

LAKELAND BI-TRI CLASSIC

2012 RULES & REMINDERS

- **SCHEDULE**

6:30 TO 7:30 A.M.	CHECK IN TIME
7:45 A.M.	ADULT PRE-RACE BRIEFING
8:00 A.M.	ADULT DUATHLON STARTS
8:10 A.M.	ADULT TRI FIRST WAVE STARTS
8:12 A.M.	ADULT TRI SECOND WAVE STARTS
8:14 A.M.	ADULT TRI THIRD WAVE STARTS
9:45 A.M.	YOUTH PRE-RACE BRIEFING
10:00 A.M.	YOUTH TRIATHLON STARTS
11:00 A.M.	AWARDS
- All competitors must attend the pre-race briefings.
Adults: 7:45 A.M.; Youth: 9:45 A.M. Instructions and updates will be announced.
- It is the ultimate responsibility of the athlete to know and follow the proper course.
- Event and/or team changes must be made prior to 7:30 A.M. at the registration area.
- Participants will be wearing an anklet tracking device. This will allow for quicker and more accurate scoring of the events.
- Team participants must exchange their timing chip in the transition area. The chip must be on your ankle when you cross the timing pad.
- Please make sure you WALK across scoring mats when leaving and returning to the transition area on your bicycle.
- At the finish line, volunteers will remove the timing devices from your ankles. Please make sure that all devices are returned. (\$30 FEE FOR NOT TURNING IN CHIP)
- No fins, snorkels or paddles permitted. Individuals needing a flotation device should get permission from the race director.
- Swimmers may start in water up to the knees. After 8:00 A.M., warm-up opposite of start direction.
 - **FIRST WAVE:** 8:10 A.M. PURPLE SWIM CAPS
 - **SECOND WAVE:** 8:12 A.M. GREEN SWIM CAPS
 - **THIRD WAVE:** 8:14 A.M. RED SWIM CAPS
 - **FOURTH WAVE:** 8:16 A.M. YELLOW SWIM CAPS
- Swim caps are mandatory and WILL BE PROVIDED. The color signifies your wave. If a swimmer is in trouble.....WAVE SWIM CAP IN THE AIR.
- For your safety and the safety of other competitors and spectators please do not wear or use iPod's or MP3 players while competing.
- Swim goggles are recommended. Wet suits are allowed.
- Swim counter clockwise. Keep orange buoys on your left. Ignore white buoys. Start on the boat ramp side of the dock, finish on the opposite side.
- Stay to your right on roadways; except the final run to the finish...stay on left side.
- Cycling helmets are MANDATORY for the bike leg. Helmets must be securely fastened when entering or exiting transition area.
- No bike riding within the transition area.....Bikes must be walked or ran through area.
- Bikes must be placed back on racks before beginning run segment.
- Cyclists not back in transition area by 9:45 am may be scratched from the event.

- Runners must wear bib on front when crossing the finish line on the final run leg.
- No outside assistance will be allowed to competitors on any part of the course except for water hand offs.
- Team members may begin the next leg after they have been tagged and have received the timing chip by preceding team mate. Tag at the entrance or exit of transition area.
- The transition area will be secured until 11:30 A.M. West row of bike racks for youth athletes only. Adults may remove their equipment through the east side gate while youth are competing.
- Lost and found located at the registration table. The race sponsors and volunteers take no responsibility for items lost before, during or after the race.
- Overhead clocks will start with the duathlon...Tri-Athletes need to subtract (10) minutes if in first wave, (12) minutes if in second wave, (14) minutes if in third wave, or (16) Minutes if in fourth wave.
- Du-Athletes follow PINK directional signs.
- Tri-Athletes follow BLUE directional signs.
- Youth Tri-Athletes follow WHITE directional signs.
- Additional restrooms located at the south shelter.
- Lake water showers available after race at the boat ramp.
- No alcohol allowed on park properties.
- Trophies & medals not claimed race day will be available for pick-up at the park district office until September 7, 2012. If a participant wishes to have a trophy or medal mailed, they may be required to provide sufficient funds to do so.
- If you need assistance, please ask a race volunteer in a light blue or grey t-shirt.
- 22nd ANNUAL LAKELAND BI-TRI CLASSIC: SATURDAY, AUGUST 3, 2013.

THANKS TO OUR 2012 SPONSORS!!

MIDAMERICA NATIONAL BANK

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