

Race Day Guide & Checklist



Race Day Instructions

1. Rack your bike yourself in the designated area, and remember where it is.
2. Arrange your equipment so it is readily available for transition. Keep your things in a compact space; do not spread out to your neighbour. Many athletes share one rack. Remember: only athletes are allowed in the transition zone.
3. Make sure your helmet strap is done up before you take your bike off the rack. Keep it done up until the bike is back on the rack.
4. Do not mount your bike until you are past the **Mount Line**, and dismount before the line on your return.
5. Drink plenty of water, even if the weather is cool.
6. Ride your bike close to the right side. Pass only on the left and announce that you are passing. Ex: "Passing on the left."
7. When you are finished your race be courteous to others who are still running; stay off the course. If you must leave early, use extreme caution and obey the marshals.
8. Hang around to cheer on slower triathletes, to visit the vendors, for the draw prizes, and especially to honour the winners at the **Awards Ceremony**.

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Transitions - Getting Organized

Plan your transition in advance by using this checklist as a guideline to create your own.

Pre Race

- Breakfast
- Energy Bars
- Sunscreen
- Directions to race

Swim

- Swimsuit
- Swim Cap
- Goggles
- Spare Goggles
- Anti-fog spray (optional)
- Wetsuit
- Water bucket (optional)
- Sport lubricant

Cycle

- Bicycle
- Cycling Shoes
- Cycling Shorts
- Cycling Top
- Cycling Gloves
- Socks
- Helmet
- Water Bottles
- Sunglasses
- Safety Pins for Race # or Race Belt

Run

- Running Shoes
- Running Shorts
- Cap

Transition Gear

- Towel
- Food and Drink
- Plastic Bag (garbage bag) for rain

Post Race

- Camera
- Post-Race Clothes
- Shoes / Sandals
- High Carb Snack
- Post Race Drink
- Towel

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Top Ten Frequently Violated Triathlon Rules

(from Ontario Association of Triathletes)

Swim Caps

A competitor must wear the swim cap provided by the race organization.

Helmets

Helmets are compulsory and must be ANSI/SNELL approved and, chin straps must be fastened anytime the athlete is in possession of the bicycle.

This means that before the bike is removed from the rack, the chin strap must be fastened and remain fastened until the bike is placed back on the racks.

Bicycles

Riding of bicycles in the transition zone is strictly prohibited at all times.

Assistance

Competitors may not receive assistance at any time during the race, or in the transition zone.

* This excludes medical or safety assistance given by designated race volunteers or qualified staff.

Drafting

Drafting of another competitor or motor vehicle is prohibited on the bike course. The draft zone surrounding each competitor measures 5 metres X 2 metres from the front edge of the front wheel.

Competitors have 15 seconds to pass through this zone when overtaking another athlete.

Blocking

Cyclists should keep to the right at all times, unless passing. Alert fellow cyclists of your intention to pass by saying, "on your left".

Race

Competitors must follow the prescribed course route in all segments of the race as defined by the race organization.

Race Instructions

It is the Competitor's responsibility to read all supplied information given in the race kits, posted at the race site and listen to verbal announcements given by the Race Director and Race Officials.

Unsportsmanlike Conduct

Verbal or physical abuse of officials and race volunteers is not acceptable or tolerated.

Torsos

All athletes must have their torsos covered on the bike and run portions of the event. Bib numbers must be visible on the bike and run courses.