



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

RULES AND GUIDELINES OF THE MCGAW YMCA YOUTH TRIATHLON

GENERAL

- Be aware and be safe
- Be a good sportsman
- Follow all the instructions and directions of Race Officials and Volunteers
- Please do not litter on the race course. Please leave your garbage at the aid stations

SWIM

- Walk on the pool deck
- Cross the timing pad and jump into the pool feet first
- You may rest on the lane lines, however please do not pull on the lane lines
- Stay to the right of the lane, pass on the left
- To cross lanes please go under the lane lines

BIKE

- BUCKLE YOUR HELMET BEFORE TAKING IT FROM THE BIKE RACK
- WALK out of the transition area and over the timing mat
- Mount your bike only AFTER CROSSING THE TIMING MAT
- Ride straight and on the right hand side of the road
- Follow all the instructions and directions of Race Officials and Volunteers
- Pass on the left only
- No passing in corners or at u-turns
- Please do not block or drift
- Walk your bike off the street to the sidewalk if you have a mechanical problem
- If you need help, raise your hand a race official will try to assist you
- Dismount your bike before the timing mat at the bike finish
- Walk your bike in the transition area
- Place your bike in the bike rack in your slot before heading out on the run

RUN

- Run on the right side of the path
- Pass on the left only
- Smile when you cross the finish line, there will be pictures!

Remember, HAVE FUN,ENJOY and CHEER for OTHERS!