2XU

NEW YORK CITY TRIATHLON

Signature Event of the LIFETIME TRI Series



LIFETIME® TRI

Championship

2018 ATHLETE GUIDE

WELCOME TO NYC

Where Champions Will Be Crowned

Since its inception in 2001, the 2XU New York City Triathlon has become a time-honored summer tradition. The city becomes a stage for Olympians, Paralympians, veterans and aspiring amateurs alike to push their limits in the center of the world's greatest stadium.

In 2018, we are proud to expand upon this history by welcoming hundreds of new competitors to the Start Barge, and making a few enhancements along the way.

First, we proudly welcome 40 professional triathletes battling for a $30,000 purse. Both Cam Dye and Lauren Goss are back to defend their titles. Both have plenty of competition at their heels.

Next, we are beyond grateful to host more than 225 of the nation's most competitive able-body and paratriathletes in the inaugural NYC Life Time Tri Championship. This highly-anticipated event features $22,000 in cash and another $40,000 in prizes - also representing the nation's only paratri cash prize purse.

While the competition will certainly be fierce, it's not all about the veterans this year. In January, Life Time Tri launched *#IfINeverTri* - a massive initiative designed to reduce barriers to our sport by introducing innovative enhancements. We are pleased to report that 2XU NYC Tri first-timer participation has grown by 25% over 2017, primarily through the addition of our *First-Timer* and *Friends & Family*-specific start options. This is huge.

Also in 2018, and for the first time in race history, the Run Course will be altered so that the race will now flow through Central Park in a counter clockwise direction. This change will bring runners through the southern end of Central Park, and reduce hills by 10% (without the North Woods).

Finally, to strengthen our focus on the sport, this year Life Time debuted a new Officiating Program with updated race rules designed to better educate all athletes, while moving to be in line with the global standards of triathlon. Please review the Rule Books in the index and watch the rules video so you are as prepared as you can be going in to race weekend.

2018 Life Time Tri Rules Video



Again, welcome to the 2XU New York City Triathlon! The City of New York, NYPD, FDNY, more than 1,000 volunteers and our entire staff look forward to making your event both safe and successful.

See you in the Hudson!
The 2XU New York City Triathlon Race Staff

Contact Us

Host Hotel
New York Hilton Midtown
1335 Avenue of the Americas, New York City

Sports & Fitness Expo
New York Hilton Midtown | 2nd Level, Rhinelander Gallery

Swim Start
99th Street & Hudson River

Transition Area
79th Street – 72nd Street & Hudson River

Finish Line
Central Park
72nd Street Transverse, Center Road (by the Bandshell)

Event Staff
Athlete Services: info@nyctri.com

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2018 Life Time Tri Series

South Beach Triathlon — Benefitting Save the Children — 04.15.18 Miami Beach, FL

Life Time Tri Cap Tex — 05.28.18 Austin, TX

2XU New York City Triathlon — Signature Event of the Life Time Tri Series — 07.01.18 New York City, NY — Life Time Tri Championship

Life Time Tri Minneapolis — Presented by Just Bare Chicken — 07.14.18 Minneapolis, MN

Life Time Tri kids Chicago — presented by Save the Children. — 08.25.18 Chicago, IL

Chicago Triathlon — 08.26.18 Chicago, IL

Life Time Tri Tempe — 09.16.18 Tempe, AZ

Mack Cycle | Escape to Miami Triathlon — presented by Volea — 09.30.18 Miami, FL

Pre-Race Schedule of Events

FRIDAY, JUNE 29, 2018

12:00 - 7:00 PM MANDATORY ATHLETE BRIEFINGS
New York Hilton Midtown | Americas Hall II
Briefings are held every half hour beginning at 12:00 PM.
The last briefing begins at 7:00 PM.

12:00 - 8:00 PM SPORTS & FITNESS EXPO
New York Hilton Midtown | 2nd Level Rhinelander Gallery

1:00 PM 2XU NYC TRI DIAPER DERBY
New York Hilton Midtown | 2nd Level, Promenade

6:30 PM PAIR OF THIEVES UNDERWEAR RUN CHECK-IN
Central Park - Cherry Hill | 72nd Street Transverse

7:30 PM PAIR OF THIEVES UNDERWEAR RUN START
Central Park - Cherry Hill | 72nd Street Transverse
Registered runners only.

SATURDAY, JUNE 30, 2018

10:00 AM - 5:00 PM MANDATORY ATHLETE BRIEFINGS
New York Hilton Midtown | Americas Hall II
Briefings are held every half hour beginning at 10:00 AM.
The last briefing begins at 5:00 PM.

10:00 AM - 6:00 PM SPORTS & FITNESS EXPO
New York Hilton Midtown | 2nd Level, Rhinelander Gallery

1:30 PM MANDATORY PARATRIATHLETE/HANDLER MEET-UP
New York Hilton Midtown | 2nd Level, Rhinelander South

2:00 PM MANDATORY PARATRIATHLETE/HANDLER MEETING
New York Hilton Midtown | 2nd Level, Rhinelander South

2:00 - 9:00 PM MANDATORY BIKE CHECK-IN
Riverside Park | 72nd through 79th Streets
Bike frame numbers required.

2:30 - 5:30 PM FOX BUSINESS NETWORK TRANSITION TOURS
Riverside Park | 72nd through 79th Streets
Running continuously, lasting approximately 20 minutes.

4:00 PM MANDATORY PRO BRIEFING
New York Hilton Midtown | 2nd Level, Rhinelander South

2019 Championship

The 2019 Life Time Tri Championship returns to New York City (7/14), expanding to qualify the top five finishers in all International distance *Competitive* divisions!

LIFE TIME TRI Championship

July 14, 2019 | New York City

The 2019 Championship qualifying season begins with this year's 2XU New York City Triathlon and includes:

- 2XU New York City Triathlon | 7/1/18
- Life Time Tri Minneapolis | 7/14/18
- Chicago Triathlon | 8/26/18
- Life Time Tri Tempe | 9/16/18
- Mack Cycle Escape to Miami Tri | 9/30/18
- South Beach Triathlon | 4/14/19
- Life Time Tri CapTex | 5/27/19

See page 22 for more Championship details.

Underwear Run!

Strip down and join us for the Pair of Thieves Underwear Run - a 1.7-mile fun run held Friday night (June 29) in Central Park.

PAIR OF THIEVES UNDERWEAR RUN
PART OF THE NEW YORK CITY TRIATHLON

Click here for full details and to register.

Race Day Schedule of Events

SUNDAY, JULY 1, 2018

3:45 - 5:15 AM	ATHLETE SHUTTLES TO TRANSITION Pick Up: New York Hilton Midtown (at SW corner of 54th Street and 6th Avenue) Drop Off: Transition - 79th Street at West End Avenue
4:00 - 5:15 AM	YELLOW TRANSITION AREA OPEN Riverside Park & 72nd Street (see Security Measures p8)
4:00 - 5:40 AM	RED TRANSITION AREA OPEN Riverside Park & 72nd Street (see Security Measures p8)
5:15 - 7:00 AM	ATHLETE SHUTTLES TO SWIM START Pick Up: New York Hilton Midtown (at SW corner of 54th Street and 6th Avenue) Drop Off: Swim Start - 96th Street at West End Avenue
5:15 AM	YELLOW TRANSITION AREA CLOSES All athletes MUST vacate Transition Area for Swim Start (Relay bikers & runners must stay in Transition)
5:40 AM	RED TRANSITION AREA CLOSES All athletes MUST vacate Transition Area for Swim Start
5:50 AM	2XU NYC TRIATHLON START 99th Street & Hudson River
7:30 AM - 1:00 PM	FINISH FESTIVAL CELEBRATION Central Park, Center Road
10:00 AM	PROFESSIONAL RACE AWARDS Finish Festival, Central Park, Center Road
10:30 AM	BIKE CUT-OFF Gunhill Road turn-around cut-off
11:00 AM - 2:00 PM	BIKE CHECK-OUT Red & Yellow Transition Area. All bikes MUST be removed from Transition by 2:00 PM (see Bike Check-Out p17)
12:00 PM	AGE GROUP, PARATRI & SPECIALTY AWARDS Finish Festival, Central Park, Center Road

By The Numbers

The 2018 2XU New York City Triathlon field of athletes represents a diverse set of individuals.

Total Participants
5,000

Females
30%

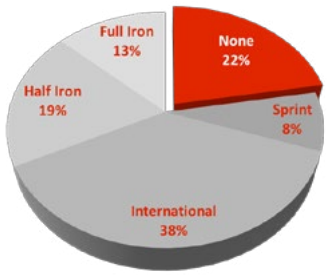
U.S. States Represented
48

Avg Age
40

Countries Represented
38

Previous Participants
52%

Longest Previously-Completed Triathlon



Packet Pick-Up

Packet Pick-Up and Athlete Briefings are located at the Hilton Midtown, and are both mandatory for all participants, including all relay team members. Friends and family are not permitted inside the Briefing or Packet Pick-Up areas, although they are encouraged to attend the Sports & Fitness Expo.

Sports & Fitness Expo

- Athletes and spectators who ride bikes to the Expo are able to utilize the complimentary Bike Valet located near the Expo entrance.
- Go nuts! The Sports & Fitness Expo has cool products and last-minute supplies.
- Official race merchandise is available from eXOsports, located next to the Goodie Bags and T-shirts.
- Visit the Bicycle Habitat booth to meet the mechanics who will be on-site on race day for some helpful insider tips.
- Stop by our *Ask A Coach or Official* booth to review course maps, ask questions and speak with our race officials on the new Life Time Tri rules and enforcement procedures.

Mandatory Athlete Briefings

- Briefings run every half hour and last an average of 20 minutes.
- Each athlete must have his/her hand stamped before leaving the briefing to prove attendance.
- Historically, the busiest briefings are held between 1:00 - 4:00 PM on Saturday. If possible, athletes are encouraged to attend at alternate times.

Packet Pick-Up

- Prior to receiving the race packet, all athletes MUST show the hand stamp given after attending an athlete briefing.
- Athlete race numbers will be e-mailed the week before the race. Those unable to remember may utilize the Bib Look-up Station.
- Athletes will need a valid photo ID.
- Volunteers will fasten wristbands on all athletes during Packet Pick-Up. Athletes MUST keep their wristbands on until after they pick up their bike from transition on Sunday after the race.
- Race numbers and wristband colors correspond with assigned Transition area (Yellow or Red).

Race Packet Items

The following items are customized for each individual participant, and distributed at Packet Pick-Up:

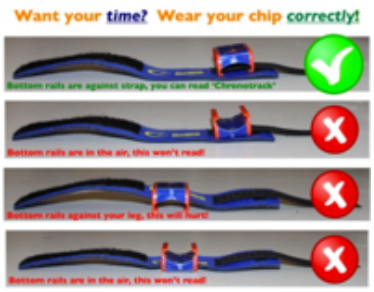
- Swim Cap
- Run Bib Number
- Athlete Wristband
- Body Marking Tattoos (one for each upper arm)
- Bike/Helmet/Gear Bag Number Stickers

Athletes will then receive the following items from a separate area in the Expo area:

- T-Shirt
- Goodie Bag
- Timing Chip and Strap
- Fox Business Network Clear Transition Bags
- Swim Start Clothing Valet Bag

Timing Chips

- Athletes will receive a timing chip and velcro strap. The chip should be affixed to the left ankle prior to the swim start and must be worn during the entire event.
- Please ensure that timing chips are affixed tightly and correctly to avoid any timing issues.
- IT IS THE ATHLETE'S RESPONSIBILITY TO BRING THEIR CHIP ON RACE DAY IN ORDER TO COMPETE!
- Relay Team members will pass the chip to their teammate to complete the next segment within the Relay Pen area.
- Should a chip fall-off during the race, athletes should notify race staff.



- All timing chips must be returned to volunteers at the finish line! Missing chips/velcro straps will incur a $30.00 fee.

Swim Caps

- An official swim cap is provided for your safety during the swim, and must be worn during the entire swim.
- Athletes will not be allowed in the swim staging area without it.
- Multiple waves will utilize the same cap color. Be alert to ensure the correct start wave.
- Participants must start in their designated swim wave. Please follow race signage. NO EXCEPTIONS.



Run Bib Number

The race issued bib must be worn on the Run Course. It should not be used during the Swim, and is optional for the Bike portion.

- Safety pins will be provided at Packet Pick-Up for those not using a triathlon race belt.
- Athletes must wear on the front of their shirt or shorts (facing forward). For safety and security, the number MUST be visible while running.
- Do not cut, fold, or alter the race number in any way.



Athlete Wristband

- An athlete wristband will be affixed to all participants at Packet Pick-Up.
- All wristbands MUST BE WORN THROUGH THE DURATION OF RACE WEEKEND, and presented in order to enter/exit Transition and to claim their bike following the race.
- Do not remove your wristband until you have removed all gear from Transition and left the event.
- Relay Team swimmers and runners will wear a special wristband denoting “Relay Team.”



Body Marking Tattoos

All participants will receive a temporary tattoo sheet complete with their race number – one for each upper arm. Follow instructions accordingly. Please apply the tattoos prior to leaving your home or hotel on race morning. Body Marking volunteers will be available on race morning to assist using permanent markers – applying race age to the right calf.

Bike, Helmet & Gear Bag Stickers

The athlete packets will include a series of stickers, each used to identify the individual athletes and/or athlete gear. Please note:

- The adhesive bicycle frame number must be attached to the athlete’s bike, with the race number clearly visible from both sides. Simply join both ends of the adhesive around the center frame (the top tube) of the bike.
- The small adhesive helmet number must be affixed to the front of the helmet. A helmet is mandatory for the bike course.
- The bike frame number will match the athlete wristband, mandatory for bike check-out.
- Two gear bag stickers will also be provided, to be applied on the bags below.



Clear Transition Bags

Two clear, Fox Business Network Transition bags will be issued during Packet Pick-Up. The first bag is intended for gear to be placed in Transition on Saturday. The second bag is intended for any additional gear to be brought into Transition on Sunday. All items entering Transition must be placed within these bags. No backpacks or other personal bags will be permitted to enter Transition. All items entering Transition are subject to security checks. Remember, if you see something suspicious, please alert race staff or security personnel immediately.

Swim Start Clothing Bag

A separate, clear plastic bag will be supplied for those athletes who wish to take jackets, flip-flops or other items from Transition to the Swim Start area. Athletes may drop-off these bags at trucks located near Swim Start. Swim Start Clothing bags may be retrieved after the race at the Finish area (all bags will be transported from Swim Start to the Finish). Participants should not include valuables (including cell phones and wallets) in these bags. Race staff are not responsible for lost or damaged goods.





Security Measures

Race Day security requires all athletes, spectators, volunteers and staff to abide by a variety of special timelines, access points and security processes. Please review the following prior to race weekend:

Transition Security

The NYPD is requiring the Triathlon to treat the Transition Area as a secured zone. Please follow the security protocols below.

- All gear must be placed inside the clear plastic Transition bags, supplied at Packet Pick-Up. With exception of bikes and bike pumps, all items must be loose inside one of these clear plastic bags.
- All bags, gear and individuals are subject to search.
- Unattended bags left outside the Transition area will be treated as a possible threat by the NYPD. Please use common sense and maintain possession of your bags at all times.
- Hydration Packs (CamelBacks or similar) will be allowed on the race course.

Security FAQs

Q: How big are the two race-issued clear plastic transition bags?
A: They're big! Each bag is 22" wide x 28" high with a 6" base, and the top closes with a drawstring. The bag for Saturday has a double drawstring closure and can be worn as a backpack, making it convenient for athletes to ride to Transition. Sunday's bag has a single drawstring closure.

Q: What are your recommended bag-packing procedures?

1. All Transition equipment (i.e. goggles, wetsuit, running shoes) must be placed in race-issued clear plastic bag(s) in order to enter Transition.
2. While at home, pack all belongings into the clear plastic bag, which can be used as a backpack.
3. Upon entering Transition, security will require athletes using their own personal bags or backpacks to empty their contents into the race-issued plastic bag. The bag/backpack must be rolled-up and placed inside the same, race-issued plastic bag.
4. Once inside Transition, athletes may restow their belongings back into their personal bag/backpack.

Q: Can I leave my emptied personal bag unattended outside of the secured transition while picking-up my transition gear?
A: No! NYPD will shut down the race if any backpack or transition bag is found unattended.

Event Alert System (EAS)

This race will utilize the EAS system, encompassing a color-coded system to reveal current event conditions. Participants will notice flags posted in the Expo, within Transition, at the Swim Start, throughout the race venue and at each Aid Station along the Run Course.

The EAS system is developed to help athletes understand changing race conditions due to weather-related, environmental or other man-made situations. EAS updates will be communicated through PA alerts, social media, web, emails, etc.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

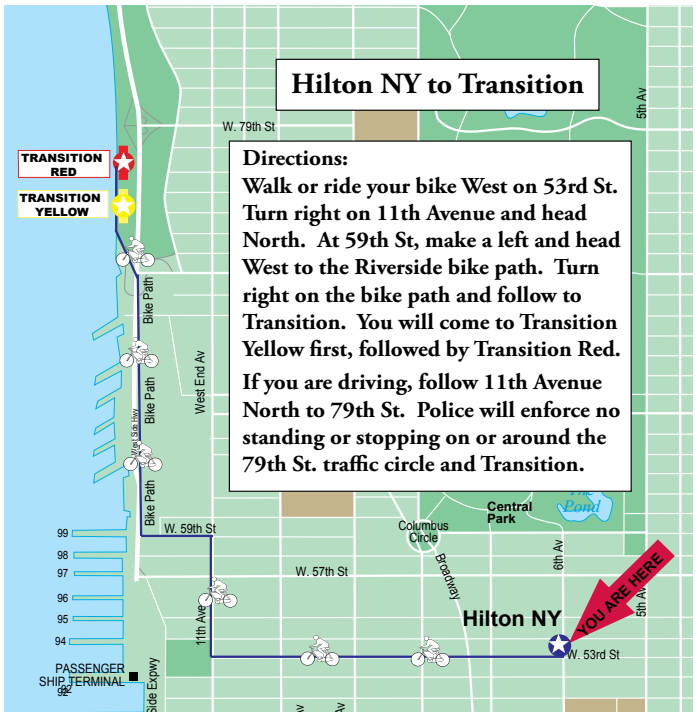
Transition / Bike Check-In

All participants MUST rack their bikes on Saturday, June 30, between 2:00 and 9:00 PM within Transition. Once Transition closes, athletes will no longer be allowed to rack their bikes.

There are TWO Transition areas: Yellow and Red (see maps). Each Transition has its own unique route in and out. Familiarize yourself with the route.

Pre-Race Access

- The race-issued bike number must be attached to the bike prior to entry.
- Those driving to bike check-in on Saturday may NOT stop or park in the 79th Street traffic circle. NYPD will be ticketing and towing, and Race Staff will disqualify you. It's not worth it!
- When inside Transition, find the designated rack number that matches your bib number.
- Bikes should be racked by the seat or handlebars, with the wheel down on the side of the rack where the athlete's bib number is labeled.
- Personal items should be placed immediately under the bike.
- Athletes are not allowed to personally mark their space with balloons, inflatables, or any other markers.
- No stationary trainers will be allowed in the Transition area.
- No glass containers are allowed in the Transition area.
- Bikes may not be covered overnight. Any bike covers will be removed by race management.
- Overnight security will be provided.
- Once a bike has been checked into the Transition Area, it cannot be removed until after the start of the race (for the bike course).
- Athletes must wear wristband in order to enter Transition, as well as to remove bikes after the event.
- Bike number stickers will be checked against bib numbers and wristbands before bikes are permitted to exit Transition.
- Race Staff, Security and Volunteers will close and secure Transition during the race to ensure security.
- Bike tech support will be provided in Transition on Saturday and Sunday, as well as along the race course.
- Be courteous to fellow Athletes, event Volunteers and Staff. Harassment will lead to disqualification.



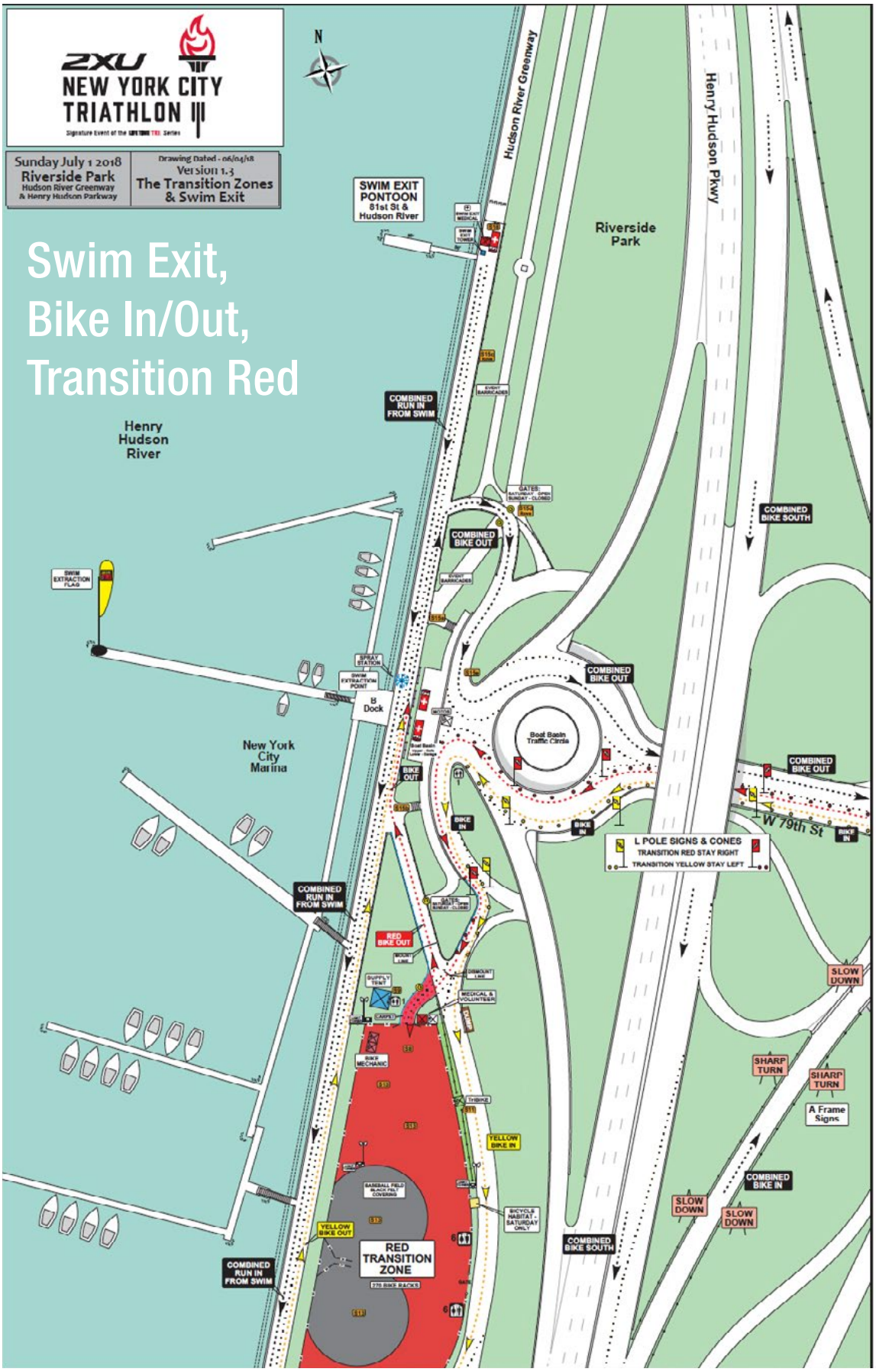
Transition Area Conduct

For safety reasons, athletes are not permitted to ride their bike inside the Transition area. Participants must walk or run their bike beyond the *Mount Line* to start the bike portion, and exit the bike before crossing the *Dismount Line*. There will be clearly marked lines. Please obey them for your safety and for the safety of spectators and other participants. Watch for other athletes while moving through the Transition Area and follow the instructions of race officials and volunteers.

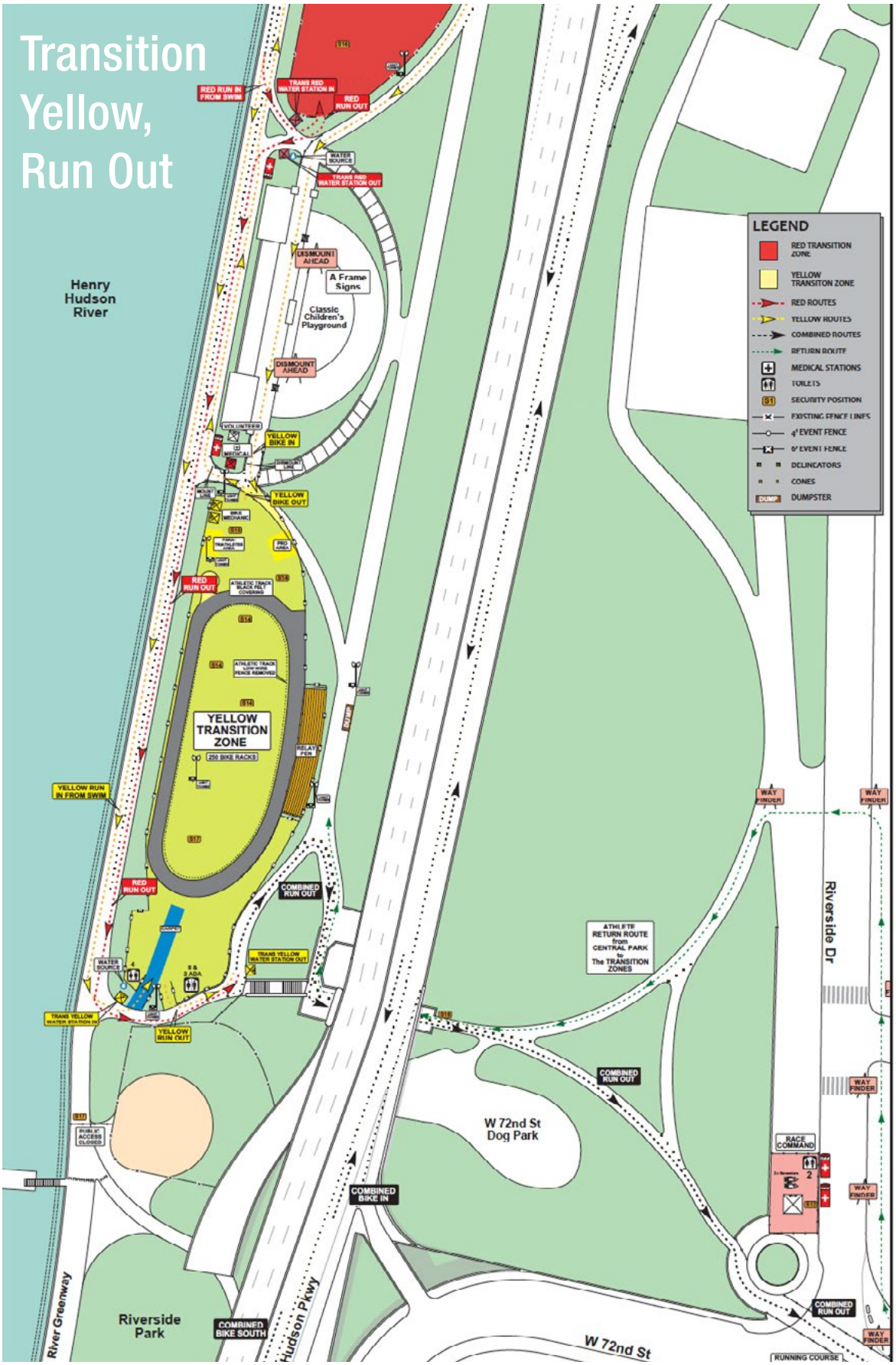
Transition Tours

If this is your first time or you need a refresher course, attend one of the Fox Business Network Transition Tours. Meet at the Information Tents at the entrances to Transitions Yellow and Red. Tours run continuously, lasting approximately 20 minutes.

FOX BUSINESS NETWORK
The New Leader in Business News


2XU NEW YORK CITY TRIATHLON
Sunday July 1 2018
Riverside Park
Hudson River Greenway
& Henry Hudson Parkway
Drawing Dated - 06/04/18
Version 1.3
The Transition Zones
& Swim Exit
Swim Exit,
Bike In/Out,
Transition Red
N
Hudson River Greenway
Henry Hudson Pkwy
Riverside Park
SWIM EXIT PONTOON
81st St &
Hudson River
Henry
Hudson
River
COMBINED RUN IN FROM SWIM
COMBINED BIKE OUT
COMBINED BIKE SOUTH
SWIM EXTRACTION FLAG
SWIM EXTRACTION POINT
B Dock
New York City Marina
Boat Basin Traffic Circle
BIKE OUT
BIKE IN
L POLE SIGNS & CONES
TRANSITION RED STAY RIGHT
TRANSITION YELLOW STAY LEFT
W 79th St
RED BIKE OUT
SLOW DOWN
SHARP TURN
A Frame Signs
YELLOW BIKE IN
COMBINED BIKE IN
YELLOW BIKE OUT
RED TRANSITION ZONE
BICYCLE HABITAT - SATURDAY ONLY

Transition Yellow, Run Out



Race Morning Instructions

Athlete Shuttles

Complimentary shuttles run continuously to transport athletes from the Hilton Midtown to either Transition or Swim Start based on schedule below.

Pick-Up Location: Hilton Midtown: SW corner of 54th St. & 6th Ave.

- 3:45 AM – 5:15 AM | Drop-off Location: Transition Area
- 5:15 AM - 7:00 AM | Drop-off Location: Swim Start

Priority is given to athletes; however, if seats are available, spectators may also ride.

Race Day Transition Access

Athletes may access their respective Transition area between:

- 4:00 AM – 5:15 AM | Yellow Transition Open
- 4:00 AM – 5:40 AM | Red Transition Open

All items brought into Transition must be in the race-issued clear plastic Transition bag. Review Security Measures for Transition on page 8. All bike and run relay team members MUST be in transition before Yellow Transition closes.

Swim Start Area

Once finished in Transition, athletes will proceed nearly one mile (on foot) north to the Swim Start area, located at 99th Street and Riverside Park.

- 4:30 – 8:00 AM Swim Start Area Open
- 6:00 AM Transition Yellow athletes must be in start corrals
- 7:00 AM Transition Red athletes must be in start corrals

Swim Caps

Only the swim cap placed in the race packet may be worn during the swim. Do not trade swim caps with other athletes, as the caps are color-coded to assist race management with organizing the swim start. Swim cap color dictates a specific start wave; however, more than one wave may have the same colored cap.

Swim Start Process

- Ensure adequate time to get from Transition to Swim Start. The Time Trial start format will make things go VERY quickly.
- Remember to bring the race-issued swim cap, wristband and clothing bag.
- Drop clothing bags at the clothing trucks near Swim Start. All clothing bags will be transported to the Finish Line Athlete Recovery for post-race retrieval.
- Toilets and pre-race hydration are available at the Swim Start area.
- Be sure to grab a complimentary Science In Sport bar for that extra burst of energy before you hit the water!
- All athletes will be grouped with their assigned Age Group or Division. Wave signs will indicate specific corrals.
- Per Life Time's standards, Age Groups are determined by your age at the end of the calendar year. For example, if you turn 30 in 2018, even after July 1st, you will still compete in the 30-34 age group.
- Age Groups/Divisions will be filed as a group onto the Start Barge. Approximately 15 athletes will enter the water every 20 seconds.
- Due to tide shifts, the race is jump start only. No diving. Diving is grounds for disqualification.
- Practice swims are not permitted.
- The timing strap must be placed securely around your left ankle.
- Timing mats will be located at the starting edge of the Start Barge.
- All athletes will receive a Timing Chip net time from the moment they leave the mats at the edge of the Start Barge until they cross the Finish Line timing mats. The swim time split will start once the athlete leaves the Start Barge timing mats and will end at the Swim Exit Barge timing mats.
- Transition Yellow Athletes enter the water first. There will be a 20-minute gap between Transition Yellow and Transition Red athletes.
- Any athlete missing their assigned Age Group start will be held until the last start in their corresponding Transition (Yellow/Red) start group.
- Any athletes missing the last start in their corresponding Transition start group (Yellow/Red) will not be permitted to start the race.

Relay Team Details

As a reminder, Packet Pick-Up and Athlete Briefings are mandatory for all participants, meaning each member of a relay team must attend. If one athlete misses Packet Pick-Up or a briefing, the team will not be allowed to race.

Tri tattoos will be provided for the team (one sheet for each member). Each member should apply the tattoos on the left and right arms, and left hand. You must also write an 'R' on your left calf with a permanent marker to signify your participation in the relay category.

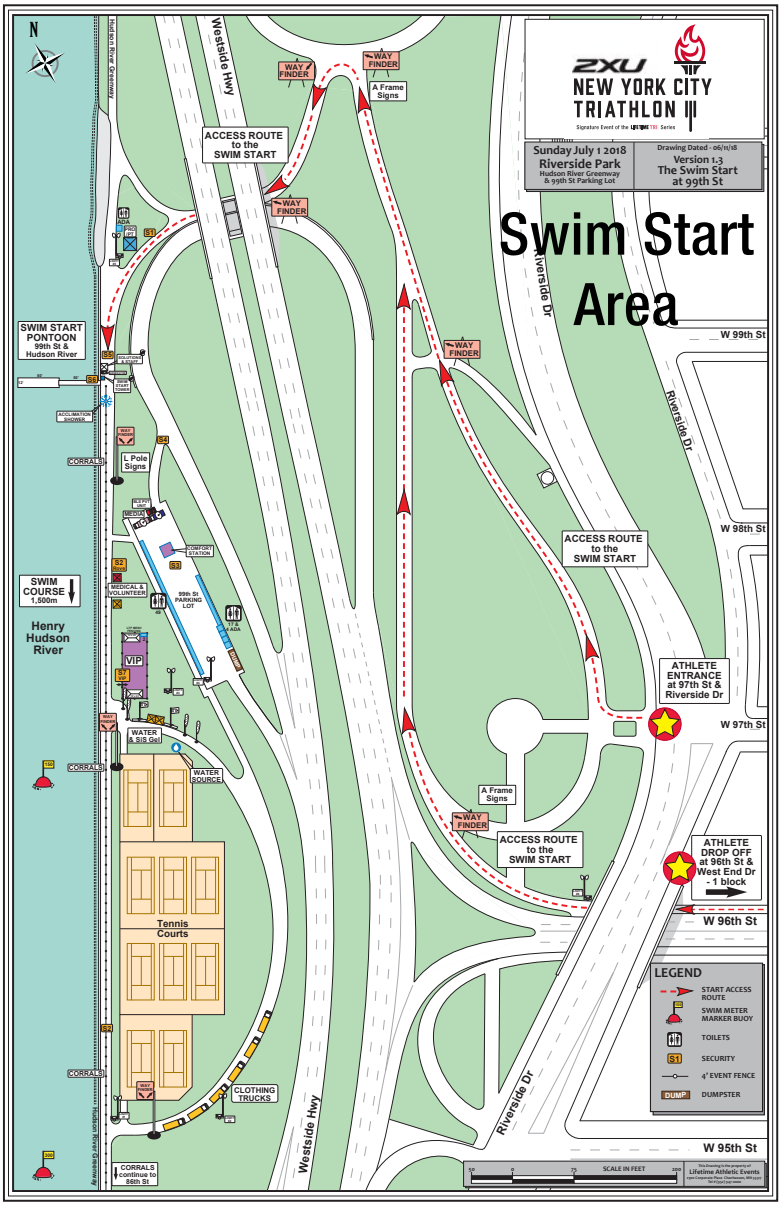
Transition Yellow closes at 5:15 a.m., meaning all run and bike relay participants must be in Transition by 5:15 a.m. If you arrive after 5:15 a.m., you will not be able to enter Transition and your team will not be allowed to race.

We understand this makes for a long day, and we want you to have a fun and safe experience. Bring some playing cards, take a nap, read the paper, email mom, or cheer on the other athletes.

Remember, all items brought into Transition must be loose inside the (2) clear Fox Business Network plastic bags, included in the athlete goodie bag.

The runner will receive the race bib, the biker will receive the helmet number and bike frame number, and the swimmer will receive a swim cap and timing chip. It's the swimmer's responsibility to pick up the timing chip and strap at packet pickup. That means that in Transition, the electronic timing chip is the only thing passed off between athletes.

Following the bike-to-run transition, relay team members are welcome to walk to the Finish Line viewing area while the runner completes the 10K course. Finisher medals will only be given to the runners as they cross the Finish Line. Relay teams can report to the Results Tent to obtain additional medals for their team. Relay awards will be held at 12:00 p.m. for 1st, 2nd and 3rd place teams for male, female and CoEd relay divisions.



Lifeguards and Support

Lifeguards and support vessels will be lined-up throughout the course. If assistance is needed, please visibly raise and wave your hand and a staff member or rescue personnel will assist you. If you need to grab onto a surfboard for a second you may do so without being disqualified, so long as you do not make forward progress.

Water Station

Prior to the race, there will be a water station located near the Swim Start staging area. Upon completion of the swim, there will be a water station located within the entrance of both Transition areas.

Wetsuits & Water Temperatures

The maximum legal wetsuit temperatures are now relative to two athlete "Divisions." *Competitive* athletes may wear wetsuits up to and including 78.0°F. *Recreational* athletes may wear wetsuits up to and including 83.9°F.

Special Needs Table

A special needs table will be provided at the Swim Exit for anyone who wishes to place eye glasses, inhalers, medicine, etc. The table will be located on the right side as athletes exit the water. Those who wish to place items simply need to stop at the table prior to their respective swim start, insert their item into a bag and label it.

Swim Course Tips

The Swim Course consists of a 1,500 meter, point-to-point course.

- The swim begins with a time-trial start from a portable dock and concludes at an exit ramp near Transition.
- Course Limits: One hour after the final International wave start.
- Bring enough food and hydration with you to the swim start to stay nourished while you're waiting for your wave (If you're in Transition Red this could be a long wait).
- The race has been wetsuit legal every year, so you will likely be able to wear your wetsuit.
- Don't be surprised by the saltiness of the Hudson River!
- Don't be late! Any athlete missing their assigned Age Group/Division start will be held until the last wave in their corresponding transition (Transition Yellow/Transition Red) start group. Any athletes missing the last start in their corresponding Transition start group (Transition Yellow/Transition Red) will not be permitted to start the race.

2018 Wave Start Assignments

2XU NEW YORK CITY TRIATHLON

	WAVE	DIVISION	CAP COLOR	START
Transition Yellow	1	Pro Men	Red	5:50 AM
	2	Pro Women	Blue	5:52 AM
	3	Life Time Tri Championship	Navy	5:54 AM
	4	Men Premier Age Group	Yellow	5:56 AM
	5	Women Premier Age Group	Pink	5:58 AM
	6	Collegiates	Green	6:00 AM
	7	Men 55-59	Neon Orange	Time Trial
	8	Men 60 & Over	Purple	
	9	Women 45-49	Blue	
	10	Women 50 & Over	Pink	
	11	Women 25-29	Green	
	12	Women 25-29	Red	
	13	Women 30-34	Silver	
	14	Women 30-34	White	
	15	Women 35-39	Light Blue	
	16	Women 35-39	Neon Orange	
	17	Women 40-44	Purple	
	18	Athenas + Women 24 & Under	Pink	
	19	Relays	Red	
	20	Corporate Wellness Team	White	
	21	First Timers	Red	
	22	Friends & Family	Blue	
	23	All Paratriathletes & Guides	Neon Yellow	
Transition Red	24	Men 45-49	Pink	6:58 AM
	25	Men 45-49	Yellow	Time Trial
	26	Men 45-49	Neon Orange	
	27	First Responders	Purple	
	28	Clydesdales	Blue	
	29	Men 40-44	Light Blue	
	30	Men 40-44	White	
	31	Men 40-44	Silver	
	32	Men 50-54	White	
	33	Men 50-54	Green	
	34	Men 35-39	Silver	
	35	Men 35-39	Red	
	36	Men 35-39	Neon Yellow	
	37	Men 35-39	Blue	
	38	Men 30-34	Pink	
	39	Men 30-34	White	
	40	Men 30-34	Green	
	41	Men 30-34	Light Blue	
	42	Men 25-29	Neon Orange	
	43	Men 25-29	Purple	
	44	Men 24 & Under	Yellow	

2XU NEW YORK CITY TRIATHLON

Bike Course Details

Transitioning to the Bike

The barefoot run from Swim Exit to Transition is 400–700 yards. Athletes should bring an extra bottle of water to rinse their feet in Transition. Bikes should be set in an easy gear, considering the steep, technical climb out of Riverside Park.

Bike Course Description

The 40k Bike Course utilizes the traffic-free Hudson Parkway, heading north into the Bronx and back. Prepare for hills, as the total elevation/gain is more than 1,500 feet!

Turn-By-Turn Directions

- Exit Riverside Park at the 79th Street Traffic Circle.
- Enter the North Bound Lane of the Henry Hudson Parkway (West Side Highway).
- Bike North to Mosholu Parkway, then U-turn at Gun Hill Road.
- Note the 10:30 AM cut-off at Gun Hill Road.
- Bike South to 60th Street, U-turn, bike North to 79th Street. (U-turn at bottom of a descent)
- Exit right at 79th Street, down a steep exit ramp and then make a sharp left turn onto 79th Street.
- Enter Riverside Park at 79th Street Traffic Circle. GO SLOW. This is steep, technical and crowded.
- All bikers must be clear of the Bike Course by 11:15 AM.

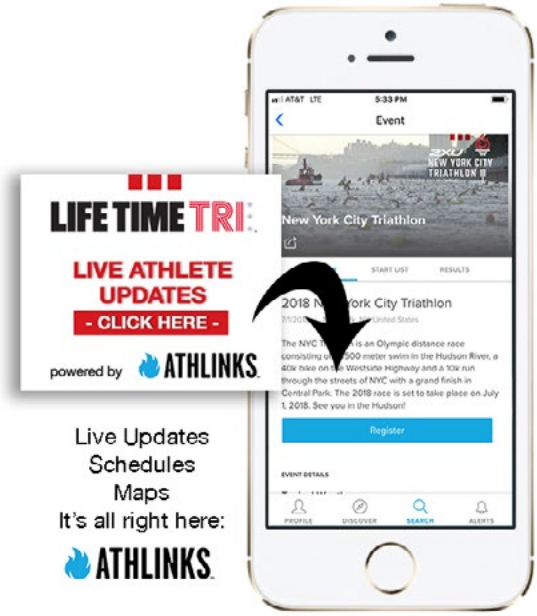
Bike Support

- Athletes should ensure their bike is ready to race. This means pumped tires, lubed chain, bar-end plugs, gears and breaks adjusted, and seats and handlebars properly fitted.
- Bicycle Habitat mechanics will be available in Transition for basic support during bike check-in and on race day.
- Bike support is not guaranteed, so athletes should be prepared to fix their own flats. In case of a flat, pull off to the side of the road, NOT into the middle lane!
- Those who cannot continue will be required to wait for the sweep vehicle.

Bike Course Tips

- Athletes should use caution when biking through Riverside Park as the paths are narrow. Be careful when passing other athletes.
- There are NO Aid Stations or Bottle Exchanges on the bike course. Bikers should bring two bottles of hydration for the bike portion, ensuring their bottle cages are tightly-fastened.
- There are six very technical turns on the course including bike out, highway entrance, two U-turns on the highway, the highway exit and 79th Street Traffic Circle exit. GO SLOW.
- Yellow and Red Transitions follow different routes to Transition.
- Pay attention to the signage and the volunteers.

Get the Athlinks App



Run Course Details

The Run Course features the first course change in event history! The new course spans a traffic-free 72nd Street, then loops the southern five-mile loop of Central Park in a counterclockwise direction.

Run Course Description

The Run Course begins with a steep run out of Riverside Park, up to the 72nd Street Tunnel and eventually onto the street. Near Mile 1, athletes enter Central Park and run in a counterclockwise direction (now with the flow of Central Park pedestrian/bike traffic). Runners will proceed along Center and East Drives, then turn left at 102nd Street Crossing before heading south on West Drive. The Finish Line is located on Dead Road, just west of the band shell off the 72nd Street Transverse in Central Park.

Aid Stations & Restrooms

A total of five Aid Stations will be available throughout the Run Course at these points: Miles 1.2, 2.5, 3.5, 4.6 and 5.6). Aid Stations will be identified with signs along the route. All Aid Stations will have dozens of enthusiastic volunteers and portable toilets located nearby. Water, Gatorade Endurance and Gatorade Endurance Energy Gels will be supplied.

Gatorade Endurance Energy Gels

Gatorade Endurance Energy Gels (Blackberry, Apple Pear and Vanilla) will be available at Aid Station #1, located at West 69th Street within Central Park. Gatorade Endurance Energy Gels provide 20g of carb energy, natural flavors, a light texture and taste.

Gatorade Endurance Formula

Lemon-Lime Gatorade Endurance Formula will be available on course at all aid stations. Endurance Formula has nearly two times the sodium and three times the potassium of traditional Gatorade. It also contains no artificial flavors and has a light taste. Learn more about Gatorade Endurance Formula here.

Medical Support

There will be roving and EMS along the Swim, Bike and Run Courses, along with medical support at the Aid Stations, in Transition and at the finish. Should you experience any medical issues, please notify the nearest official or Aid Station who will dispatch appropriate medical attention. Be sure to hydrate well with expected heat. In the event of lightning along the course, immediately seek shelter under a permanent structure.

The Big Finish

What to do when you cross the Finish Line? Throw those arms up and SMILE! The paparazzi are waiting.

Once crossing the Finish Line, all athletes will receive a finisher medal, finisher towel, a bottle of water, an ice cold bottle of Gatorade Endurance, a Panera sandwich and fruit.

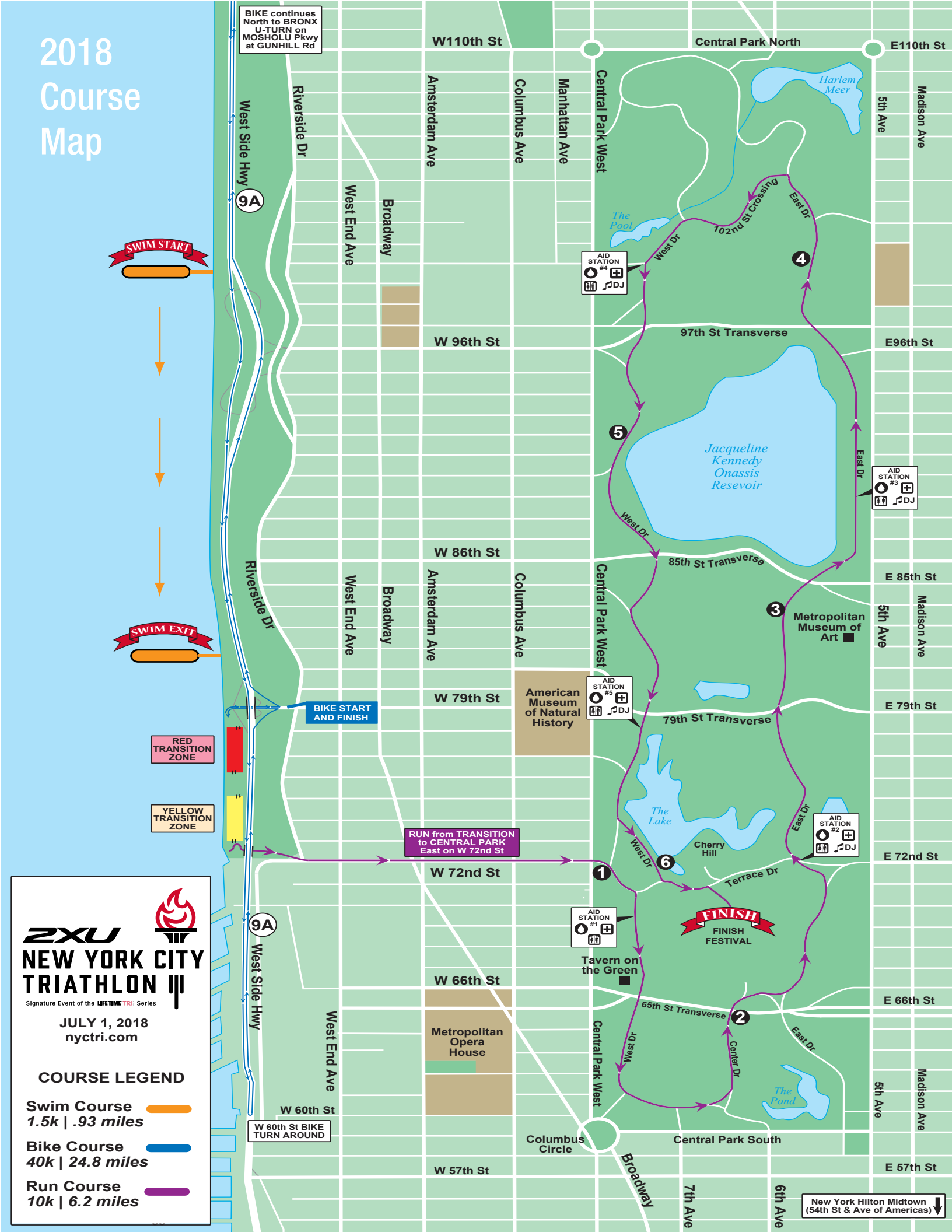
As a reminder, only the Relay Team runner will cross the finish line, thus receiving their finisher medal in the Finish Chute. Remaining team members can report to the Results Tent within the Finish Festival to receive their medals.

Finish Line Policy

Under the guise of safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or through the Finish Chute.

Spectators should meet their athletes at the Family Reunion area, located at the band shell in Central Park.

2018 Course Map



2XU NEW YORK CITY TRIATHLON

Signature Event of the LIFETIME TRI Series

JULY 1, 2018
nyctri.com

COURSE LEGEND

Swim Course
1.5k | .93 miles

Bike Course
40k | 24.8 miles

Run Course
10k | 6.2 miles

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Join now! SavetheChildren.org/TeamSave

Team Save the Children offers athletes of all abilities a chance to join us in a race while raising much-needed funds to help children.

Finish Festival / Post Race

Celebrate the big finish at the NYC Triathlon Finish Festival. Athletes will be able to refuel and rehydrate with water, snacks and more! The Finish Festival will be bustling with sponsors and vendors sampling their products, including:

- Stop by the Fox Business Face Cam at the end of the race for your chance to see your greetings aired on the Fox Business Network after race day!
- Free massages provided by SISTEM at the Finish Festival.
- Live music by B.O.D.
- Contests, raffles, and lots of cool stuff!

Finish Line Policy

Under the idea of safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or through the Finish Chute.

Athlinks Results

Race results will be updated regularly online throughout the day, and between 9:00 AM - 12:00 PM at the Athlinks Results Tent. You may access your results directly from your mobile phone using the free "Athlinks" App. Once loaded, simply search for "New York City Tri" within the event listings.

Photography & Social Media

Athlinks will provide complimentary race photography before, during and after the race. Please make sure your race numbers (body marking, bike and bib numbers) are visible at all times so you can be identified. Photos will be posted to the event website within 24 hours of the event.

Children / Pets

Parents, please supervise your children at all times. The race site and course are busy and potentially dangerous areas. We recommend to leave pets at home. If there are any pets on site, we will ask to make sure they are leashed at all times.

Volunteers

This event requires thousands of volunteers to dedicate their time during the race weekend. Please remember to thank them as you come across their services! The event would not be possible without them.

Lost & Found

Lost items should be turned in or claimed at the Finish Festival Volunteer Tent. Unclaimed items will be relocated to the Life Time office following the event and donated after 30 days to a local charity.

Bike Check Out

All bikes/equipment MUST be picked up from Transition (72nd - 79th St. Riverside Park) between 11:00 AM – 2:00 PM on Sunday, July 1:

- Athlete Wristband – The athlete must present their numbered wristband to pick up his/her specific bike from Transition. Once equipment has been picked up, the athlete's wristband will be cut off and collected and the athlete will not be able to re-enter Transition.
- Athletes must pick up their own bikes and equipment.
- Note: No one will be allowed back into Transition to check out their bike before 11:00 AM.

Transition Shuttles

Shuttles will be available to take athletes and spectators from the finish area back to Transition in Riverside Park from 10:00 AM to 2:00 PM. Shuttles will run on a constant loop, picking up athletes on Central Park West between 70th and 71st Streets and dropping off on West End and 71st Street. Follow the signs on race day to the shuttle area.

Personal Belongings/Valuables

Please be mindful of your valuables. We recommend you leave your valuables at home. This also pertains to gear check, as the race will not be liable for any lost or stolen items. Personal Belongings: Anything you take with you on the course must remain in your possession. With exception of dedicated aid stations, no garbage, clothing, etc. may be thrown on the course.

Awards

Awards Ceremonies

All finishers will receive a Finisher's Medal. Top performing individuals and relay teams will earn additional awards distributed at two separate Award Ceremonies, hosted at the Awards Stage within the Finish Festival:

10:00 AM	Professional Race
12:00 PM	Life Time Championship & 2XU NYC Triathlon

2XU New York City Triathlon Awards

Awards will be presented to the top three female and male finishers in each of the below *Competitive* race divisions. All awards need to be claimed during the ceremony.

- Overall Amateur
- Premier
- Premier Masters (40|+)
- Collegiate
- Athena
- Athena Masters (40+)
- Clydesdale
- Clydesdale Masters (40+)
- First Responders
- Age Group: 19 & Under
- Age Group: 20-24
- Age Group: 25-29
- Age Group: 30-34
- Age Group: 35-39
- Age Group: 40-44
- Age Group: 45-49
- Age Group: 50-54
- Age Group: 55-59
- Age Group: 60-64
- Age Group: 65-69
- Age Group: 70-74
- Age Group: 75-79
- Age Group: 80-84
- Tailwind Corporate Wellness Program
- Relays (Female/Male/CoEd)
- First-Responders Championship
- Ivy League Collegiate Championship
- Tri Club Championship

Professional Race

The 2018 2XU New York City Triathlon features nearly 50 of the world's greatest professional athletes. This group will compete for $30,000 in cash, distributed equally among the fastest female/male finishers:

- 1st Place: $6,000
- 2nd Place: $4,000
- 3rd Place: $2,000
- 4th Place: $1,000
- 5th Place: $500

- Fastest Swim: $500
- Fastest Bike: $500
- Fastest Run: $500

Pro Men's Field (by #)

1 CAMERON DYE
2 JASON WEST
3 JACKSON LAUNDRY
4 BRIAN DUFFY JR
5 GARRICK LOEWEN
6 MATT ALFORD
7 CHRIS SCHROEDER
8 ANDREW MUELLER
9 TIM RUSSELL
10 MAX FENNELL
11 GABE MANNER
12 JARROD SHOEMAKER
13 BEN KANUTE
14 STEVE ROSINSKI
15 SPENCER RALSTON
16 MICHAEL HOFFMAN
17 JOSH ARDEN
18 FREDERIC PELOUZE
19 SCOTT BRADLEY
20 BRENO MELO
21 DEREK JAKOBOSKI
22 JEAN-PHILIPPE THIBODEAU
23 YORLLIRY MORENO
24 KIPP KINSLEY
25 ELLIOT BACH
26 EVAN CULBERT
27 WESTON CHRISTENSEN
28 STEPHEN BLANKENSHIP
29 DYLAN PUST
30 AUSTIN HINDMAN

Pro Women's Field (by #)

35 LAUREN GOSS
36 KRISTEN MARCHANT
37 LAUREL WASSNER
38 CECILIA DAVIS-HAYES
39 CAROLINE SHANNON
40 REBECCAH WASSNER
41 JENNIFER CLARK
42 SARAH HASKINS
43 NATALIA RODRIGUEZ
44 ALICIA KAYE
45 LINDSEY JERDONEK
46 SARAH LESTER
47 NICOLE FALCARO
48 JACQUIE GODBE
49 SONJA KENT
50 MADDY PESCH
51 ALI BRAUER
52 ALLISON GIBB

Life Time Tri Series Championship

More than 225 of the nation's best amateur athletes will compete in the inaugural Life Time Tri Series Championship competition. Athletes have been qualifying across the 2017-2018 Life Time Tri Series, which began last July in Minneapolis and concluded this past Memorial Day in Austin. All Championship participants will start in Wave #3, following the professional men and women.

Prize Purse

The Life Time Tri Championship offers a $63,650 collective prize purse - including $22,250 in cash! The purse is divided across 20 *Competitive* divisions listed below. Top men and women in each division will earn a combination of cash and future race entry credit in the following amounts:

- Overall: $1,500 cash + $750 race credit *(top female/male)*
- 1st Place: $250 cash + $750 race credit
- 2nd Place: $100 cash + $150 race credit
- 3rd Place: $50 cash + $50 race credit

2018 Life Time Tri Series Championship Divisions

- Premier
- Premier Masters (40|+)
- Collegiate
- Athena / Clydesdale
- Athena / Clydesdale Masters (40+)
- First Responders
- Age Group: 19 & Under
- Age Group: 20-24
- Age Group: 25-29
- Age Group: 30-34
- Age Group: 35-39
- Age Group: 40-44
- Age Group: 45-49
- Age Group: 50-54
- Age Group: 55-59
- Age Group: 60-64
- Age Group: 65-69
- Age Group: 70-74
- Age Group: 75-79
- Age Group: 80-84

2018 Life Time Paratri Championship

The 2XU New York City Triathlon is proud to again host the Life Time Paratri Championship, distributing a $3,250 prize purse equally across top-performing men and women. A special scoring format allows all para classifications to compete against each other for these cash awards:

- 1st Place: $1,000 cash + $750 race credit
- 2nd Place: $500 cash + $150 race credit
- 3rd Place: $125 cash + $50 race credit

Additional awards will be distributed to the top three men and women within each of these six *Competitive* paratri classifications:

- PT1: Wheelchair
- PT2: Severe Impairment
- PT3: Moderate Impairment
- PT4: Mild Impairment
- PT5: Visual Impairment
- PT6: Open

Qualify/Re-qualify for 2019

It's never too early to start planning for next year! The 2018 2XU New York City Triathlon will be the first qualifying event for the 2019 Life Time Tri Championship - to again be held in the New York City on July 14, 2019.

LIFE TIME TRI Championship

This year, the top five finishers from all *Competitive* divisions (from both the 2XU New York City Triathlon AND the Life Time Tri Championship event) will earn guaranteed entry into the 2019 Championship event.

The first 50 qualifiers to register on-site for the 2019 Championship will earn complimentary bike shipping to/from New York City (entry fee: $338, credit cards only). Otherwise, qualifiers have until June 1, 2019 to claim their spot.

Thank You To Our Sponsors































Frequently Asked Questions

Packet Pick Up

Can I pick up a race packet for a friend or coworker?

No. Each participant is required to pick up their own packet. No exceptions! You must have a valid photo ID to pick up your packet.

Where is race Packet Pick-Up?

Packet Pick-Up will be held at the New York Hilton Midtown on Friday, June 29 from 12:00 - 8:00 PM and Saturday, June 30 from 10:00 AM - 6:00 PM.

Is there Packet Pick-Up race morning?

No. All race packets must be picked up prior to race day at the Expo at the New York Hilton Midtown.

Can I pick up race packets for my relay team members?

No, each member of the relay team needs to show their ID in order to pick up their own packet.

Do I need a driver's license or USAT license for Packet Pick-Up?

A valid photo ID (current driver's license, certified state ID or passport) is required at Packet Pick-Up. We do not require a USA Triathlon one-day or annual member license.

What will be included in the race packets?

Race packets will include the following: Race numbers for your bike and helmet; swim cap; race information; and rules and sponsor-related materials. You will also pick up your T-shirt and timing chip at the Expo along with your packet.

Swim

What is the water temperature on race morning?

The water temperature will be checked by Race Officials on race morning, and announced during pre-race announcements and on social media. Typical water temperatures range from 70-75°F

What are the rules for requesting assistance from lifeguards?

If you need to rest during the swim, you may hold onto the rescue tubes and safety boats used by lifeguards along the swim course. However, you will be disqualified if you use one of these devices to assist yourself in forward progress.

Which equipment is needed for the swim?

Swim caps (provided in the race packet) and swimsuits are required for the swim portion. Goggles or a face mask are optional, as are wetsuits. *Competitive* athletes may wear wetsuits up to and including 78.0°F. *Recreational* athletes may wear wetsuits up to and including 83.9°F. Inflatable, swim fins, snorkels and propulsion devices are not allowed. See the attached Event Rules for full details.

Bike

What equipment is mandatory for the bike section?

A bike and a bike helmet are required. Your bike must be in good working condition with your bike race number properly attached. Your bike helmet must be professionally certified, and it must have your number sticker properly attached. We recommend having your bicycle checked through a reputable bike shop prior to the event. We also advise to bring equipment for changing a flat tire or making minor bike adjustments.

Will drafting be allowed?

No. You must stay four bike lengths behind the rider in front of you. When passing, you need to complete the pass within 20 seconds. If you are being passed, you must drop back four bike lengths from the person passing you before re-passing them. Riding side by side with another rider is also illegal. See the Event Rules for more information.

Are you allowed to use a mountain bike?

Yes. You may use a mountain bike, hybrid/city bike, road bike, single-speed bike or triathlon bike. No motorized bikes, fixed-gear bikes or recumbent bikes are allowed. Fairings (windshields) are not allowed.

Run

How many Aid Stations will be on the Run Course?

Aid stations will be approximately every mile on the run course.

What mandatory equipment do I need for the run?

It is required to have your race number and timing chip during the run. Race numbers are to be attached on the front of your body and the timing chip must be securely strapped to your left ankle.

Are headphones and/or mobile phones allowed when racing?
Headphones, headsets, iPod, mp3 players and personal audio devices of any kind are not to be carried or worn at any time during the race. Mobile phones may be carried, but must be stored out of sight and only used during emergency situations.

Transition

What is the Transition Area?
The Transition Area is a common area where participants rack their bike, run and swim gear before and during the race. It is also your assigned spot where you will Transition from swim to bike and bike to run. Relay teams have a designated region in Transition where they exchange their timing chip strap from swimmer to cyclist and cyclist to runner.

Who is allowed in the Transition?
Only race participants (with attached bike race number), Transition Volunteers and Race Officials are allowed inside Transition. Family members and friends are unable to access this secured facility.

What time does Transition open and close on race morning?
Both Transition areas open at 4:00 AM. Transition Yellow closes at 5:15 AM, and Transition Red closes at 5:40 AM. Both will reopen at approximately 11:00 AM for bike retrieval.

Timing Chips

Where should I place my timing chip?
The strap with the timing chip must be worn on the left ankle.

How does chip timing work?
A computer chip encoded with the athlete's name, race number and wave start is attached to a strap each athlete SECURELY wears on their left ankle. "Scanners" located on mats positioned throughout the course "read" the chips and records the time as each athlete steps on the mat. For this reason, athletes much be careful to step/ride near the mats along the course. In addition, an athlete who starts any wave after the first swim wave begins, must take care not to step on a mat in or around the Transition area accidentally as he/she waits for their wave to begin.

The chips go "live" after Packet Pick-Up and will record every instance an athlete steps on a mat; if such a time is recorded that is earlier than an athlete's scheduled wave, accidentally or intentionally, the athlete may be disqualified.

If I lose my chip, will I be timed for the race and where can I get another chip?
You must have a chip to participate. If you lose your chip before the race begins, contact race personnel at the Swim Start to obtain a replacement chip. Athletes will incur the cost of a lost timing chip - currently a $30 fee.

What do I do with my timing chip if I decide to stop racing?
Please turn all timing chips into race personnel. If you end up picking up your packet and timing chip but do not race Sunday please mail you chip to:

Premier Event Management
509 South Al Davis Road, Suite B
Harahan, LA 70123

RACE CHECKLIST

Pack It Up. Rock It Out.

GENERAL ITEMS

Special foods or drinks
Extra shoes
Plastic gear bag (issued at Packet Pick-Up)
Necessary medications (inhalers, etc.)
Warm-up suit/warm clothes
Umbrella or rain gear
Timing chip band
Multi-tool kit
Electrical tape
Race tattoos

SWIM GEAR

Swimsuit or tri race kit
Race issued swim cap
Goggles
Wetsuit or swim skin

BIKE GEAR

Bike frame sticker
Helmet
Cycling shoes
Bike/tri shorts or tri race kit
Pump
Water bottles
Nutrition bag
Flat repair kit (tire, tube, tire levers, CO2)
Arm warmers or leg warmers
Light wind vest
Sunglasses
Sunblock

RUN GEAR

Run bib
Race belt
Socks
Running shoes with quick laces
Hydration belt or water bottle
Hat or visor

TRANSITION NEEDS

Towel or mat
Extra water bottle
Sunscreen
Anti-chafe cream

PRE / POST RACE

Extra clothes
Extra shoes/flip flops
Recovery nutrition
Sunscreen

LIFE TIME TRI

2018 RULES SUMMARY

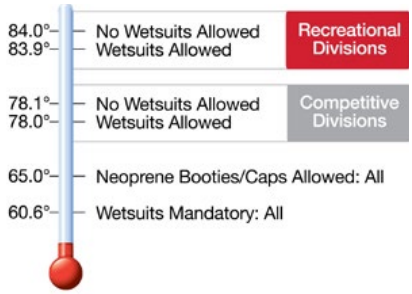
Experienced triathletes will notice a variety of changes to the Life Time Tri Officiating Program in 2018. While safety and fairness remain paramount, portions of the Officiating Program were redesigned to better educate the entire field of athletes while also applying better global standards across the sport. A highlight of these rules is noted below, with a full rules set and descriptions identified under separate cover. Athletes are highly encouraged to review these in detail to ensure a successful race experience.

On-site Presence

A full team of Race Officials will be on-site and integrated with athletes throughout the entire weekend - from Packet Pick-Up to Transition and through the Awards Ceremony.

Wetsuit Temperatures

Legal wetsuit temperatures are now relative to one of two athlete "divisions," originally selected during registration.



"Recreational" division participants may wear wetsuits in waters up to and including 83.9°F.

"Competitive" athletes (those competing for awards) are able to wear wetsuits in waters up to and including 78.0°F, in line with global standards. If approaching weekend water temperatures are of concern, athletes may elect to change divisions at Packet Pick-Up. Full details are listed on page IV of the Rules Book.

Draft Zone



Moving toward the global short course standard, Life Time Tri will move to a 9m draft zone. Athletes must keep four (4) bike lengths of space between them, or complete their pass in 20 seconds, to avoid a "drafting" penalty.

Penalty Card

When a penalty is being issued (and when deemed safe along the course), the Official will call out the athlete's race number and present this black and white penalty card.



Penalty Tent

Athletes receiving a penalty will be directed to a Penalty Tent, located on the Run Course. Athletes must check-in here to serve their 3-minute time penalty.



Other Common Rules



- Be a good sportsman. Always.
- Don't endanger anyone, including yourself.
- Cell phones, headphones and cameras are not allowed during the race.
- Participants may not receive assistance, in any way, from anyone other than active racers, volunteers or official Race Staff.
- Keep it clean. Please don't litter.
- Flotation devices are not allowed in the swim.
- Wear a helmet -- before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Always ride on the right and pass on the left (with exception to a portion of the Chicago Triathlon course).
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate. We'll help you with that!

QUESTIONS? Contact Rosalyn Popham, Life Time Tri Head Official at rpopham@lt.life or Athlete Services: events@lt.life

LIFE TIME TRI

2018 RULES BOOK

The conduct and rules set forth here are directed toward all athletes who participate in Life Time Tri events. The following is intended to be a guide for athletes on appropriate and unacceptable conduct at events. It is intended to provide fair play, encourage safety and show respect for all participating. Life Time Tri wishes to emphasize a continued quest to develop well-educated athletes within the sport of triathlon. *Note: An abbreviated Rules Summary is listed on p12.*

What's New?

Experienced triathletes will notice a variety of changes in Life Time's Officiating Program -- all designed to properly educate the field while also applying better global standards across the entire sport. Key differences include:

ON-SITE PRESENCE
A full team of Officials will be on-site during the weekend, from Packet Pick Up through the Awards Ceremony.

NEW WETSUIT TEMPERATURES
The maximum legal wetsuit temperatures are relative to athlete "Divisions." *Competitive* athletes may wear wetsuits up to 78.0°F. *Recreational* athletes may wear wetsuits up to 83.9°F.

ON-COURSE DIALOGUE
While experiencing a rule infraction, Officials will communicate (when safe) with the athlete in the moment, identifying the penalty and advising on how to serve it.

NEW DRAFT ZONE
Moving toward global short course standards, Life Time will move to a 9m draft zone, where athletes keep 4 bike lengths of space between them and make a pass in 20 seconds.

PENALTY TENT
Athletes receiving penalties will be directed to a Penalty Tent (located on the Run Course) where they will check-in and must serve a 3-minute stand down.

QUESTIONS?
Ask the Officiating Team while at the race venue, or email Rosalyn Popham, Head Official at: rpopham@lt.life

I. General Athlete Conduct

1. Athletes not adhering to any of these rules may incur a three (3) minute time penalty per infraction, a possible DISQUALIFICATION or even a suspension from Life Time Tri events.

2. Athletes are expected to treat other athletes, volunteers, race staff, officials and spectators with respect. Any unsportsmanlike conduct may result in a DISQUALIFICATION.

3. Unsportsmanlike conduct on behalf of an athlete towards another athlete, volunteer, race staff, official or spectator, including but not limited to tampering with equipment, will not be tolerated. The athlete on whose behalf they are acting will be DISQUALIFIED and may also be banned from future Life Time Tri events.

4. Knowledge of the entire prescribed swim, bike and run course is the responsibility of each athlete. No adjustments in time or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. An athlete who departs from the course must re-enter at the same point. Any athlete not completing the course in its entirety will be DISQUALIFIED.

5. Athletes must obey all applicable traffic and local laws unless otherwise instructed by race staff or Law Enforcement Officers. Failure to do so may result in a DISQUALIFICATION.

6. No athlete shall endanger themselves, other athletes, volunteers, race staff, officials or spectators. Athletes who intentionally present a danger to anyone may result in a DISQUALIFICATION.

7. Athletes are required to have the race-appropriate body markings, as well as helmet and bike frame numbers visible.

8. Littering or abandoning any personal equipment or gear outside of transition, or a designated aid station, intentional or otherwise, will not be tolerated. Athletes doing this will receive a 3-minute time penalty and a gross infraction may result in a DISQUALIFICATION.

9. Listening devices, head phones, ear buds, Bluetooth products and the like are not allowed at ANY time during the race. Athletes using these items during the race are subject to a 3-minute time penalty, risk their audio device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION. Life Time Tri is not responsible for any lost or damaged items. Confiscated items will be available to the athlete once the race is complete.



10. Athletes may not use communication devices of any type in a distractive manner during the race. Communication devices consist of, but are not limited to: cell phones, smart watches and two-way radios. A "distractive manner" includes but is not limited to: making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for the purpose of using the device like a bike computer. Athletes using a communication device during the race in a distractive manner are subject to a 3-minute time penalty, risk their communication device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.

11. Life Time Tri is not responsible for any lost or damaged items confiscated and confiscated items will be available to the athlete once the race is complete. Athletes may possess a cell phone as long as it is out of sight, used for emergency situations only and is used in a safe manner which does not present a hazard to themselves or others.

12. Cameras, phone cameras, video cameras, GoPros™ and the like are prohibited unless permission is given by Life Time. Athletes wishing to use these items need to contact the Head Official at least five (5) days prior to the event. Athletes using these items without prior approval will be DISQUALIFIED.

13. Signage, flag poles longer than 2', selfie sticks, balloons or other items that could be deemed a distraction or safety hazard in transition or carried on the course will not be permitted. Such items need to be removed/discarded immediately or may result in a DISQUALIFICATION.

14. Athletes are not allowed to accept outside assistance from anyone other than volunteers, race staff and other athletes still actively racing. Examples of outside assistance include: non-participants supplying nutritional items, providing or receiving gear, escorting an athlete along the race course, pacing or supplying any aid not available to all other athletes at the event. Athletes using outside assistance will receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.

15. Athletes may not provide any equipment to a fellow competing athlete if it results in the donor athlete being unable to continue with his/her own race. Such equipment includes but is not restricted to: complete bicycles, frame, wheels, helmet and shoes. Should this occur, both athletes will be DISQUALIFIED.

16. Athletes shall not work together to improve their performance or efficiency.

17. Athletes who begin the race in an incorrect starting wave may be DISQUALIFIED.

18. Offensive language spoken or written is not allowed. Offensive language written on a sign, clothing or body will need to be removed or may result in a DISQUALIFICATION at the discretion of the Head Official.

19. Public nudity and public urination/defecation are not allowed. Athletes who violate this will be DISQUALIFIED and may also be fined by local law enforcement. Local decency laws apply.

20. Any athlete who appears to be intoxicated or under the influence of drugs will be immediately pulled from the race and DISQUALIFIED.

21. Course officials and medical personnel reserve the right to remove any athlete from the course if determined medically-necessary.

22. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. Life Time Tri supports TrueSport and random testing may occur at any of its events. For more information visit: https://www.usada.org/substances/prohibited-list/

23. Unauthorized bib selling or cheating in any form is not allowed. Should you witness this, please report the activity with as many details as possible to events@lt.life or any Race Official. Situations will be investigated to the best of their ability.

II. Transition Area Conduct

1. Glass items are a hazard and not allowed in transition. Glass items need to be removed immediately or the athlete possessing these items may be DISQUALIFIED.

2. Athletes must rack their bike in a way that does not block or interfere with the progress of another athlete.

3. If an event uses bike racks labeled with individual bike numbers, the wheel down must be on the side of the rack where the athlete's bib number is labeled. Athletes may rack their bikes either by the seat or the handle bars, and the bike must be placed in the rack area specified by the race. Athletes are required to use this rack space for the entire race. Athletes who do not rack their bikes in the proper location may receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.

4. Gear must be placed under the athlete's bicycle or the bicycle tire next to them, not be in the general walkway, bike rack ends or along the transition area fence. Items in these areas will be removed.

5. Athletes are not to interfere with another athlete's equipment in the transition area. Athlete's found tampering with another athlete or event equipment will be DISQUALIFIED.

6. Riding a bike in transition before, during or after the race is not allowed and may result in a DISQUALIFICATION.

7. Athletes who arrive late or remain in transition after race staff have officially deemed it "closed" for the race may be DISQUALIFIED.

III. Swimming Conduct

1. Race bib numbers are not to be worn during the swim.

2. Athletes may use any stroke to self-propel themselves through the water, including treading water and floating. Athletes may use inanimate objects such as course buoys, boats or ropes to rest upon during the swim, as long as no forward progress is made. If forward progress is made aided by those items, a 3-minute time penalty will be issued. Should the athlete have received an unfair advantage, the athlete will be DISQUALIFIED.

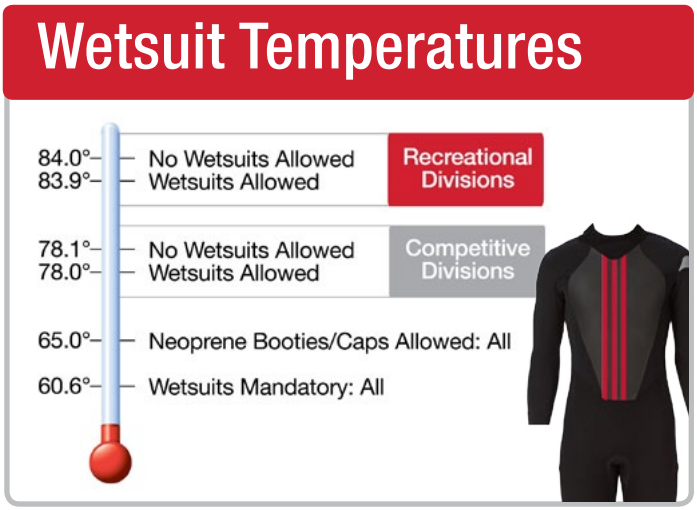
3. Flotation devices, pull buoys, aquatic flotation belts, fins and webbed gloves are not allowed during the swim portion. Athletes using these or similar items will be DISQUALIFIED.

4. All athletes must swim to the outside of all swim course buoys on the prescribed course.

5. Athletes are required to use the event issued swim cap as the outermost cap during the swim portion. Failure to wear it, or altering the event-given swim cap may result in a DISQUALIFICATION.

6. Goggles and face masks are not required, but strongly encouraged.

7. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with a medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.



8. Legal wetsuit temperatures are now relative to one of two athlete divisions, originally selected during event registration:

A. "*Recreational*" division participants are those opting into non-competitive waves (ie. First-Timers', Friends & Family, Early Bird, Charity Waves, etc.). *Recreational* participants may wear wetsuits when the water temperature measures 83.9°F (28.8°C) or below.

B. "*Competitive*" division athletes are those competing for awards (ie. Age Groups, Paratri, Athena/Clydesdale, First Responders, Relays, etc.). *Competitive* participants are able to wear wetsuits when the water temperature is 78.0°F (25.5°C) or below.

9. Wetsuits, neoprene or rubberized speed suits, lava shorts, neoprene-type pants and the like are not allowed in water temperatures of 78.1°F (25.6°C) or higher for *Competitive* athletes, or temperatures of 84.0°F (28.9°C) or higher for *Recreational* athletes.

10. Should approaching water temperatures be of concern to those registered in *Competitive* divisions, athletes may elect to move into a *Recreational* division, subject to availability. Requests must be submitted before the close of Packet Pick Up.

11. Wetsuits are forbidden for all athletes when water temperatures reach 84.0°F (28.9°C) or above.

12. Neoprene booties and neoprene swim caps are allowed when the water temperature is 65.0°F or below.

13. Wetsuits are mandatory for all participants when the water temperature is 60.6°F (15.9°C) or below.

14. The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5mm. Athletes not adhering to this will be DISQUALIFIED.

15. Official water temperatures will be taken at least two hours prior to the race start on event day.

16. Uninflated personal safety flotation devices (such as the Swim IT®) are allowed. However, should the athlete deploy their device, they must retire from the race and their results will be listed as a DNF (Did Not Finish).

IV. Cycling Conduct

1. Race bib numbers are optional while on the bike.

2. Unless otherwise prescribed for a specific race venue, athletes must ride their bikes on the right side of the road so as not to block the progress of others. Athletes passing on the right side of other athletes will incur a 3-minute time penalty for an ILLEGAL PASS.

3. Athletes are not to cross-over the roadway's center line while on the bike course. Athletes riding over the center line and endangering themselves or others may be DISQUALIFIED.



4. Drafting occurs when one athlete rides closely behind another, reducing their exerted effort and energy. Drafting is not allowed on the cycling portion of the event. Athletes must keep at least four (4) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 9 meter draft zone, to avoid a 3-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

5. Athletes must keep 35 meters between them and moving motorized vehicles to avoid a 3-minute time penalty for DRAFTING.

6. If passing another cyclist, athletes must complete their pass within 20 seconds to also avoid a 3-minute time penalty for DRAFTING.

7. Once an athlete enters into the draft zone, they MUST complete the pass and not back out. Athletes who fail to complete a legal pass within 20 seconds or back out of the draft zone once entered will incur a 3-minute time penalty for DRAFTING.

8. Once an athlete has been passed they will need to immediately fall back four (4) bike lengths before repassing to avoid a 3-minute time penalty for being OVERTAKEN.

9. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

10. Athletes riding to the left without passing another athlete will incur a 3-minute time penalty for POSITION.

11. Athletes riding to the left and obstructing other athletes from passing will incur a 3-minute time penalty for BLOCKING. Side-by-side riding is not allowed.

12. The bike position rules are in effect at all times during the race with the exception of the immediate area around Aid Stations, the mount/dismount line, sharp turns or U-turns, extreme inclines and descents and in times where athletes need to proceed with caution due to unforeseen events.

13. Closed-toed shoes are required for the bike portion of the event. Athletes not observing this may be DISQUALIFIED. Barefoot biking is not allowed.

14. Athletes are not allowed to mount their bicycles until their entire bicycle has moved beyond the mount line. Athletes need to fully dismount their bicycle prior to crossing the dismount line. Athletes mounting their bikes early or dismounting their bikes late will result in a 3-minute time penalty.

15. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED. See the BICYCLE HELMET REQUIREMENTS section for complete helmet specifications.

V. Cycling Requirements

1. Only two-wheeled bicycle models will be allowed for competition. All bikes must have a working brake on both wheels, as well as a free-wheeling crankset mechanism. Fixed gear bikes are not allowed and subject to DISQUALIFICATION. Note: Freewheel systems allow the bicycle to roll forward while the pedals remain stationary. Fixed-gear systems do not have the ability to “coast” when pedaled backwards and are not allowed

2. Trikes, tandems and other non-standard bicycles are not allowed. Athletes will not be allowed to race with these bikes and will be DISQUALIFIED.

3. For reasons of safety, athletes are responsible for having all handlebar ends on their bike solidly-plugged to avoid injury. Once the race has begun, athletes with bikes found to be missing end plugs will not be allowed on the course and will be DISQUALIFIED. If needed, bar end plugs can be acquired from the transition bike tech tent at race site.

4. Bikes and wheels need to be propelled entirely by human power. Bike motors and Ebikes are illegal and subject to DISQUALIFICATION from the event and expulsion from future Life Time Tri events.

5. No fairings or other shield intended to reduce air drag is allowed on the bicycle. Anything fitting this description needs to be removed prior to the start of the race or the athlete will be DISQUALIFIED.

6. Any athlete using a bike or cycling equipment deemed to provide an unfair advantage or to be unsafe will need to have the bike replaced or equipment corrected prior to the start of the race or the athlete will be DISQUALIFIED.

7. Recumbent bicycles are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a recumbent bike are not eligible for awards. Athletes using a recumbent bike without approval will be DISQUALIFIED.

VI. Helmet Requirements

1. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED.

2. Helmets must be manufactured for cycling use and have a certification from any of the following agencies: CPSC, Snell B-90, Snell B-95, CEN, EN1078, ASTM 1447-12, Canadian Standards Association (CSA), Standard Australia/Standards New Zealand (AS/NZS), or Japanese Industrial Standard (JIS). Athletes using helmets from an agency other than those listed above will not be allowed to race and will be DISQUALIFIED.

3. No skateboard or other non-cycling helmets are allowed. Athletes

using these types of helmets will not be allowed to race and will be DISQUALIFIED.

4. Helmets are not to be altered from its manufactured state or the athlete may be DISQUALIFIED.

VII. Running Conduct

1. Bib numbers are mandatory and must be visible on the run course.

2. Running, walking or crawling is allowed.

3. Rules pertaining to Outside Assistance and communication and listening devices are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for full details.

4. Rules pertaining to littering or abandoning equipment or gear outside of a designated aid station are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for details.

VIII. Finish Line Policy

1. Only registered athletes are allowed to enter the Finish Chute and cross the Finish Line. For the safety of all, and so each participant can celebrate their accomplishment, athletes should not bring family or friends in the Finish Chute or across the Finish Line. Athletes not following this policy will be DISQUALIFIED.

IX. Penalty Assessment

1. Athletes who do not comply with the rules will be notified while on the course, when safely appropriate, if a penalty is being issued.

2. When a penalty is being issued, the official will call out the athlete's race number and show them the black and white PENALTY card illustrated below. It is the athlete's responsibility to stop at the Penalty Tent located on the run course. The exact location of the Penalty Tent will be included in the event Athlete Guide and communicated at the Athlete Briefings. It is the athlete's responsibility to know where the Penalty Tent is located and to serve their penalty time.

Penalty Card



3. All time penalties are additive and require the athlete to check-in with a race official at the Penalty Tent, where they will remain for 3 or more minutes, depending on how many penalties were issued. If an athlete was issued a penalty and does not stop at the Penalty Tent, the athlete will be DISQUALIFIED.

4. Any athlete receiving three (3) or more penalties will be DISQUALIFIED.

5. For relay teams, it is the responsibility of the swimmer and biker to inform the runner if a penalty needs to be served, as the Penalty Tent is located on the run course.

6. Any penalty being issued beyond the location of the Penalty Tent will be served directly with the race official at the point of infraction.

7. Assessed time penalties will be included in splits when there are primes or awards for fastest swim, bike or run times. Athletes must complete the race in order to win the prime.

8. Athletes who continually receive multiple penalties at any Life Time Tri event risk the possibility of declined entry to future Life Time Tri events.

9. The Head Official shall have the authority to disqualify any athlete.

X. Protests & Appeals

1. Protests against the conduct of an athlete or the legality of their equipment must be formally filed in writing with the Head Official either in person or via e-mail within one (1) hour of the athlete crossing

the finish line. Protests will require a $75 USD deposit and will be refunded only if the protest is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

2. Appeals requesting a review to a decision already made must be formally filed in writing with the Head Official either in person or via e-mail within 5 days of the event. Appeals will require a $75 USD deposit and will be refunded only if the appeal is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

3. Observations and judgment calls made by the race officials cannot be protested or appealed.

XI. Registration Restrictions, Categories and Suspensions

1. Athletes will race under their age as of December 31st of the race year.

2. Athletes need to be 18 years or older on race day to register. Athletes under the age of 18 on race day need approval of a parent/guardian and Life Time Events to register.

3. Age Group Athletes who wish to compete at a higher competitive level should be registered in the Premier Category when offered. Approval from Life Time Triathlon is needed to register in this category.

4. Athletes racing under someone else's name/registration, or providing false information will be suspended from Life Time Tri for one year from discovery. Athletes racing and not properly registered will not be allowed to race and may be turned over to law enforcement officials.

5. Other actions such as blatant disregard for the rules, gross unsportsmanlike conduct, violence, failure to notify race staff when withdrawing from a race are also acts warranting suspension.

6. Life Time Tri has adopted the International Olympic Committee's guidelines for transgender and sex reassignment athletes.

PARATRIATHLETE RULES

Paratriathletes will follow all the same rules as the Age Group athletes with the following exceptions listed below. Athletes not complying with these rules will be DISQUALIFIED unless otherwise indicated.

I. Paratri Classifications

1. For ease of registering and racing, paratriathletes will be classified into one of these three categories:

A. PTWC/Wheel Chair/Sit: Athletes require the use of a recumbent handcycle for the bike portion and a racing wheelchair for the run portion. PTWC athletes are allowed up to 2 handlers and wetsuits are allowed at any water temperature.

B. PTS/Stand: Athletes may use an approved prosthesis or support device for the bike and run portions. PTS athletes are allowed one (1) handler and wetsuits are only allowed in water temperatures 78.0°F and below.

C. PTVI/Visually Impaired: Athletes with partial or total blindness must use a tethered guide for the swim portion, must ride a tandem bicycle for the bike portion and must have a tethered guide for the run portion. PTVI athletes are required to have one (1) guide of the same sex as the athlete who does not currently hold a Pro/Elite triathlon license and wetsuits are only allowed in water temperatures 78.0°F and below.

2. Athletes with miscellaneous conditions such as, but not limited to: intolerance to extreme temperatures, organ & tissue transplantations, joint replacements, kidney dialysis, hearing impairments and/or cognitive impairments are not eligible for paratriathlon competition.

3. Athletes can be reclassified in the paratri division or placed into the able body Age Group category at the discretion of the Head Official.

II. Paratriathlete Conduct

1. Handlers may aid their athlete by assisting or carrying the athlete

from the swim exit to the transition area, assist with prosthetic or support devices, lift athletes in and out of handcycles and wheelchairs, help with clothing and wetsuits as well as repair flats and other equipment while in transition only. Handlers may not take action to propel an athlete forward unless there is an unusual circumstance and the additional assistance is approved by the Head Official.

2. Handlers and guides are subject to all competition rules and conduct.

3. Aside from transition, no guide dogs or therapy animals are allowed on the course at any time.

4. Any request for an impairment adaption to any piece of equipment must be submitted to the Head Official at least 20 days prior to the event with clear photos and an explanation. Decisions will be rendered 10 days prior to the event.

5. Paratriathletes who use catheters or urinary diversions devices must use a catheter bag at all times.

III. Para Tri Transition Conduct

1. PTWC athletes may only use a wheelchair or day chair to get from the swim exit to the transition area, as well as while in transition. No hand cycles are allowed from the swim exit to the transition area.

2. PTS athletes may only use crutches or prosthetic devices to get from the swim exit to the transition area, as well as while in transition. One handler may accompany the athlete to and from the mount/dismount line as long as they do not impede the progress of any other participant.

3. Bicycles, tandem bicycles and tricycles cannot be used from the swim exit to the transition area.

4. All PC athletes must come to a complete stop at the mount and dismount line before proceeding.

IV. Paratri Swimming Conduct

1. When there is a multiple loop swim course, paratriathletes are not required to exit the water before completing additional loops.

2. Prosthetic and orthotic devices are not allowed for any paratriathlete during the swim, as these are considered propulsive devices.

3. PTWC athletes shall have both legs bound together during the swim portion. The athlete may use a brace as long as it does not provide flotation. The binding or brace must remain in place until the athlete exits the swim.

4. PTVI athletes must be tethered to their guide with an elastic tether at any point on the body for the entire swim portion. At no time may the guide lead the athlete or move them forward by pulling or pushing. Guides must swim next to the PTVI athlete with no more than a 60-inch (1.5m) separation between them. When a violation of these rules occur the PTVI athlete and the guide will both incur a 3-minute time penalty.

5. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.

V. Para Tri Cycling Conduct

1. Athletes are only allowed to be supported on the bike by pedals, the saddle and handlebars.

2. Ridged prosthetic devices are not allowed to be mounted to any part of the bicycle except for the two situations described below:

   A. Athletes not wearing a prosthesis may use support for the thigh if the thigh is not affixed to the bicycle.
   B. Athletes are allowed to mount Ankle Foot Orthosis (AFO) as leg braces to the foot plate area.

3. If using a recumbent handcycle:

The recumbent handcycle should be arm powered with three wheels and an open frame of tubular construction, conforming to the general principles of the International Cycling Union (UCI) construction for bicycles with the exception that the chassis frame is not required to be straight).

The recumbent handcycle cannot measure more than 98.4 inches (250cm) in length or 27.6 inches (70cm) in width.
Maximum frame tube dimension is 31.5 inches (80mm) with any ribs or insertions between the tubes be for strengthening purposes only.

The single wheel is not required to be the same diameter as the double wheels, but all wheel diameters must be a minimum of 16 inches (406mm) and a maximum of 24.5 inches (622mm). The front wheel(s) must be steerable. The distance between the double wheels must be between 21.7 inches (55cm) and 27.6 inches (70cm). The single wheel shall be driven through a system comprising of handgrips and a conventional cycle drive train with hand grips replacing foot pedals and force exerted by the upper body only. Modified hub attachments are allowed. Wheels must be of spoke construction as solid disc wheels and wheel covers are not allowed.

If the recumbent handcycle has two rear wheels it must be fitted with a safety bar between the two wheels that prevents another athlete's bike from entering this space. The safety bar must be a round tube with a minimum diameter of 0.70 inches (18mm) and cannot extend outside the width of the two rear wheels while having solidly plugged bar ends. The safety bar should be fitted to be 0.50 inch (13mm) to 0.70 inches (17mm) behind the rear wheels and be positioned 10.6 inches (270mm) to 11.4 inches (290mm) from the ground while ensuring that safe functioning is not affected by normal road conditions.

All recumbent handcycles must have a braking system on the front wheel(s) and a separate breaking system on the back wheel(s). The braking system on the double wheel must act upon both wheels.

The shifting device on the recumbent handcycle may be located within the extremities of the handlebars or to the side of the athlete's body.

The athlete's eye line must be above the crank housing when the rider's hands are on the handgrips, the shoulder blades are touching the backrest and the head is touching the headrest.

To protect the athlete, the largest chain ring must have a solid guard securely fitted and covering over half of the ring circumference (>180°) and which faces the rider.

The rider shall remain seated in the recumbent position with their body weight supported through the seat and backrest. The angle of the back must be a minimum of 30° and a maximum of 45°.
To ensure rear-view vision, all recumbent handcycle athletes must have a mirror fixed to their helmet or the front of the handcycle.

Hand cycles may be measured in transition and are subject to re-examination at any time.

4. If using a tandem bicycle:

The tandem bicycle shall only have two wheels of equal diameter which conforms to the principles of UCI construction for bicycles and is built for only two riders with a system comprised of pedals and chains. The tandem bike must measure no longer than 8.9 feet (2.70m) and be no wider than 20 inches (0.5m).

The guide or 'pilot' will ride in front while the PTVI athlete will be seated behind the guide, both athletes shall face forward in the traditional cycling position. The front wheel of the tandem bike must be steerable by the guide.

A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.

Athletes must wear an approved bicycle helmet at all times while seated in the recumbent handcycle. See HELMET REQUIREMENTS for more details.

VI. Paratri Running Conduct

1. Running shoes or approved prosthetics on affected limbs are allowed and recommended, but not required.

2. If using a racing wheelchair:

The racing wheelchair must have one small wheel with a brake attached on the front and two larger wheels in the back.

No part of the actual chair can extend past the hub of the front wheel and must not extend in to the hubs of the two rear wheels. No part of the chair is allowed to protrude past the vertical plane of the back edge of the rear tires. The maximum height the main body of the chair can be from the ground is 19.7 inches (50cm).

The maximum diameter of the small front wheel when inflated cannot be larger than 19.7 inches (50cm), and the maximum diameter of the two large rear wheels cannot be larger than 27.6 inches (70cm) when inflated.

Only one round hand rim is allowed on each large wheel unless special exemption is requested.

Only hand operated, mechanical steering devices are allowed. Athletes must be able to turn the wheel manually side to side.

No mechanical gears or levers are allowed that may be used to propel the chair. Propulsion by any other method than pushing on the wheels or push-rims is a DISQUALIFICATION.

Mirrors are allowed, but not required.

Competitors must ensure that no part of their limbs can fall to the ground during the event.

Athletes must wear an approved bicycle helmet at all times while seated in a racing wheelchair. See HELMET REQUIREMENTS for more details.

A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.

Racing wheelchairs may be measured in transition and are subject to re-examination at any time.

3. Guides are not allowed to lead or propel the PTVI athlete by pushing or pulling. Paratriathletes and guide partners displaying this behavior will both incur a 3-minute time penalty.

4. PTVI athletes and guides must be tethered during the run with a non-elastic tether or an elbow lead. Paratriathletes and guides must not be separated more than 20 inches (0.5m) at any times. The guide may not lead the athlete or move them forward by pulling or pushing. Athlete and guide partners displaying this behavior will both incur a 3-minute time penalty.

VII. Para Tri Finish Line Policy

1. PTWC Paratriathletes are considered finished when the center of the axle of the leading wheel crosses the vertical plane of the finish line.

2. For PTVI athletes, guides shall be no more than 20 inches (0.5m) away from the athlete they are guiding and may not precede the athlete across the finish line.

PROFESSIONAL RULES

1. Professional athletes must hold a National Triathlon Federation Pro card from the country in which they live and provide the card to Life Time Tri prior to race weekend.

2. Professional athletes holding a Pro card are prohibited from competing in an age group category.

3. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. The Life Time Tri Series supports TrueSport and random testing may occur at any of its events. For more information visit: https://www.usada.org/substances/prohibited-list/

4. Professional athletes will follow all the same rules as the Age Group athletes with the following exceptions listed below:

5. Professional athletes must keep at least six (6) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 12 meter draft zone, to avoid a 1-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

6. Professional athletes must keep 35 meters between them and moving motorized vehicles to avoid a 1-minute time penalty for DRAFTING.

7. If passing another cyclist, professional athletes must complete their pass within 25 seconds to also avoid a 1-minute time penalty for DRAFTING.

8. Once a professional athlete enters into the draft zone, they MUST complete the pass and not back out. Professional athletes who fail to complete a legal pass within 25 seconds or back out of the draft zone once entered will incur a 1-minute time penalty for DRAFTING.

9. Once a professional athlete has been passed, they will need to immediately fall back six (6) bike lengths before repassing to avoid a 1-minute time penalty for being OVERTAKEN.

10. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

11. Professional athletes will NOT be allowed to slipstream. Prior to entering the six (6) bike length (12 meter) draft zone, Professional athletes must noticeably move to the left prior to beginning the pass.

12. Professional athletes are not allowed to slot-in or pull between two other athletes unless there is more than eight (8) bike lengths of open space.

13. There is no “Stagger Rule” in use at Life Time Tri events.

14. All professional athlete penalties will be one (1) minute. A second penalty will result in DISQUALIFICATION.

15. Wetsuits are mandatory for professional athletes when the water temperature is 60.6°F (15.9°C) or below. Professional athletes are allowed to wear wetsuits when the water temperature is 68.0°F (20.0°C) or below. Wetsuits are illegal when the water temperature is 68.1°F (20.1°C).

v4 | revised 5/4/18

Rules Summary

Don’t feel like reading all that? Try this abbreviated version:

- Always promote good sportsmanship.
- Don’t endanger anyone.
- Cell phones, headphones and cameras are not allowed. Triathlon requires all five of your senses.
- You may not receive assistance, in any way, from anyone other than other active racers, volunteers or race staff.
- Keep it clean. Don’t litter.
- If water temperatures are 78.0°F or below, wetsuits are legal for *Competitive* division participants.
- If water temperatures are 83.9°F or below, wetsuits are legal for *Recreational* division participants.
- Flotation devices are not allowed during the swim.
- Wear a helmet - before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Don’t draft. Keep four bike lengths between cyclists while riding, or complete a pass within 20 seconds.
- Always ride on the right and pass on the left.
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don’t forget to celebrate!
- Have questions? Ask the Race Official team. They’ll be happy to chat throughout race weekend.

Disclaimer

These rules and expected code of conduct can be amended at the discretion of the Head Official for any unforeseen reason or situations due to weather or course conditions and will be communicated prior to the start of the race. Life Time Tri reserves the right to remove any athlete at any time from the race course.

Please contact Life Time staff with questions or comments:

- **Rosalyn Popham, Head Official**: rpopham@lt.life
- **Life Time Tri Athlete Services**: events@lt.life