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MOST COMMON RULES VIOLATIONS

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.
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. The wheel of the bicycle must be down on the side of the assigned space. 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. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.
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. Unsportsmanlike-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, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or 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. Wetsuits: Each age group participant shall be permitted to wear a wetsuit 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 wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. 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

Distance Category	First offense	Second Offense	Third Offense
Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2 minutes	4 minutes	Disqualification
Long	4 minutes	8 minutes	Disqualification
Ultra	6 minutes	12 minutes	Disqualification

For a complete list of rules, please refer to the most up-to-date [USA Triathlon Competitive Rules](#)

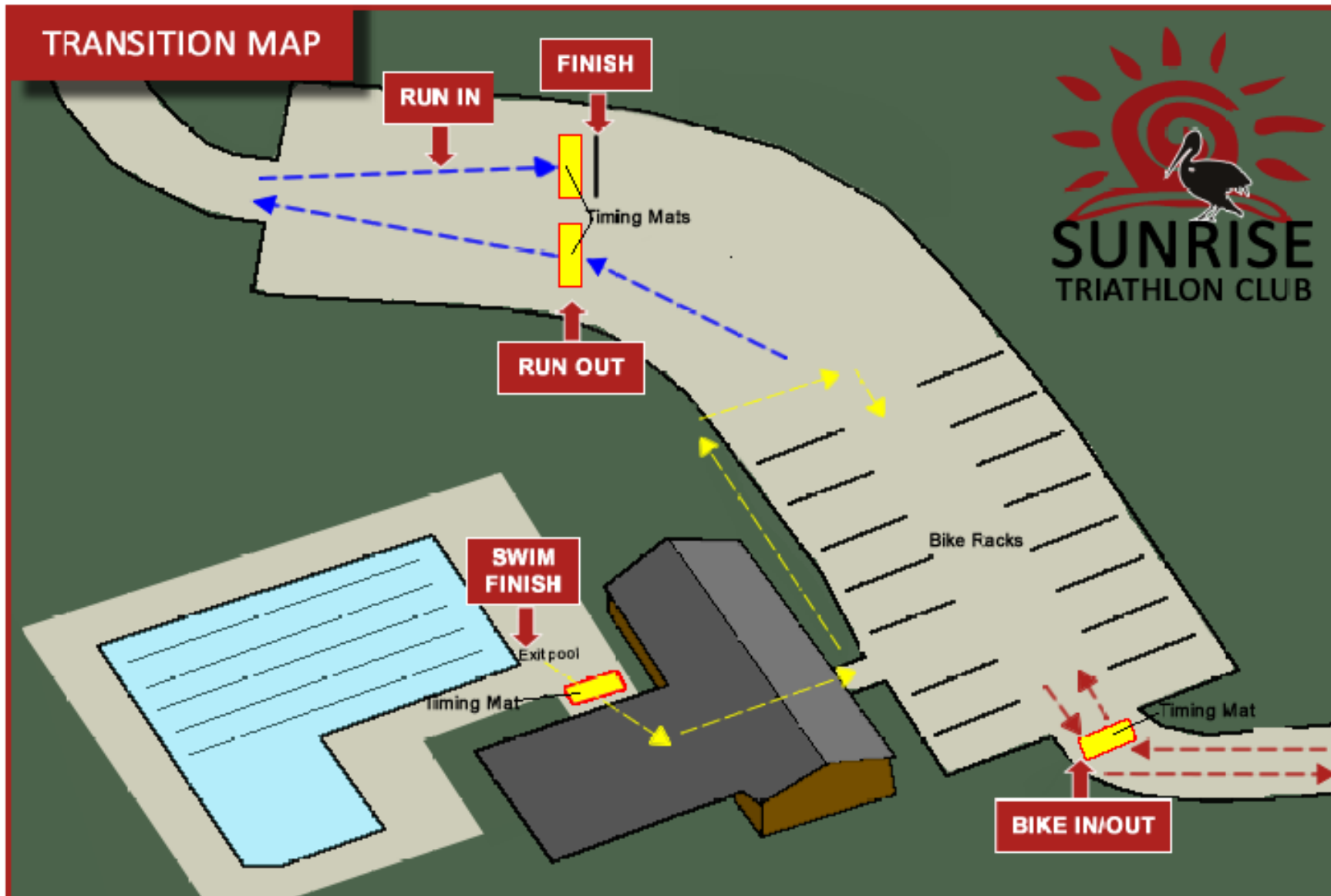


PARKING NOTICE

Parking for all Sunrise Series Races will be at University Elementary. No parking will be allowed along Smitherman Drive or Town South Drive and violators will be ticketed or towed. See attached map for race site and parking locations. It is less than 2/10 of a mile from University Elementary to the transition area. See map on next page.

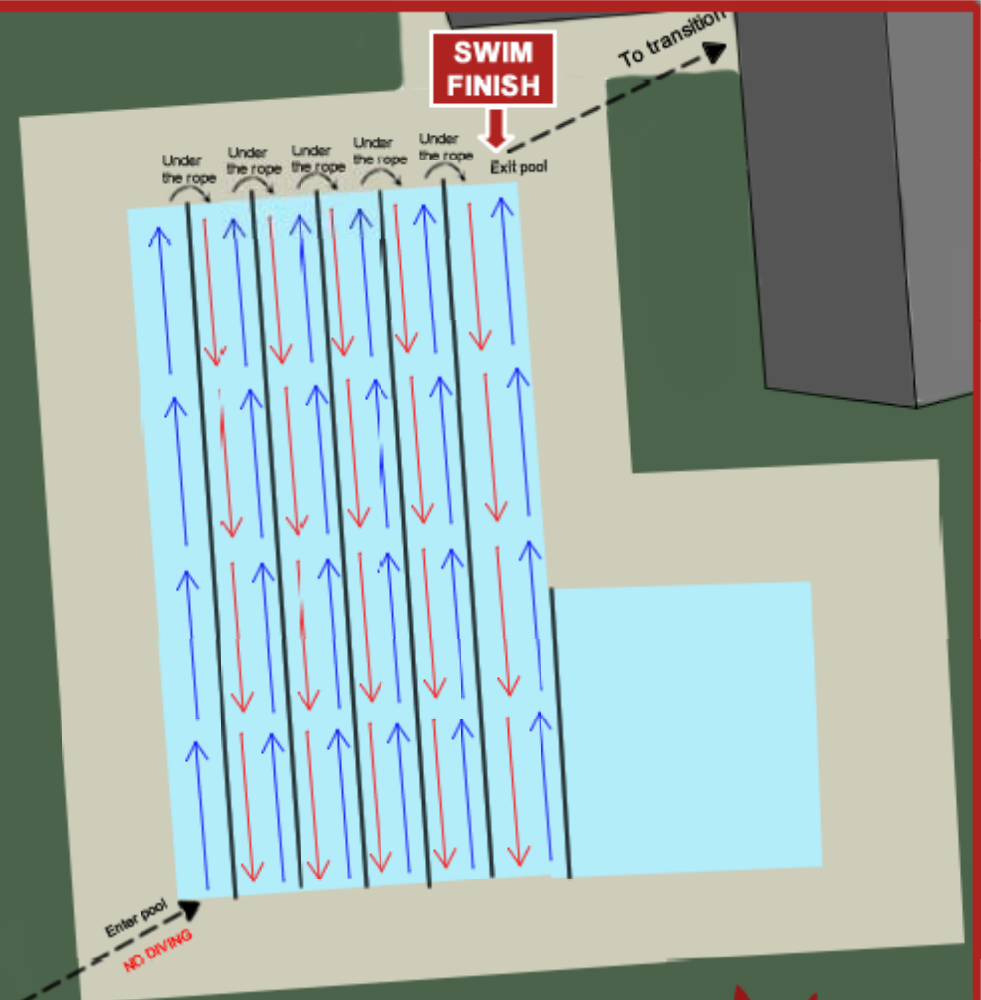
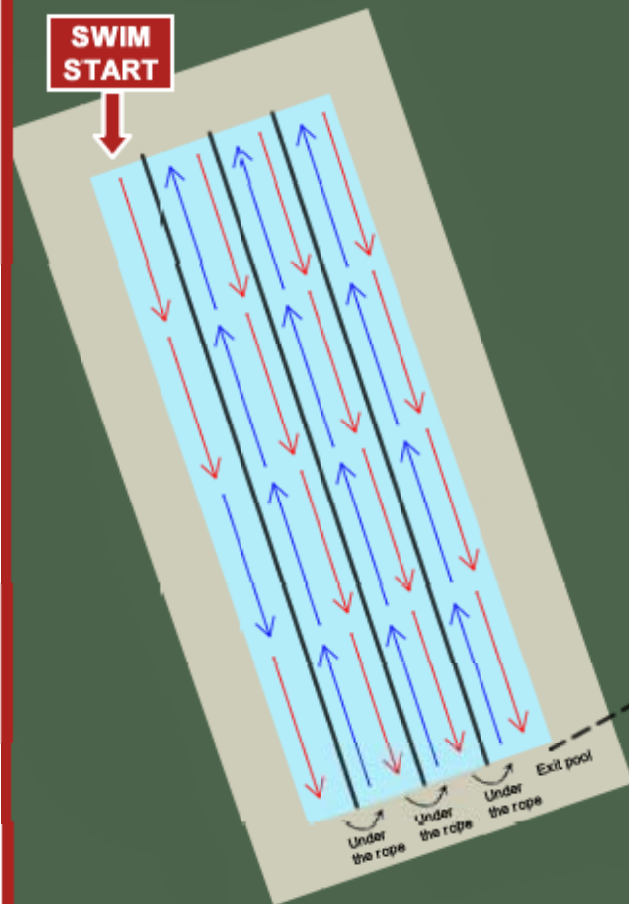


TRANSITION MAP

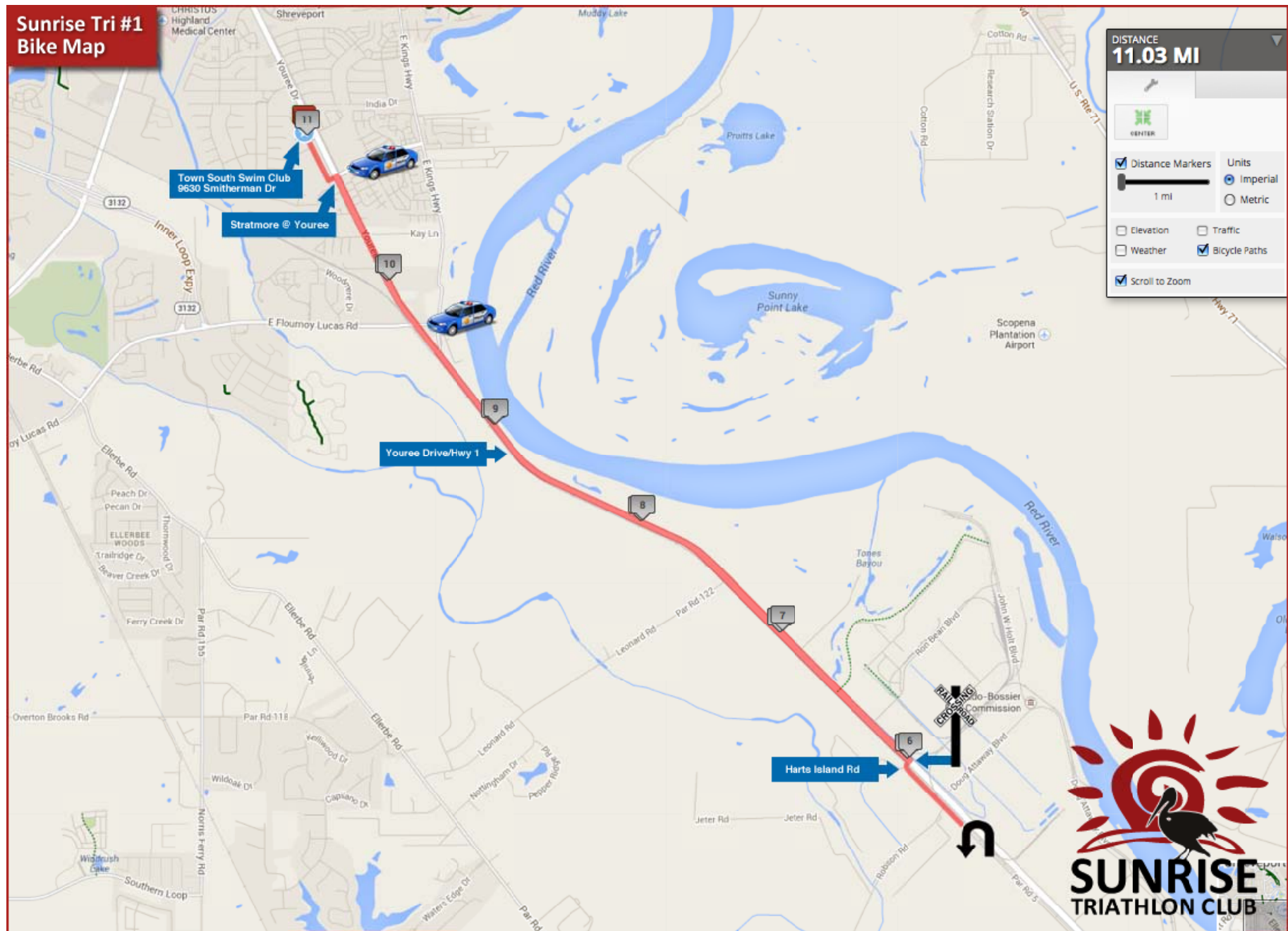


SWIM MAP

- 450 Yards Snake Swim
- Time Trial Start
- Town South Swim Club



Sunrise Tri #1 Bike Map



Sunrise Tri #1 – Bike

Bike – 11 miles

A Mount/Dismount line will be clearly marked at the exit of the transition area. **You must cross this line BEFORE mounting your bike.** Be aware of other riders around you when mounting your bike. Take up as little room as possible when mounting your bike as this area may be congested. Do not block the exit.

Bike course:

- South on Smitherman
- Left on Stratmore Drive
- Right on Youree Drive/Highway 1 (continue on Youree Drive/Highway 1 through the intersection at Flournoy Lucas Road)
- Right on Harts Island Road, cross the RR tracks and follow sharp turn to the left
- Continue south on Harts Island Road until the turn around (do not turn on Robson Road)
- Return along the same route.

Take special care when crossing over lanes before turning left on Stratmore Drive as traffic will be approaching you from behind at high speeds.

Slow down when you approach the dismount line. **You must dismount your bike and have both feet on the ground BEFORE crossing the dismount line to enter the transition area.**

Police will be at all major intersections. Course volunteers will be at all other turns directing you. **The course is open to traffic so STAY ALERT!** You are responsible for your own safety. Ride in the right hand lane close to the shoulder of the road unless overtaking another rider. Never pass on the right. Look behind you for traffic before passing. There will be no official swag wagon if you flat or have mechanical problems. All USAT racing rules are in effect. A list of common violations is attached.



Sunrise Tri #1 – Run

Run – 2 miles

The run begins on north end of the transition area (opposite end from the bike in and out)

Run course:

- Exit transition area/Town South Swim Club parking lot and turn left on Town South Drive
- Turn left on Village Green Drive
- Turn right at S. Dresden Court and run to the end of the court and back
- Turn right at Village Green Drive
- Continue as road becomes Galway Drive
- Galway Drive turns slightly left and becomes Smitherman Drive (be aware of riders on Smitherman as it is part of the bike course)
- Continue of Smitherman past the bike in and out
- Turn left back into Town South Swim Club parking lot/transition area
- The finish line will be next to the run out

SPECIAL RUN INSTRUCTIONS:

Follow the flour arrows. Know the route as there may not be volunteers on every turn. **All roads are open to traffic so STAY ALERT!** There will be a water station in the Transition Area/parking lot at the run exit and one other water station at approximately halfway. Mile markers may or may not be present.