

# TRI HORSHAM 2012 RULES & REGULATIONS

## SWIM

- 1 No fins, paddles or flotation devices.
- 2 Wetsuits may be worn
- 3 Swim caps must be worn

## RIDE

- 1 All bikes must be in roadworthy condition.
- 2 All competitors will be required to wear a bike helmet throughout the bike race.
- 3 Drafting of other bicycles or any other vehicle is prohibited. A space of four bike lengths must be left between riders at all times. Draft Busters will be operating.
- 4 Competitors must abide by all road laws.
- 5 Torso must be covered and shoes worn.

## RUN

- 1 No form of locomotion other than running or walking is allowed
- 2 No individual support vehicles or escort runners allowed.
- 3 Runners must follow the directions of ALL course Marshalls or officials.
- 4 Torso must be covered and shoes worn.

## TRANSITION AREA

- 1 Helmets must be fastened at all times the bike is unracked.
- 2 Bikes must be walked through the transition area and past the timers.
- 3 Running and cycling gear to be left at bike rack.

## GENERAL RULES

- 1 Race referees have the authority to disqualify any competitor.
- 2 Medical staff may remove a competitor from the race if judged to be physically incapable of continuing without risk of serious injury.
- 3 Good sportsman like conduct is demanded of all competitors.
- 4 If you withdraw from the race please notify a race Marshall or official.

## SAFETY ADVICE

- 1 Drink plenty of fluid before and during the event.
- 2 Obey road laws, marshals and instructions on this form.
- 3 Competitors acknowledge that participation in the event comes with its potential hazards.
- 4 As this is not an event for the casual jogger, swimmer or cyclist it is recommended that all competitors have trained sufficiently for the event and have obtained a thorough medical examination, prior to competition.

## CATEGORIES

### INDIVIDUAL TRI & DUATHLON

#### Short Course Individual

U/16 & OPEN Male & Female

#### Full Distance Individual

Male & Female

16-19, 20-29, 30-39, 40-49, 50+

### TEAMS TRIATHLON & DUATHLON

#### Short Course Team

Open & U16, Male & female

#### Full Distance Team

Male & Female & Mixed

## RACE DAY PROGRAM

Registration 2.30pm - 4.30pm

## BRIEFINGS and START TIMES

<b>Long Course</b>	Briefing	4.30pm
	Start	5.00pm
<b>Short Course</b>	Briefing	4.30pm
	Start	5.30pm

## ACCOMMODATION

Royal Hotel	03 53821255
132 Firebrace St	
Horsham Caravan Park	03 53823476
Firebrace St	