimmers have exited the pool, body marked team members who have completed their segment and body marked participants who have completed the event may access the pool for cool down. In order to

maintain security of the personal belongings and equipment in the transition area, the pool will not be open to the general public until the regular noon opening time.

Participant and team times (5 splits and total time) will be posted as available and will be available online no later than the day after the event at the ChampionChip 24/7 (www.championchip247.com) and event (www.rcrcwhitesquirreltri.com) websites. See 'TIMING TRIVIA' section for additional information.

Awards will be presented during a brief awards ceremony which will begin after all event participants have crossed the finish line. Please be patient as we wish to show all participants courtesy and respect. If you must leave before the awards ceremony, we will be happy to forward your trophy (\$10 shipping/handling fee).

Please wait until all the Golden Sweeper has left for the run before removing your bike and other gear from the Transition Area. If you must remove your gear early, please chat with the Transition Area Coordinator prior to the start of the event and when you leave please do so in a manner that does not interfere with the progress of those participants still completing the event.

VOLUNTEERS AND SPONSORS

**Please remember to thank all helpful event volunteers (HEVs) & sponsors (grey event shirts)
– this activity could not happen without them!!**

TIMING TRIVIA

Each participant / team will receive 5 splits which are combined to determine their overall time. Awards are given based on the **OVERALL TIME** for the participant or the team as a whole.

1. Swim split – elapsed time from when you crossed the timing pad to enter the water until you crossed the timing pad to enter the transition area. This means it includes the time from the end of the swim lane, across the zero depth entry section, and crossing the pool deck – plus your 200 meters of swimming.
 2. T 1 split – elapsed time from when you entered the transition area from swim to when you exited it with your bike (same for teams except chip may be handed off to another team member).
 3. Ride split – elapsed time between crossing the timing pad after leaving transition area with bike and returning to the area (crossing the timing pad) with bike.
 4. T 2 split – elapsed time while you are putting up your bike, taking off helmet, getting a drink of water, putting on sunscreen, eating energy bar, etc. and until you cross the timing pad exiting transition area and beginning run (same for teams except chip may be handed off to another team member).
 5. Run split – elapsed time from crossing the pad out of transition beginning run until you cross the timing pad at the finish line.
- Add up the 5 splits to get the overall time for the participant / team. **TRANSITION TIME counts!** So, while you are certainly welcome to go into the pool house to change out of swim suits into bike/run clothes, use the toilets, etc. please be mindful that once your assigned chips crosses the pad on the pool deck, all that time counts as part of your overall time.

SPECTATOR ETIQUETTE

Please pass this information along to family/friends coming to the event:

- Do not interfere with participants or the progress of the event.
- Follow the directions of all helpful event volunteers and law enforcement officials.
- No 'pacing' allowed (children crossing the finish line with parent / teams finishing together are not considered pacing).
- Stay off the course – this includes the pool deck, the transition area, bike in/out and run out lanes and finish line area – participants **WILL** run over you and the ones that think it's a race won't stop to help you get up!
- Cross the course only at designated crossings and only when allowed by helpful event volunteers.
- Only body marked participants are allowed in the Transition Area after 7:15 a.m. – no coaches/family – no exceptions.
- Posters and signs to be used in Musgrove Park or placed along the ride and run/walk routes are encouraged but must be removed at the end of the event.
- Inspiration Station – FREE markers, posterboard, sidewalk chalk, etc. – are available - support your triathletes!
- Please use the mesh recycling containers (will be attached to trash bins) for your empty water bottles, empty sports drink bottles, etc. – we'll be thrilled to recycle them for you!
- Please remind your spectators to come prepared for the weather. They may wish to bring lawn chairs (seating is limited) and refreshments (food tables are reserved for participants and HEVs).
- Your photo op is not our priority – participant safety is – members of the public are not allowed on the pool deck, in the transition area, or in the finish line area. Body marked participants and helpful event volunteers only in these areas.