

LIFETIME TRI

2019 RULES SUMMARY

A variety of changes were introduced to the Life Time Tri Officiating Program in 2018. While safety and fairness remain paramount, portions of the Officiating Program were redesigned to better educate the entire field of athletes while also applying better global standards across the sport. A highlight of these rules is noted below, with a full set of rules and descriptions identified under separate cover. Athletes are highly encouraged to review these in detail to ensure a successful race experience.

On-site Presence

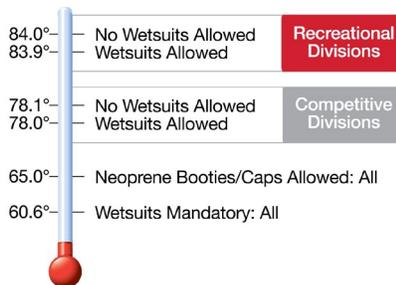
A full team of Race Officials will be on-site and integrated with athletes throughout the entire weekend - from Packet Pick-Up to Transition and through the Awards Ceremony.

Wetsuit Temperatures

Legal wetsuit temperatures are now relative to one of two athlete "divisions," originally selected during registration.

"Recreational" division participants may wear wetsuits in waters up to and including 83.9°F.

"Competitive" athletes (those competing for awards) are able to wear wetsuits in waters up to and including 78.0°F, in line with global standards. If approaching weekend water temperatures are of concern, athletes may elect to change divisions at Packet Pick-Up. Full details are listed on page IV of the Rules Book.



Draft Zone



Moving toward the global short course standard, Life Time Tri will move to a 9m draft zone. Athletes must keep four (4) bike lengths of space between them, or complete their pass in 20 seconds, to avoid a "drafting" penalty.

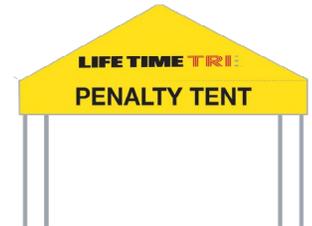
Penalty Card

When a penalty is being issued (and when deemed safe along the course), the Official will call out the athlete's race number and present this black and white penalty card.



Penalty Tent

Athletes receiving a penalty will be directed to a Penalty Tent, located on the Run Course. Athletes must check-in here to serve their 3-minute time penalty.



Other Common Rules

- Be a good sportsman. Always.
- Don't endanger anyone, including yourself.
- Cell phones, headphones and cameras are not allowed during the race.
- Participants may not receive assistance, in any way, from anyone other than active racers, volunteers or official Race Staff.
- Keep it clean. Please don't litter.
- Flotation devices are not allowed in the swim.
- Wear a helmet before, during and after the race.
- Walk your bike to the Mount Line and be sure you are completely off your bike before the Dismount Line.
- Always ride on the right and pass on the left (with exception of a portion of the Chicago Triathlon course).
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don't forget to celebrate. We'll help you with that!



QUESTIONS? Contact Rosalyn Popham, Life Time Tri Head Official at rpopham@lt.life or Athlete Services: events@lt.life