



Race Rules and Instructions

CAUTION: IF YOU HAVE NOT PREVIOUSLY COMPLETED A HALF MILE CONTINUOUS OPEN WATER SWIM, YOU SHOULD NOT ATTEMPT THIS EVENT.

GENERAL

1. Check-In starts at 5:30am at the corner of Main and Washington Street in downtown New Baltimore.
2. Participants must be at least 15 years of age.
3. Participants will have their race shirt, racing bib, and chip timer included in their race bag.
4. Participants will have their race number written on their right arm and right leg
5. Order of events: Swim .5miles, Bike 11 miles, Run 3 miles.
6. Timing is completed in real time and results will be posted near the finish line.
7. An awards ceremony will follow the race once all positions have been filled.

SWIM

1. The swim must be completed in under 40 minutes. Water depth varies from 3 feet to 15 feet throughout the swim course. **Those who cannot finish the swim in under 45 minutes will be disqualified from the 2nd and 3rd leg of the race.**
2. The swim will be divided into different waves. Participants should be aware of their wave and only start during their designated waves.
3. Floating orange markers will mark the swim course. Keep the buoys on your right at all times. Drifting off course will subject you to disqualification.
4. Swim fins, swim aids, or artificial breathing apparatus may **NOT** be worn. Swim goggles or masks are permitted.
5. Racers must wear the colored cap provided in their race bag to indicate your wave and for your safety.
6. Should you be in need of assistance while in the water, call to one of the several boats which will be nearby.
7. Float assists will be given by lifeguards in the event they are needed, however, participants should not use them as a means to complete the swim course.
8. If lifeguards or safety personnel determine that a participant cannot complete the swim course safely, they will be pulled from the water and disqualified.
9. Swim waves will be broken up into 4 sections:
 - a. Wave 1: Age 1-39 with swim time under 22 minutes

- b. Wave 2: Age 40+ with swim time under 22 minutes (7:02am)
 - c. Wave 3: Age 1-39 with swim time over 22 minutes (7:04am)
 - d. Wave 4: Age 40+ with swim time over 22 minutes (7:06am)
10. You must finish the swim portion of the race before beginning the bicycle portion.

BICYCLING

1. Only conventional two-wheel, non-motorized bicycles are permitted.
2. Bicycles must be in good working condition with functional front and rear brakes.
3. All participants **MUST** wear Helmet.
4. Ride your bike on the right side of the right traffic lane and no more than two abreast.
5. The bike course runs along state highways and other roads that are not permitted to be closed. Participants should ride with caution and always obey traffic laws.
6. Absolutely no drafting.
7. No headphones allowed on the course.
8. You must finish the bicycle portion of the race before beginning the run.

RUNNING

1. The run will be throughout downtown New Baltimore.
2. Water stations will be set-up approximately every mile.
3. Only registered competitors who have finished the bike will be allowed on the run course.
4. Mile markers are at every mile.
5. Runners must run on the sidewalk when available.
6. No headphones allowed on the course.

Transition Area

1. Do not cross the timing mat on your bike at any point.
2. Do not mount bike until you are cross the timing mat on foot.
3. You must dismount bike before crossing the timing mat.
4. You may not be on your bike in the transition area.