

RULES FOR HIGH CLIFF TRIATHLON

PREPARATION

1. Bib number for the run wear on the front. 2nd number on FRONT of your helmet. Number must be seen before allowed in transition.
2. Silver color swim cap is provided for the Half. Green for the Sprint.
3. Please purchase \$7 day sticker before Saturday to avoid holding up the line of cars or park outside of the park. Lower Park area for Half Iron only.
4. Body marking by transition.
5. All MAPS are posted on the website High Cliff page: swim, transition, bike and run. If you want a copy for the weekend, please download. We will only have one copy of the maps at the course talks.
6. Chips are disposable with a plastic strap worn around the ankle.
7. If you are more comfortable with a velco strap, you may purchase a Velcro strap for \$5 from the timing company at registration.

RELAY TEAMS

1. Bib number for the runner to be worn on the front.
2. Bib number for biker goes on the HELMET.
3. ALL EXCHANGES ARE DONE AT THE BIKE STALL. Swimmer must wear the timing chip and then pass to biker, biker meets runners at bike stall to exchange chip.
4. Each relay team member gets body marked.

SWIM

1. Race start is 7 a.m. – Groups of 50.
2. Line up 1-550: Half; 651-1300 plus: Sprint
3. There will be signs indicating where to line up.
4. Both courses – keep buoy to the right. Sprint turns at last yellow buoys. Half does a triangle: first yellow then red. A huge balloon arch will be your guide to the finish.
5. Swim caps are mandatory and will be provided. Silver – Half; Green – Sprint
6. If needed you may rest at buoys, boats or with a lifeguard.
7. If you have a heart condition, please let us know before the event.

TRANSITION

1. Your bike rack number corresponds with your bib number. Keep your items close to your bike.
2. ONLY TRIATHLETES ARE ALLOWED IN TRANSITION.
3. ALL BIKES WILL BE CHECK IN A DN OUT OF ENTRANCE AND EXIT POINTS. DO NO USE TRANSITION POINTS.
4. TEAR DOWN OF THE SPRINT TRIATHLON BEGINS AT 11 A.M. IF YOU ARE PLANNING TO STAY, PLEASE PUT YOUR BIKE BY THE FINISHLINE WHERE THERE WILL BE BIKE RACKS.
5. HELMETS ARE MANDATORY AND MUST BE SNAPPED. BIKES WALK IN AND OUT OF TRANSITION.

BIKE

1. It is your responsibility to know the bike course.
2. 3 bike aid stations on the half iron– Gatorade, water, bottle exchange, hammer gel, Stations located at mile approximately at 15/30 and mile 45. Bathroom at mile 30.

RUN

1. We will be recording numbers on the Half Iron run which is a double loop.
2. Half Iron: 4 water/Gatorade/HEED stations, simple carbs, Hammergel and electrolytes .
Sprint: 1 water/Gatorade/ station.
Bathrooms are along the course.