



New to Triathlon Adult **10 Important Triathlon** **points to remember**

1. You must behave in a manner which is safe, fair and demonstrates good sports conduct. Be careful, enjoy the race and don't give anyone a hard time.
2. You must have your torso covered on both the cycle and the run [males must wear a singlet, swimmers are acceptable for females] and you must have your race number pinned to your chest.
3. Your helmet must be fastened securely before you remove your bike from the rack and keep it done up until after you replace your bike on the rack. You will be stopped if you do not obey this rule.
4. No riding in the transition area. You must mount and dismount your bike in the marked zones.
5. You must keep to the left at all times, unless you are passing someone in front of you. You must obey the road rules - they still apply even though you are racing. You are sharing the road with other competitors and motorists.
6. Don't get too close to the person in front of you on the bike. This is called drafting and is not allowed in Novice Triathlon. You must ride single file to the left and stay four bike lengths behind the competitor in front of you.
7. If you want to overtake someone you have 15 seconds to do so and you must be gaining on the person in front at all times during that period. The correct way to pass is to stay on the left, ride up behind the person in front, when you are close enough, go around them [checking behind you first] and once you have passed them immediately move back to the left of the road.
8. You must overtake to the right and not on the inside or left of another competitor.
9. If you get passed, you must immediately drop back four bike lengths so you are out of the draft zone. You may not speed up once someone's wheel has gone past yours to catch up to them again. You must drop out of the draft zone first before you attempt to overtake them.
10. You may not receive outside assistance of any kind from anyone. The exception is on the swim leg. If you encounter difficulty raise your hand to grab the attention of a safety canoe. Or, talk to a race official.