



bahamatriathlon.org

2022 National Championships

IMPORTANT EVENT INFORMATION

Arriving

- 0600 transition area and bike check-in opens
- Use any bike rack. However, relay bike racks will be labeled.
- You will collect your timing chips at check in - please remember your race number
- Use the tattoos provided, there will be no body marking on race day. Numbers go on each arm. For relays, only the runner should use the tattoos.
- 0655 transition area closes - no athletes may be in the area after this time including relay team members
- Please be present for pre-race briefings on the beach 5 minutes prior to each race start.

Wave Starts Times

- 0700 Men's individual sprint 16+
- 0702 Women's Individual sprint 16+
- 0705 Relay sprint
- 0900 Adult awards

Relay Teams

- The timing chip will act as your 'baton'
- There will be a handover/holding area where all team members must wait and where the chip handover must take place
- Bikers must rack their bikes first before entering the holding area and handing over the chip
- Swimmers and Bikers may collect a finishers medal by showing their race number to the volunteers.

Race Course

Sprint distance

(1 loop of the swim, 2 loops of the bike and 2 loops of the run course)

- *The run course will be on the Albany loop heading south and will turn around by running through transition.*
- *The bike course will be around the Albany loop (clockwise)*

Aid Stations

- There will be no aid stations on the bike.
- On the run course you will pass a water station in transition and at the turn around point.

Kids Tri

- Please check in / body mark 8:15-9:15am.
- 13-15 years old approximate start time 9:30am.
- 11-12 years old approximate start time 10:30am
- 9-10 years old approximate start time 11am
- 8 and under approximate start time 11:30am.



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RACE RULES

- It is each racer's responsibility to be familiar with the rules.
- You must wear the swim cap assigned to you. Keep all buoys on your right.
- The race is NOT wetsuit legal.
- Handlebars must be plugged. Automatic disqualification.
- You must run or walk your bike out of and into the transition area. You may not ride in the transition area. Follow appropriate signage.
- You must mount your bike AFTER the mount line and dismount BEFORE the mount line.
- Bike helmets are mandatory while biking (**BEFORE, DURING and AFTER the race**). Helmets must be buckled or strapped on before you take your bike off the rack. This is a disqualification penalty. Helmets must be unstrapped in transition when your bike is racked.
- Drafting is allowed on the bike for all races. TT bikes are not permitted.
- Bib numbers MUST be worn for the run and facing FRONT.
- Headphones are not permitted.
- No littering on the course, other than at water stations – including gel wrappers and empty bottles.
- Athletes' age groups are determined by their age on 12/31/22
- Please respect race volunteers - they are donating their time to allow you to race. Any foul language or verbal abuse will not be tolerated.
- Athletes' torso must be covered at all times (except during the swim), including kids.
- When mounting, one foot must be over the mount line before mounting or there will be a 10 second penalty.
- When dismounting, 1 foot must be on the ground before the dismount line or there will be a 10 second penalty.
- Penalties will be served in transition