

RULES & REGULATIONS

1. Your information package should include a souvenir t-shirt, bathing cap, 1 lunch ticket and a bag for clothing changes.
2. Officials and marshals will be wearing bright t-shirts.
3. Check the route map carefully.
4. From 6:30 - 8:00 a.m. prior to starting, ALL COMPETITORS must report to the Deep River shoreline sports club in order that officials can mark their arms and legs with appropriate competitor numbers.
5. Competitors bicycles and other equipment should be located at Bike Station at the Deep River Shoreline sports club BEFORE 8:00 A.M.
6. BEFORE EVENT, put any equipment for running leg inside the transition compound located in the fenced-in area at the Deep River Shoreline Sports Club. Do not block access or move other competitors' equipment at any location.
7. Only equipment placed in numbered bags provided will be transferred to the awards ceremony after the race is complete.
8. All competitors must be at the starting line at the end of the Federal Pier beside the Marina NO LATER THAN 8:15 A.M.
9. TRIATHLON STARTS AT 8:30 A.M. SHARP!!!
10. In the event of difficulty in the water, swimmers should wave their bathing caps in the air to alert lifeguards.
11. All competitors must wear helmets when cycling and the no drafting policy must be observed.
12. Competitors must obey the marshals cycling and running. Cycle on the right side of the road; runners on the left side of the road. All turns and junctions with stop signs will be marshaled. THE ROADS ARE NOT CLOSED TO TRAFFIC.
13. In the cycling leg, all corners will be marshaled. Any arrows on the road, which refer ONLY to the running leg should be ignored.
14. At the completion of the third lap competitors must DISMOUNT their bike at entrance of the transition area, walk it into the area, and place bike in the rack. **CYCLING IN THE TRANSITION AREA IS NOT PERMITTED.**
15. Put on running equipment and exit transition
16. Run up Pier Road and follow the path leading to the tennis courts, following until Brockhouse Way.
17. The running course will have marshals on all turns and junctions with stop signs. There will be orange arrows on the road at every corner.
18. Showers are available immediately following the Triathlon at the Community Pool within walking distance of the finish line.
19. Lunch and the awards presentation will be held at 11:30 am at the Deep River Shoreline Sports Club. We encourage all athletes to continue to cheer for all participants registered.
20. The Recreation Department is not responsible for loss or missing clothing, equipment or personal items.