

A Message from the Head Official to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you may know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

- Ride on the right side of your lane
- Keep five bike lengths between yourself and the cyclist in front of you (10meters, 2 cars)
- Pass on the left of the cyclist in front, never on the right
- Complete your pass within 20 seconds
- If passed, you must make rearward progress and exit fully out the zone, before re-passing

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified officials on the course to ensure fairness in the competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. The official's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- Position– riding on the left side of the lane without passing
- Blocking – left side riding and impeding the forward progress of another competitor
- Illegal Pass – passing on the right
- Overtaken - after being passed, failing to make rearward progress and dropping fully out of the draft zone before re-passing; or failing to completely exit the draft zone within 20 seconds.
- Drafting – following a leading cyclist closer than five bike lengths and failing to complete a pass within 20 seconds

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you may be disqualified.

- Make sure your helmet is a CPSC approved model, with the sticker inside the helmet.
- While in possession of your bike, always have your helmet on and the chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that could be a Disqualification!
- Wear your race numbers, don't leave your trash on the course, and don't carry or use any audio devices.
- Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you may be disqualified.

Penalty time is served during the event. If the USAT official shows you a yellow or blue card on the bike section you need to serve the penalty at the penalty area (blue tent with blue sign) located near bike-in.

Penalties on the run will be served on course.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.