



Presented By
CHEMICAL BANK and SPECTRUM HEALTH

RULES OF THE RACE U-15

Check-In & Transition:

1. You must be registered and have been assigned a number to participate.
2. Registered participants will have a packet ready for pick up either at the Greenville Area Community Center on Friday, May 31 or at the event Packet Pick-Up tent near the transition area on race day. You must have checked-in and received your packet to enter the transition area.
3. Athletes in the U-15 race should receive a green wristband and race numbers with green stickers affixed to them. These visual aids help the volunteers differentiate the U-15 athletes from the U-10 athletes and also serve as a reminder to the athlete to follow the green course markings/arrows.
4. Your assigned number will be marked on your arm and leg by a volunteer at the transition area with a permanent marker.
5. **Transition will open to youth athletes at 10:30am. There will be a designated storage area for youth equipment near the volunteer tent if arriving prior to 10:30am. Youth athletes are permitted one adult companion in the transition area for staging purposes. Once your transition space is set up, we ask all parent to leave the transition area. Transition is closed 11:00am-12:45pm. Only youth athletes are permitted in the transition area during this time.** Due to our limited space, we must enforce very strict rules on when athletes may exit the transition area with their equipment at the end of the race. There will be an open/closed sign posted on the transition out arches for visual notification. Athletes will NOT be permitted to exit the transition area with their bike in tow while the transition is closed. If you must leave the race early, you may arrange for another athlete to transport your bike at the appropriate time. If you intend to do so, you must notify the registration staff at the registration tent on race day so that person is permitted to leave the transition area with an alternate bike.
6. Your assigned bike number shall be affixed to the frame of the bike so that it is clearly visible and the helmet number shall be placed on the front of the helmet so that it is also clearly visible. This also protects the identity of your bike and helmet. Use the number tags provided in your registration packet.
7. You will be assigned a spot at a bike rack according to your race number. The rack is a horizontal bar that holds larger bikes by hooking the front of the seat over the bar leaving the back wheel off the ground. Place your bike at a space along the assigned rack. If you have a kick-stand, you can use that instead of hooking the seat.
8. Specific placement of your bike on the assigned rack will be on a first-come, first served basis.
9. Alternate the direction of the bikes on the rack. If the bike next to you is facing east, either rack your bike next to it facing west or leave room for another athlete to do so.
10. Each athlete is entitled to an area immediately adjacent to his or her own bike for other equipment. You should use the first available area furthest from the main aisle. No transition equipment will be allowed in the main aisle.
11. Be courteous of your rack-mates transition area.

Check-In & Transition:

12. You are responsible for your bike to be in good working order prior to reporting to transition. Tires shall be properly inflated and working brakes are mandatory. All handle bars must have plugged ends to participate.
13. The transition marshal shall have authority to request repositioning of transition areas, if necessary. Failure to be cooperative could lead to disqualification.
14. Nutrition and hydration are important aspects of triathlon, but used packaging needs to be disposed of properly. Glass containers are not allowed. Trash cans will be available, please don't litter.

Swim:

1. The athletes who intend to swim most of the swim course rather than walk will be lined up at the front of the wave. Athletes who believe they will likely have to run some or all of the swim course should line up behind the faster swimmers.
2. Wetsuits are allowed at Tri Greenville, except in the unlikely event that the water temperature is greater than 78°F on race day. You may wear a wetsuit between 78° and 84° but you will not be eligible for prizes. No wetsuits are allowed if the water is over 84°.
3. You must wear the swim cap you received on your head for the entire swim.
4. The use of swim goggles is recommended, but not required.
5. Swim aids such as fins, paddles and other items designed to increase speed are not permitted.
6. You must pass through the chute and be counted as you enter the swim start.
7. There will be lifeguards and other volunteers in the water to assist you if you need to stop and rest, but no forward progress can be made while holding onto anything.
8. Don't be a hero. If you are having difficulty, seek help.
9. You must go along the yellow buoys then around the large orange buoy, keeping the buoys on your left side at all times.
10. Swim under control at all times. Some contact is a part of the sport, but you are responsible to avoid contact that is harmful to other swimmers. Any detrimental contact deemed intentional or malicious by swim observers will be cause for immediate disqualification.
11. If you prefer to avoid the frenzy of the pack, align yourself to start outside and to the rear of the other swimmers.

Bike:

1. Personal electronic devices such as Ipods, MP3 players or other similar devices are discouraged. You need to be able to hear what is going on around you.
2. A CPSC-approved helmet must be on your head and buckled during the entire bike race. It must be on and buckled before leaving transition. You will be stopped before entering the course if it isn't.
3. Mount your bike after passing the mount line.
4. Stay to the left as you are going out and coming in to the transition area along W. Baldwin Lake Dr.
5. Your move from the left side of the road to the right side shall be made while going up the hill on Marvel Drive as you depart the lake area.
6. Obey the rules of the road and stay right on South Street and M-91.
7. M-91 are open to traffic so use extreme caution during the race and be aware of traffic approaching from both directions. Stay on the shoulder, where available.
8. Greenville Public Safety officers will be at the corner of South and M-91 to keep you safe and other volunteers will be at the entrance to the Fred Meijer Flat River Trail to keep you on-course.
9. Do not pass if traffic is approaching from the rear, at corners or if you cannot safely make the pass for any other reason. Stay 3 lengths behind the rider ahead until passing is safe. You may have to slow down to maintain your distance.

Bike (cont'd):

10. The boardwalk and trailhead have green posts in the center of the trail at both ends. Be watching for them and be careful when going past them.
11. Be aware that there could be runners on Baldwin Lake Drive or younger kids on bikes coming from the road by the "hump-back bridge". There will be cones and volunteers to help you know to watch out. Stay on the left side of the road (only for the race).
12. Dismount the bike before you reach the dismount line.
13. Run or walk your bike over the timing mat into transition and put your bike at its spot on or at your assigned rack.

Run:

1. Your complete, unaltered bib number shall be clearly visible from the front and shall be securely in place before leaving transition for the run. You will be stopped before entering the course if it isn't.
2. Run out of transition on the right and stay on the right side of the road around the lake.
3. There will be an aid station at Como Lake Drive that is about halfway on the run.

Finish:

1. Run under the finish arch and over the timing mat and listen for your name over the speakers and the sound of the cheering crowd.
2. Proceed as directed away from the finish line to avoid impeding other athletes from finishing.
3. Return your Velcro strap and timing chip to the designated volunteers and proceed to the post race refreshments and activities.
4. Equipment check-out from transition will require you to show that your race number matches your bike number.
5. In an effort to keep the transition area clear and safe, athletes are not permitted to leave the transition area with your bike while transition is closed. Due to the safety of the athletes, no exceptions will be made. The status of the transition area will be posted on a sign on the Bike Out/Run Out arches.