



San Luis Obispo Triathlon “Tri-Tips”

Thank you for registering for the San Luis Obispo Triathlon where the philosophy is completion, not competition.

Parking Suggestions

- No parking will be allowed after 6:00 A.M. in the Sinsheimer Park 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, approximately 5:00 P.M.
- Please plan on either having someone drop you off at Sinsheimer School (on Augusta Street) just above the swimming pool, parking there or parking on nearby side streets.

Check-In and Start Time

- **Photo I.D. is required the day of the race and must be presented at the time of check-in.**
- Please make a note of your designated CHECK-IN and START TIME. Allow for plenty of time to ensure you are on time.
- It is helpful to Registration Staff if teams check-in all together.
- Race packets may only be picked up by the registered participant.
- Participants will not be permitted to enter the pool area until their assigned race number is announced.

Swimming

- All SLO Swim Center rules must be obeyed.
- Participants must bring their own lap counter. This person will only be needed for about an hour (give or take a few).
- Wetsuits and swimming aids are not permitted.
- Two participants swim width-wise in each lane.

Biking

- All traffic laws must be obeyed.
- Helmets designed for cycling (with no visible damage) are required.
- Aid Station volunteers may not help with flat tires.
- Drafting is not permitted and may result in a disqualification.

Running

- All traffic laws must be obeyed. You must stay on the sidewalk at all times.
- Watch for signage and marks indicating course route, especially throughout neighborhoods.

Transition Area

- The Transition Area is for participants only.
- No bicycle riding will be permitted in the Transition Area.
- For the safety of everyone please be aware of your surroundings at all times while in the Transition Area.

Teams

- Plan a location ahead of time of where to meet with your team members during the event in the Transition Area.
- You are required to “tag” your team member in between events in the Triathlon.

Timing

- The clock will be kept running during transitions. No splits times are recorded.
- Elapsed times are computed and posted approximately 45 to 60 minutes after each participant finishes the Triathlon.
- Finish times will be posted at the Stadium.

Lost and Found

- Lost and Found is located in the Information/Volunteer Booth.

For the complete San Luis Obispo Triathlon Rules and Course Maps please visit slotriathlon.org.