



SAN LUIS OBISPO TRIATHLON RULES

Welcome to the 32nd Annual San Luis Obispo Triathlon. The City of San Luis Obispo Parks and Recreation Department would like to remind all participants that the philosophy of this triathlon is completion, not competition. Here are some rules and regulations you must know.

SWIMMING

The first leg of the event, the 0.5-mile swim takes place at the San Luis Obispo Swim Center and consists of 36 widths (18 laps). There will be two participants in each lane, so please swim straight; **DO NOT** circle swim. Fins, masks, snorkels, kick boards, pull buoys or other swimming aids are not allowed. However, you may use goggles and swim caps. All SLO Swim Center rules must be obeyed. To start you must be in the water; absolutely no diving permitted. Spectators must stay on the bleacher side of the pool deck. The only persons allowed into the starting area are participants, lap counters, officials and press. **YOU MUST BRING YOUR OWN LAP COUNTER!** (A lap counter is a human being, not a mechanical device.) After the swim portion, the participant should exit the pool towards the small maintenance building and enter into the transition area. No participant may re-enter the bath house.

BIKING

The second leg of the event, the 15.3-mile out-and-back ride leaves Sinsheimer Park and heads south along Orcutt Road. The course is full of rolling hills; drafting or using another's wind for shelter is not allowed and will result in an automatic disqualification. There will be a large number of Aid Stations with water along the course. Furthermore, Aid Station Volunteers may not help with bike flats. Law enforcement personnel will be assisting with the safe flow of both auto traffic and race participants. The bike course is open to residential auto traffic. Please pay close attention and obey all traffic rules; **DO NOT FORGET TO STOP AT ALL STOP SIGNS.** All participants must wear a helmet that is approved at the time of bike check-in. All helmets must be designed for cycling, must be ANSI, SNELL, or CPSC certified and must be manufactured no earlier than 2006 with no visible damage. You may not start the bike course without a helmet. Make sure to get one before race day. Bicycles must be in good working order, and it is recommended that they be tuned up prior to Triathlon weekend.

RUNNING

The last leg of the event, the 3.1-mile run, starts in the Transition Area and finishes at Sinsheimer Baseball Stadium. The course will take you along the Railroad Recreational Trail and out and about the streets of the city. You must stay on the sidewalk at all times; participants are required to obey all traffic laws. The course takes a lot of turns so please watch for signs and marks indicating the correct direction. Please also note that ipods and other music players are not allowed on the course. Remember, completion is our philosophy so if you get too hot or have cramps walk for a bit. The Aid Stations posted in several areas throughout the run have water. Post your race numbers on the FRONT of your shirt before beginning the run portion of the Triathlon. If for any reason you do not finish, please notify finish line staff as soon as possible to let us know you are off the course.

TRANSITION

This area is for participants **ONLY** - this is for safety as well as security reasons. This area tends to become congested. Please be cautious and slow down when entering this area. No participant will be allowed to mount his or her bicycle until completely out of the transition area. Dismount should take place immediately upon entering back into the transition area after the ride is complete. We appreciate your cooperation.

TEAMS

Teams may consist of 2 to 3 individuals. When the first team member has completed the swim he or she must proceed to the transition area and "tag" the next team member for the bike course. The same will apply for the switch from the bike course to the run course. The clock will be running the entire time.

THE FINISH AREA

Finish times will be posted at the Stadium for those interested. Elapsed times are computed and posted approximately 45 minutes to 1 hour after each participant finishes. The clock will be kept running during transitions and no split times will be recorded.

There are many things to enjoy after participating in the Triathlon. Don't miss the Vendor's Fair and live entertainment provided in and around the Stadium until 3:00 p.m. Kiwanis de Tolosa will be providing a barbeque lunch. Plan on staying for the remainder of the day!

LOST AND FOUND

The "Lost and Found" area is located at the information/volunteer booth next to the swimming pool main entrance.

SPONSORS

We would like to thank the following sponsors for their help in making this event possible:

- Heritage Oaks Bank
- Cambria Bicycle Outfitter
- The Core Financial Group
- J. Carroll
- GH Sports
- Photo Ad/ Easy Ad
- Culligan Water
- Cannon Associates
- Andy Morris
- Kiwanis Club
- Ron Santore
- Jelly Belly Sport Beans
- K-Man Cyclery
- San Luis Podiatry Group
- Pacific Eye Care
- New Times

We would also like to express our appreciation for the first-aid assistants and all the volunteers for their time and enthusiasm. This event would not be possible without this help and effort. Good luck and see you on Sunday, July 24, 2011!

Reminders



Check-In and Start Time

Please make a note of your designated CHECK-IN and START TIME. It is required that all participants follow these specific times in order for the Triathlon to run smoothly. Participants **WILL NOT BE** able to enter the pool area until their assigned race number is announced.

Following these procedures will help us to avoid any unnecessary complications.

Triathlon Training

The City of San Luis Obispo Parks and Recreation Department is requesting that participants training for the Triathlon **DO NOT TRAIN** on Orcutt Road from Johnson Avenue to Tiffany Ranch Road. This road can be potentially dangerous for riding when not closed to auto traffic.

Parking Suggestions

No parking will be allowed after 6:30 a.m. in the San Luis Obispo Swim Center parking lot on the day of the event. Vehicles in the parking lot after this time must stay in the parking lot until the conclusion of the Triathlon. Please plan on parking on a nearby side street or having someone drop you off at Sinsheimer School just above the swimming pool.

**Your cooperation in this matter means a better experience for all.

Thank you for all of your cooperation and understanding.
Good luck and have fun!



10 Most Commonly Violated Rules and Penalties

1. **Helmets:** NO modifications may be made to the helmet. Helmets must be worn as they were purchased. If the helmet came with a cloth cover, the cover **MUST** be on the helmet when competing. **PENALTY: Disqualification.**
2. **Chinstraps:** Chinstraps **MUST** be buckled at all times when on a bicycle. **DO NOT** unbuckle chinstraps unless you are off your bicycle. **PENALTY: Disqualification; variable time penalty in transition area only.**
3. **Outside Assistance:** NO assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are an individuals test of fitness. **PENALTY: Variable time penalty.**
4. **Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. All participants must return their bicycles to an upright position in the designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. No participant shall bring ANY glass containers into the transition area (Disqualification). **PENALTY: Variable time penalty.**
5. **Drafting:** Each bicycle is in an imaginary box. The drafting zone is two meters wide beginning at the front wheel of the bike, and seven meters long (approx. 6' x 23'). You have 15 seconds to travel through another rider's box when passing. After this time limit you are in a position foul and will be penalized. The draft zone for a moving vehicle is 15 meters to each side and 30 meters behind. **PENALTY: Variable time penalty.**
6. **Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the cones is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow centerline for ANY reason. Cyclists must obey all applicable traffic laws at all times. **PENALTY: Disqualification or variable time penalty – referee's discretion.**
7. **Unsportsmanlike Conduct:** Foul, harsh, argumentative, abusive language, or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators, or fellow athletes is forbidden. **PENALTY: Disqualification or variable time penalty - referee's discretion.**
8. **Headphones:** Headphones, headsets, Walkmans, etcetera are not to be worn at any time during the race. **PENALTY: Variable time penalty.**
9. **Race Numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **PENALTY: Variable time penalty.**
10. **Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however, that participants who wear a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees Fahrenheit, wetsuits are prohibited.

Time Variable Penalties: Please refer to the chart below.

<u>Race Distance</u>	<u>Time Penalty</u>
Sprint	1 minute
International	2 minutes
Long	4 minutes
Ultra	6 minutes

The above stated penalties are for the first offense; a second offense will double the time and a third offense will result in a disqualification. For a complete list of rules, please refer to the current USA Triathlon Competitive Rules.

DISTRIBUTE TO ALL PARTICIPANTS

ATTENTION!

**All participants must be at least
15 years of age with a valid ID by
Sunday, July 24, 2011.**

Valid ID Includes:

Driver's License

OR

School Photo ID **with** Birth Certificate

OR

School Photo ID **with** DMV Learners Permit

OR

California ID Card

OR

U.S. Passport