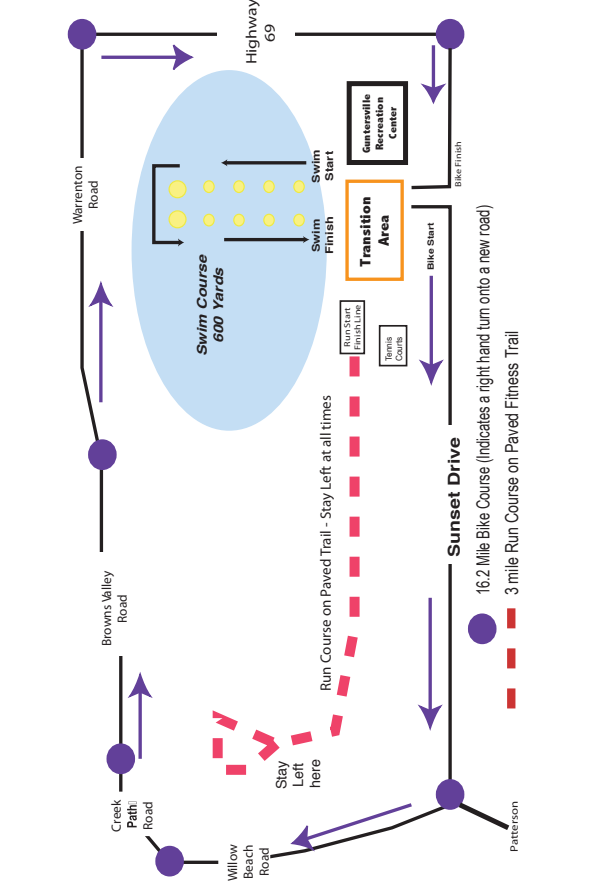
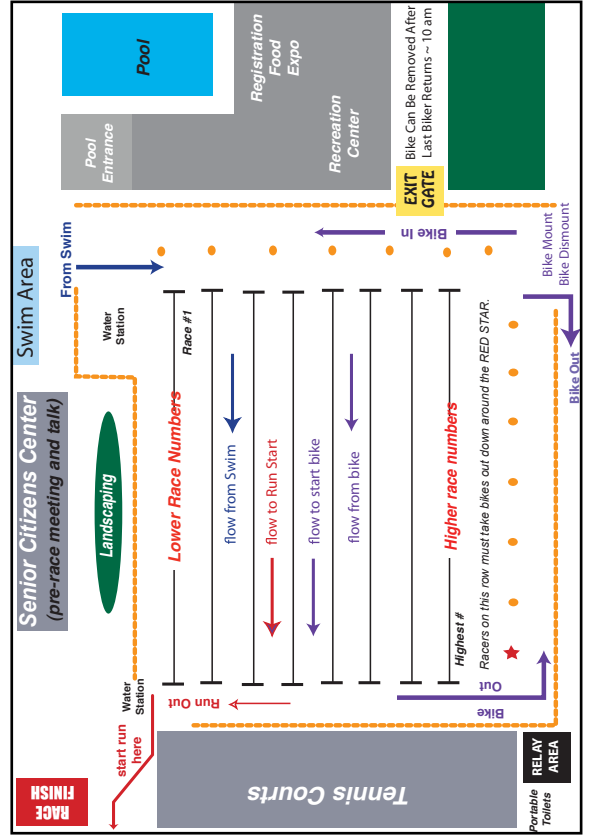
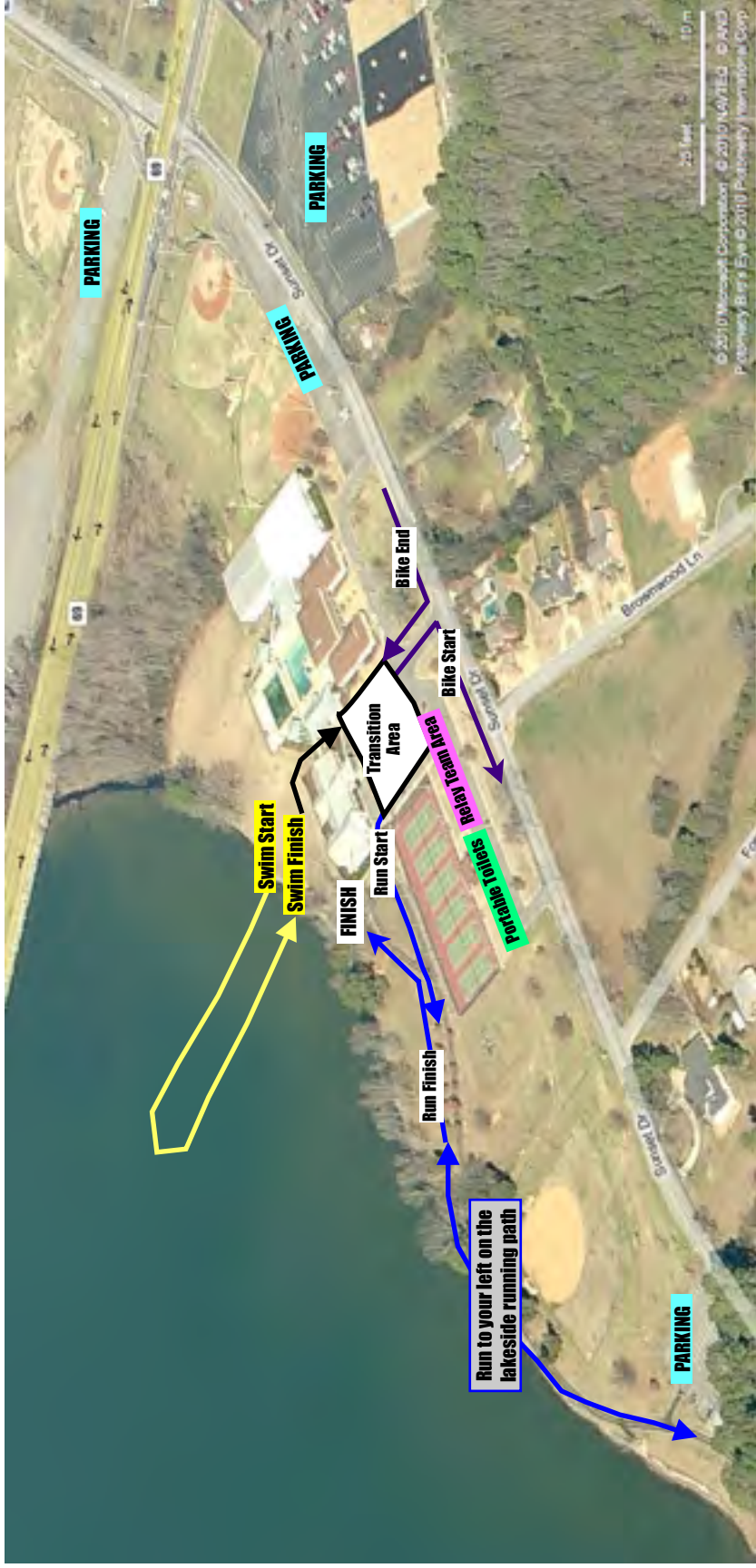


# Mountain Lakes Triathlon Event Staging: 600 yard swim / 16.2 mile bike / 3 mile run



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 Paternity Bar's Eye © 2010 Paternity Remissions Corp

## How We Get Results & Keep Up With Who Is In The Race

Electronic Timing Chip, Body Marking, Numbered Swim Caps, Bike #, Helmet #,  
Wrist Band for Racer Area Access, Bib # to be worn on the front during the run segment  
(To get accurate results, your race photos and to help race officials - be sure all your numbers match!)

SHOW YOUR BIB NUMBER OR YOUR TIMING CHIP BAND TO GET BODY MARKED

### TEAM MAGIC BODY MARKING INSTRUCTIONS

Categories:

I = Individual

P = Professional

B = Beginner

A = Athena

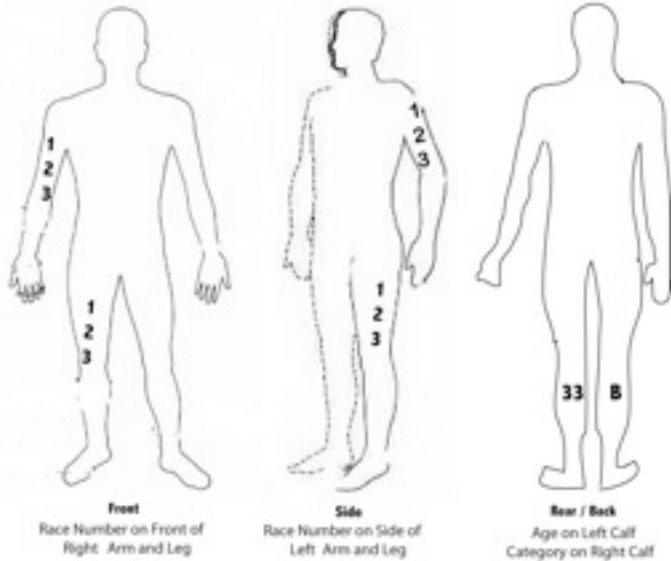
C = Clydesdale

MR = Male Relay

FR = Female Relay

XR = Coed Relay

YR = Family Relay



This event is timed with the IPICO electronic timing system.

**You will receive your chip and ankle band at race packet pick up.** This chip is programmed to coincide with your individual race number. During the event, you will cross mats that will record your time from your chip. **YOU MUST CROSS** the mats to be scored! It is imperative that you wear **YOUR** assigned chip until you cross the finish line. Someone will take your chip from you after you finish. If you do not turn in your chip, you will be billed for \$35

**You will receive three numbers as shown below:** Bike Number, Helmet Number and Bib Number.  
Wear the bib number on the front of your body for the run portion of the event.



You will receive a wrist band at race packet pick up. This wrist band is to be worn before, during, and after the event so you can access racer only areas like the transition area, food tent, etc... As long as you are wearing your band, we know you are a racer! This is for your safety and to insure we reduce congestion for all of us.



# MOST COMMONLY VIOLATED RULES & 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. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

**Penalty:** Disqualification on the course; 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 individual tests 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 their 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 (DQ!).

**Penalty:** Variable time penalty

## 5. Drafting:

**Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

**Position**--keep to the right hand side of the lane of travel unless passing.

**Blocking**--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty:** Variable time penalty

## 6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty:** Referee's discretion

## 7. Unsportsman-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

## 8. Headphones:

Headphones, headsets, walkman's, etc. 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. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

## 10. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc... shall be thrown on the course.

**Penalty:** Variable time penalty

### Variable Time Penalties

<b>Distance Category</b>	<b><u>1st Offense</u></b>	<b><u>2nd Offense</u></b>	<b><u>3rd Offense</u></b>
Short/Intermediate	2:00 minutes	4:00 minutes	Disqualification
Cycle course less than 50k	2:00 minutes	4:00 minutes	Disqualification
<b>Long</b>	<b>4:00 minutes</b>	<b>8:00 minutes</b>	<b>Disqualification</b>
<b>Cycle Course 50k-100k</b>	<b>4:00 minutes</b>	<b>8:00 minutes</b>	<b>Disqualification</b>