EWU Iron Eagle Triathlon Official Rules

GENERAL RULES:
- MANDATORY PRE-RACE MEETING on the pool deck at 8:15.
- Race numbers will be assigned at check-in and must be displayed at all times on the bike/run route.
- First Aid Info: There will be two First Aid Attendants – one will be stationed at the pool/finish area and the second will be riding in the course monitor vehicle in case any participant needs assistance while out on the bike or run course. All key areas will be in radio contact throughout the race.
- Water stations will be at the Bike Storage/Transition area, Run Turnaround & Finish area.

SWIM:
- The 500-meter swim distance must be completed in its entirety within 20 minutes. The swim consists of 20 lengths of the pool. Swimmers must count their own laps or provide their own lap counter.
- Swimmers may stop to rest on the wall, but not in the race lanes unless absolutely necessary.
- Swim aids (fins, buoys, paddles etc) are not permitted.
- WALK on the swim deck and through the locker areas. Follow the carpet in the halls, through the Fieldhouse and out to the Bike Storage/Transition Area on the grass field.
- Clothes must be staged in the transition area and may not be left in the pool locker areas.

BIKE:
- All bikes must be staged within the Storage/Transition Area and may not be placed outside the building. Although we will have a Storage/Transition Area monitor, it is the responsibility of all participants to secure their bike while it is in the Storage/Transition Area. EWU will not be responsible for lost or stolen property during this event.
- Mount/Dismount Line: All riders must walk their bike to the marked line outside the Fieldhouse rollout door (east side of FH) when going out and get off their bike when they hit the line coming back.
- ALL TRAFFIC LAWS WILL BE OBSERVED. When entering Washington St. from the EWU Service Drive, please be careful of oncoming traffic. Traffic will be stopped at the main intersection (Salnave/Wash. St) for bikers. On the return leg, at the Wash./1st St. intersection, riders must be especially careful of oncoming traffic.
- Helmets are mandatory and we strongly suggest that all bikers carry a water bottle with them. Helmets must be buckled at all times while on the bike or the rider will be disqualified.
- No drafting will be allowed on the bike course. Cyclists may pass only when safe and must pass on the left side only.

RUN:
- The start of the run course will be the marked chute inside the Storage/Transition Area. Runners must enter the run course through this chute and follow the course from there. The course will be clearly marked with cones or ground chalk as well as signage at the turnaround.
- All runners must wear their race number in plain view while on the course. They must hand the tag section to the finish line attendant as they cross the line.

AWARDS:
- Official results will be available the day after the race and winners will be receive their awards in the mail soon after. Official results are available online @ www.ewu.edu/IMsports the day after the event.

HAVE FUN - USE COMMON SENSE WHILE ON THE COURSE – AND REMEMBER, IT’S ABOUT FINISHING!