



BIRKIRKARA ST JOSEPH TRIATHLON SERIES GUIDE TO ATHLETES

INTRODUCTION

We welcome you to the Birkirkara St. Joseph Triathlon Series and thank you for your interest to take part in this series. These events were introduced by the Club in the year 2000 and have been a successful endeavour by the Club ever since. They have contributed in no small way to the development of the sport of triathlon in Malta, and to the regular increase of the number of athletes who have taken up this sport.

This guide is aimed at making you more familiar with whatever is happening on race day. Furthermore it serves as an important tool to ensure the safety and sportsmanship at the events, and the smooth running of proceedings for the benefit of all participants.

On behalf of my team we wish you a memorable sporting experience.

Kind Regards

Euchar Camilleri
Secretary General
Birkirkara St. Joseph Sports Club (Malta)

EVENTS SCHEDULE

Race Registration and Body Marking Time – One hour, fifteen minutes before the start of the race at transition area.

Race Briefing Time – 10 minutes before the start of the race, delivered in both the Maltese and English languages.

SWIM

The swim is in open water and has a deep water start. Athletes must complete the entire swim course. Any athlete found not to have completed the entire course shall be disqualified.

Wetsuits

These events are normally a non-wetsuit swim. However should these be allowed on the day, the following summarises the wetsuit rules:

- Wetsuits cannot measure more than 5 millimetres thick; a standard variance will be allowed to account for seams and jersey material (non-buoyant).
- Full wetsuits covering arms and legs are allowed.
- Wetsuits can be worn in water temperature up to and including 20°C.

In the case of the first race of the Series, and should the organisers so decide, the water temperature shall be taken on race morning and the final ruling on wetsuit use will be continuously announced.

SWIM TO BIKE TRANSITION (T1)

All discarded swim gear must be placed near your place in transition area. When you reach your bike, your helmet must be securely fastened on your head prior to removing your bike from the bike rack. Mount your bike at the designated point. Riding your bike in transition area is strictly prohibited. Should an athlete ride his bike in transition area before or after completing the event will be immediately disqualified.

BIKE

The 20-kilometre bike leg is a three-lap course, along the Salina – Bahar ic-Caghaq Coast Road. The road surface is reasonably smooth and is considered to be a fast circuit. Vehicular traffic may be prevalent on the bike and run route. Participants are to adhere strictly to the local driving regulations.

Race Rules / Drafting

This Series of races is NON-DRAFTING, therefore absolutely NO DRAFTING of another bicycle or any other vehicle is allowed.

Drafting Rules

Diagram 1 Distance of Drafting Zone for ALL Competitors



Diagram 2 Drafting



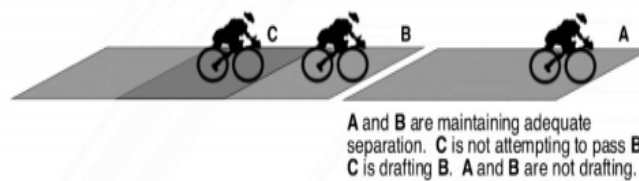
A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to repass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

Diagram 3 Blocking



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

Diagram 4 Drafting and Not Drafting



1. The draft distance is 12-metres (7 bike lengths) between bikes (back wheel to front wheel).
2. A pass **MUST** be completed once the 12-metre distance is entered i.e. athletes may not drop back out of the draft distance.
3. During the cycle leg Drafting, Blocking, Illegal Pass, Helmet and Littering infringements incur a 2-minute time penalty.

To minimise any misunderstanding on race day, please read the following summary of rules.

- Ride on the left side of the bike lane
- Keep 12-metres between yourself and the cyclist in front of you – back wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back 12-metres before re-passing
- Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid infringements.

A Technical Official's ruling is final in the case of Drafting, Blocking and Illegal Pass infringements and these are not subject to either protest or appeal. Following are the most common rule infringements:

- Blocking: Riding on the right side of an athlete without passing or riding on the right hand side of the cycle lane when clear of other athletes.
- Drafting: Following a leading cyclist closer than 12-metres and failing to pass in 25-seconds OR after being passed, failing to drop back 12-metres before re-passing.
- Illegal Pass: Passing on the left
- Littering: Discarding items, e.g. tyres, drinking bottles, gel wrappers etc., on any part of the course.
- Helmet: Always have your chin strap securely fastened when moving with your bike.
- Other infringements include riding or running with any musical or listening device, and outside assistance.
- Relieving yourself at places other than the toilet facilities provided by the organisers may result in a DQ.
- Remember to treat other athletes, volunteers and officials with courtesy and consideration as failure to do so is Unsportsmanlike Conduct and may result in a DQ.

As there will be no inspection of your bike and helmet it is your responsibility to ensure that both meet the event rules and safety standards. Bikes which do not conform to Malta Triathlon Federation rules are prohibited and disc wheels may be used on the rear only.

You should ensure the following:

- Front and rear brakes are operable;
- End plugs are on handle bars;
- You have at least one water bottle cage
- Wheels are true and tyres in reasonable condition;
- No loose headset;
- No stripped cables;

At the race venue there will only be facilities for minor repairs and trained mechanics will only effect on-the-spot minor adjustments, if required.

BIKE TO RUN TRANSITION (T2)

Dismount your bike at the designated place. Do not undo your helmet before racking the bike. Ensure your bike is properly racked. All discarded cycling gear must be placed near your place in transition area. Do not run with your helmet on.

RUN AND FINISH

The 5-kilometre run leg is a one-lap course along the Salina – Bahar ic-Caghaq Coast Road. Vehicular traffic may be present on the race route. Athletes are to stay on the sea-side of the route at all times and never cross the middle line of the road. Breach of this procedure will result in an immediate disqualification.

Water Stations and Sponge Stations

Water Stations and Sponge Stations will only be available during the run segment of the race. Water Stations will be placed at the beginning of the run, at the first turn around point, and on your way past transition area.

Sponge Stations will be placed at the first turn around point and the second turn around point.

Discard plastic bottles and sponges in designated areas located past the stations.

No non-participant escort runners are allowed. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single athletes, is not allowed. Non-participant escort runners will result in disqualification. A non-participant escort runner includes athletes who have withdrawn from the race, have been disqualified, or have finished the race.

Friends, family members, coaches or supporters of any type may not bike, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each

athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.

A shirt or racing top must be worn at all times. Athletes participating in the event in bare torso will be immediately disqualified.

Friends and/or family members are not permitted to cross the finish line or enter the transition area with participating athletes. This policy will allow each athlete adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and spectators. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

POST RACE

Race results will be available on the Club website – www.bkarastjoseph.com – the morning after the event.

Do not discard or lose the bike-frame race number as this shall be used throughout the series.

Race organisers do not take any responsibility for lost property and please appreciate the problems if your property cannot be identified or you have no proof of ownership.

RULES GENERAL

Event Sanctioning and Rules

The Malta Triathlon Federation Race Competition Rules (MTFRCR) and ETU Rules will apply at this event. In all instances the MTFRCR will take precedence over the equivalent ETU Rules. The MTFRCR can be accessed from the Federation's website.

Technical Officials

Technical Officials will be proactive in ensuring that athletes compete within the event rules and may issue warnings before issuing an infringement; however this is not a requirement. If issuing a warning the Technical Official will gain the attention of the athlete and inform them what to do to avoid receiving an infringement, and will NOT show a card. If issuing an infringement the Technical Official will gain the attention of the athlete, show either a Yellow or Red Card.

Caring for the Environment

Please be considerate of the local community and refrain from discarding any waste, including energy bar/gel wrappers, equipment and bottles on the Course other than at Water/Sponge Stations. If you are observed by a Technical Official on course deliberately discarding items other than on the approach or exit (within 50 metres) from a Water/Sponge Station you will receive a littering infringement (Yellow Card) and a two-minute penalty.

RACE SPECIFIC RULES

1. It is the athlete's responsibility to know all aspects of the swim, bike and run.
2. Participants are expected to follow the directions and instructions of all race officials and public authorities.
3. Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury. Medical transport of any athlete will result in the athlete being classified as Did Not Finish (DNF).
4. No athlete can use a Performance Enhancing drug or procedure.
5. The Doping Control Rules set forth by the Malta Triathlon Federation, in harmony with ITU/ETU Anti-Doping regulations and policies on banned substances, will be binding on all athletes. In addition, other rules and regulations, even if not yet recognised by the ITU/ETU Anti-Doping, may be instituted, which if such occurs, you agree to abide by.
6. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in an athlete being suspended from competing in any event organised by the Club in the future.
7. Athletes who have registered for a race on line must report their presence at the registration desk not later than half-an-hour before the start of the race.
8. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to proceed to the transition area and inform any of the time-keepers. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in an athlete being prevented from competing in any Club events in the future.
9. Birkirkara St. Joseph Sports Club reserves the right to make rule changes at any time provided all athletes are notified at the pre-race briefing.
10. Communication devices of any type are strictly forbidden during competition. Use of such devices may result in disqualification.
11. Birkirkara St. Joseph Sports Club does not allow the transfer of an athlete's registration – no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any Club event.

RELAY TEAM RULES

1. Teams must consist either of 2 or 3 athletes i.e. in a 3 person team a different person to complete each leg of the event - a swimmer to complete the 750 metre swim course, a cyclist to complete the 20 km bike course and a runner to complete the 5 km run course.
2. In a 2 person team one person will complete any two legs and the second person must complete the third leg.
3. Teams will be identified on Race day by body markings different than those of the main event participants.

4. Registration for the Teams will be held at the same time as the main event.

SPECTATOR INFORMATION

It is critical that spectators remain off the race course to ensure a safe course for competitors. If you need to cross the course, please proceed carefully after having taken all the necessary precautions.

Spectators are not allowed within transition area.

Children and pets are not to be allowed on their own during the duration of the race.