

Coastal Region Average Daily Temperatures

Month	Daily Max.	Daily Min.	Monthly Avg.	Water
January	57.5	43.5	50.5	55
February	60.4	46.3	53.4	57
March	66.7	54.3	60.5	64
April	74.4	62.7	68.5	69
May	81.3	69.7	75.5	76
June	86.5	75.3	81.1	82
July	89.0	76.6	82.8	84
August	88.6	76.9	82.8	85
September	85.4	73.8	78.6	81
October	77.5	64.8	71.2	74
November	69.1	55.8	62.5	65
December	61.7	48.2	55.0	57
Year	74.9	62.3	68.6	70.75

(Temperatures compiled from data furnished by the Southeast Agricultural Weather Service Center. Water temperatures furnished by the Dauphin Island Sea Lab.)

4.4 Wet suits. Each age group participant shall be permitted to wear a wet suit 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 wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council.

4.5 Notice Of Wet Suit Policy. The wet suit policy for any particular race shall be included on all race literature that is intended for distribution to potential participants. The wet suit policy shall conform to Section 4.4, unless a change is granted in compliance with Section 1.4. The wet suit policy on such literature shall include the following information, if applicable;

- a. Any changes from Section 4.4;
- b. Any specific restrictions on equipment;
- c. Any disparity between the wet suit policy for age group athletes and the policy for elite athletes.

4.6 Measuring Water Temperature. It is recommended, but not required that the water temperature for a race be finally determined by a measurement made within 2 hours of the race start. Measurements should be made in at least three locations on the swim course, spaced so as to divide the entire swim course into approximately equidistant segments, and measured at a depth of 18 inches below the surface of the water, at points where direct sunlight can strike the water. The water temperature for the race should be determined by averaging the three temperature measurements taken. A water temperature measurement should also be taken prior to any pre-race meetings in order to forecast to the athletes as early as possible the likely water temperature on race day and the likelihood of whether wet suits will be allowed on race day.