

RACE PROCEDURES AND RULES

1.	Pick up your race packet – includes TIMING CHIP w/instructions :
	Registration tables will be clearly marked and located outside the main entrance to Waterloo High School. No parking will be allowed in the high school parking lot, but ample parking is available in the elementary parking lot and residential streets. Find your name on the registration list, initial next to it, and receive your goodie bag. Your race information will be inside it. PLEASE FOLLOW TIMING CHIP INSTRUCTIONS CLOSELY – ASK QUESTIONS – Event workers will all be wearing bright yellow shirts and will be glad to help.
2.	Volunteers will write your race number on your thigh and upper arms.
	Your race number must be written in marker on your upper arms and toward the outside of your mid to lower thighs to enter the transition area to place your bike.
3.	Place your bike in the transition area on the designated rack.
	Each bike rack will have designated race numbers. Place your bike on the rack that includes your race number
4.	Listen for wave start times.
	They can run earlier than what is listed. Announcements for the wave starts will be made, so please listen carefully. Athletes can rest on the pool bleachers, or in the high school gym nearby. Be in the pool area 20 to 30 minutes before what is written on the wave start list.
5.	Any foul language directed at a volunteer, is an automatic DQ.
6.	Go through all timing checkpoints.
	During your race, you MUST enter the transition area through the timing checkpoints (they will be marked!)
7.	Do NOT cut any of the courses.
	This will end in disqualification.
8.	You may NOT start over.
9.	All bikers MUST have their helmets on, from the time they remove their bike, to the time they put it back on the rack.
	You will not be allowed out of the transition area until your helmet is on.
10.	No drafting on the bike route.
11.	Team exchanges will take place at the bike rack.
	Teams wear a button, which will be handed off to the next team member.
12.	All runners MUST wear their paper race numbers on the front.
	You will not be allowed out of the transition area, if it is not visible.
13.	Return timing chip to volunteer as you exit the finish chute

Swim Course

This is a 6 lane, 25 yard pool with lane markers. You will be assigned a wave number and then a letter A,B,C. The A,B,C is for the 3 people in each lane. Swimmer "A" will start, followed 10 seconds later by B followed 10 seconds later by C. Groups will start as lanes open up – we will not wait for all 6 lanes to clear. This will keep the race moving right along but please listen closely for the waves on-deck announcements. Each person will start in the water.

In the kids race all athletes will start together by wave and the next wave will not start until ALL lanes are cleared.

Please enter the pool area through the High School main entrance doors immediately behind the registration area. Follow signs from there to pool, locker rooms, gym and spectator seating. Spectators will then exit at the back of the pool area.

As Athletes enter the pool area they should check-in at the pool office window by telling them your name. (window is clearly marked) We don't want to hold up the start of a wave for someone who may be absent.

If you need to rest, do it at the wall and in a corner of the lane, so you don't block the other swimmers.

Caps, goggles, and bodysuits are optional. You can swim any stroke.

You may put your shoes and clothing behind your lane. You may put them on after you exit the water, or you may go into the locker room and completely change. Some athletes choose to get dressed at their bikes.

Items left on the deck after an entire wave exits the pool, will be placed in a box, which will be located near the finish line. We are not responsible for your items, so please have them in a marked bag.

The exit to the transition area is through the main door (near where you exit the water).

ENTER TIMING CHECKPOINT #1 "Bike Out"--- It will be clearly marked.

Bike Route:

Put on your helmet and fasten it before getting on your bike.

Do not get on your bike until you reach or pass the "**GET ON BIKE HERE**" sign.

The course is marked by signs, marking paint, and volunteers. Look for these to guide you.

Bottles of water will be available approximately half way through the course.

No drafting is allowed.

Pass safely and quickly, when you need to do it.

Get off your bike at the "**GET OFF BIKE HERE**" sign.

ENTER TIMING CHECKPOINT #2 "Bike In" - It will be clearly marked.

Keep your helmet on until you reach the bike rack.

Return your bike to the assigned bike rack matching your race number.

Run Course:

Put your paper race number on the front of your shirt before exiting the transition area.

Look for the exit to the run and follow the pink arrows and caution tape, up to get you started. You must run in the marked area.

There will be flags, signs, and volunteers to guide you.

You will run through the City of Waterloo including scenic Fireman's park.

Water will be available on the course.

The finish line is on the high school track – you will take one lap around to the finish.

After you cross the finish line, please return your timing chip to the volunteer collecting them.

Medical Tent:

A medical tent will be available near the finish line.

Results:

Results will be posted throughout the event, by the announcer's table, and also at www.timingiseverything.com.

Awards:

The Overall Individual Male and Female Winners and Clydesdale/Athena winners will NOT be included in the age group awards.

The Overall Individual Child Winner will NOT be included in the age group awards.