

# University of Minnesota, Morris Tinman Triathlon Rules

Last Updated 4/23/10



## Swim

1. Must complete 22 laps (44 lengths).
2. Any type of turn (flip or upright) is acceptable at the end of each length.
3. If desired, you may vary your stroke.
4. May not interfere with other swimmers using the same lane.
5. May not leave pool (except for medical or other emergency) once heat has started, any breaks for rest must be taken on either end of the pool.
6. Use of flotation devices, flippers, or snorkels of any kind is prohibited.
7. Must stay in assigned lane for the entire swim unless directed to change by race personnel.
8. All participants will be put into heats for the swim, depending upon your estimated swim time.
9. There will be 2-4 people per lane and it is suggested that you circle swim.
10. Locker rooms will be available.
11. Swimmers may warm up in the pool after they check-in until the pre-race meeting at 8:30. There will be additional warm up in the diving well preceding each heat.
12. All swimmers must be behind the blocks at least 10 minutes prior to their estimated heat start time.
13. There is no penalty for touching the bottom as long as the swimmer doesn't advance.
14. If swimmers wish to pass, they are to tap the foot of the person in front of them.
15. If your foot is tapped, you must allow the person to pass you once you reach the wall.
16. Swimmers are to watch out for each other, being extra cautious on flip turns, to keep lanes safe.
17. Swimmers are to circle swim, (swim on the right hand side of the lane).
18. Goggles, earplugs and swim caps will be allowed. Only officials, participants and lap counters will be allowed in the pool area. The balcony of the pool area will be open for observers.
19. Heat 1 will begin at 9:00am, Heat 2 around 9:30am, heat 3 around 9:50am. If swimmers are still in the water when the next heat starts, we will ask them to move to the end lane.
20. **PLEASE BRING A LAP COUNTER!** NOTE: If someone is watching you during the race we would like you to designate that person as your lap counter, in the swim portion of the triathlon, if possible. Limited Volunteers are available.

## Swim-to-Bike Transition

1. Only triathletes and volunteers are allowed in the transition area.
2. Bikes are to be put in bike rack prior to race start time.
3. For team competition: Biker will be in a designated area in the bike corral. The swimmer will tap the biker at this point only.
4. Bikers cannot get on bike until out of transition area at the designated spot.

## Bike

1. Must have ANSI or SNELL approved helmet.
2. Bikers may not ride bicycle within the transition zone, riders must mount and dismount at the designated area at the edge of the transition zone.
3. Race number must be attached to the rider.
4. No drafting is allowed anywhere on the course.

5. All traffic laws apply to bikers (though race officials may not penalize you for running stop signs, police officers have been known to ticket bikers who ride through stop signs).
6. When passing, rider behind must complete the pass in 10 seconds.
7. Bikers must stay as far to the side of the highway as they can (there is no real shoulder for most of the bike route, so please stay on or just to the right of the white line). **Biking down the center of a lane of traffic is strictly prohibited!**
8. Riders must obey all race officials (police officer may signal riders to stop at Hwy. 59 to allow traffic to pass first).
9. Bikers must complete the entire bike leg to continue on to the run portion.
10. At the turn-around and throughout the race, volunteers will have a list of the participants and check you off as you go by.

### **Bike-to-Run Transition**

1. Cyclists must get off the bike at the entrance area and wheel bike to their spot in transition area to ensure safety.
2. For teams, the runner starts when the biker gets to the designated transition area and tags off.

### **Run**

1. Runners may begin run as soon as they have returned their bicycle to the rack (team members may begin as soon as their biker has returned to the transition zone).
2. Race number must be clearly visible on either shirt or shorts.
3. Runners must stay within the clearly marked run course, **no shortcuts!**
4. Race officials will be posted at major intersections, but personal safety is the responsibility of the participant, so look both ways before crossing streets and intersections!
5. Runners must finish at the designated finish line to officially complete the triathlon.
6. There will be mile markers 1-5.
7. There will be direction arrows and/or volunteers at all turns, streets will be marked as well.
8. The finish line will be by Camden Hall on the UMM campus.

### **General**

1. Individual racers must finish the entire race by themselves, no substitutes will be allowed.
2. Team racers may only compete in the leg assigned to them; no new team members may be substituted in during the race.
3. Racers must stay off the course after completion of their leg.
4. All warm/ups and cool downs must be done off the race course.
5. Pacing (by someone other than the racer them self) during any portion of the race is not allowed.
6. Accompaniment by animals during any portion of the race is prohibited.
7. Use of walkmans, CD players, MP3 players is allowed, however they are the sole responsibility of the participant. Tinman officials will not be liable for any property that is lost or stolen.
8. If you decide to scratch at any time let a volunteer know to let the base know as soon as possible.
9. Please communicate any injuries of participants to the next volunteer as well as someone at the bike turnaround, the entrance to Pomme de Terre Park or the finish line/transition site. These people will have a phone.
10. EMT's are stationed along the route, transition site, and finish line for your safety.
11. NOTE: Remember to bring your swim cap and an ANSI or SNELL approved bike helmet