

A Message from the Head Official to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

- **Ride on the right side of your lane**
- **Keep three bike lengths between yourself and the cyclist in front of you**
- **Pass on the left of the cyclist in front, never on the right**
- **Complete your pass within 15 seconds**
- **If passed, you must make rearward progress and exit fully out the zone, before re-passing**

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified officials on the course to ensure fairness in the competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the head official who then decides if a penalty should be assessed. The head official's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- **Position– riding on the left side of the lane without passing**
- **Blocking – left side riding and impeding the forward progress of another competitor**
- **Illegal Pass – passing on the right**
- **Overtaken - after being passed, failing to make rearward progress and dropping fully out of the draft zone before re-passing; or failing to completely exit the draft zone within 15 seconds.**
- **Drafting – following a leading cyclist closer than three bike lengths and failing to complete a pass within 15 seconds**

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified.

- Make sure your helmet is a CPSC approved model, with the sticker inside the helmet.
- While in possession of your bike, always have your helmet on and the chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a Disqualification!
- Wear your race numbers, don't leave your trash on the course, and don't carry or use any audio devices.
- Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

Be sure to check the penalty sheet before you leave the race site and speak with the head official if you have any questions.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.