

# TOI Super Sprint Triathlon



**DATE:** SUNDAY, 20TH OF APRIL, 2014

**START TIME:** 5:30 A.M.

**WHERE:** SPORTS CLUB OF GUJARAT

## **RACE INFO**

**EVENT:** SUPER SPRINT DISTANCE - Gujarat's very first Triathlon

**DISTANCE:** 200 meter SWIM, 8 km BIKE, 2.5 km RUN

**WHEN:** Sunday, 20th of April, 2014

**Men Start:** 5:30 a.m.

**Women Start:** estimated 6:30 a.m., once the final male has finished the swim.

**Relay:** Once all women have completed entry, then the relay teams will start. (See below for further details)

\*It is a time trial swim start. Each swimmer will start 5 to 10 seconds apart from each other.

**Transition:** Closes at 5:15, strictly. This is where your bike and race gear will be placed. All bikes must be racked by this time for all participants. Everyone must be out of transition area before the start of the race to ensure a clear area for all athletes while they are racing. This area is part of the race course. If you do not have your bike racked by this time, you will not be allowed into the area and might not be allowed to participate.

**PACKET PICK-UP:** Saturday, 19th of April, 2014

**MANDATORY MEETING TIMES:** 11:00, 13:00, 15:00, 17:00 - ALL MUST ATTEND

at SPORTS CLUB Navrangpura, Ahmedabad, Gujarat

**WHERE:** SPORTS CLUB - Navrangpura, Ahmedabad, Gujarat 380014, next to Sardar Patel Stadium on Stadium Road

**WHO:** All are welcome from the age of 15 and up.

Individual Entry and Team Relays are available to participate.

**COST:** LIMITED LATE REGISTRATION AVAILABLE UNTIL THE 10th

**INDIVIDUAL:** Rs. 1200/- for single race entry for triathlon

**TEAM RELAYS:** Rs. 2000/- for race entry.

Plus refundable deposit for all entrants for timing chip of Rs. 1000/- Refund will be given upon return of timing chip after the race.

\*With race entry you will be given a swim cap and t-shirt.

**COURSE:** Details of course are located here on our site: [CLICK](#)

**TRAINING:** Join LS Sports for Club Training throughout the month of March to prepare for the Super Sprint Triathlon. You will receive a training plan online, with connection to Coaches and Group meetings.

**TIME LIMIT:** We hold a strict time limit per event due to road closures.

**SWIM:** You are required to be able to swim (by any stroke) the distance of 200 meters within a time frame of 10 minutes.

**BIKE:** Roads open to local traffic at 8:00 a.m. sharp. All cyclists must be off the road by this time.

**PRIZES:** Thanks to our generous sponsors, there is a 3 lakh prize money for this race. Prize money and awarded products will be evenly allocated between men and women, as well as the Team Relay Category (separate from the individual).

**FAQs:** Please refer to our F.A.Q's page with frequently asked questions about registration and triathlon.

## IMPORTANT NOTICES

- You **MUST** be present for your own packet pick-up for this race and show photo ID. In order to race you must participate in the pre-race meeting that goes through race rules. The meeting will take place at packet pick-up.
- We cannot guarantee complete road closure. There may be some traffic on the roads.
- Course, race time and date subject to change.
- LS Sports Management Pvt. Ltd. is not responsible for lost or stolen items.

# F.A.Q'S

## REGISTRATION RACE SPECIFIC QUESTIONS

**Q: Will you be providing a bike?**

**A:** NO. LS Sports does not provide bicycles for the event, You are responsible for providing you own equipment for the race, The only thing we will be providing for you is a race number to wear, a race number for your bicycle, a swim cap and a number chip (to be returned).

**Q: Will race-day registration be available?**

**A:** No. There will not be registration available race day.

**Q: If I am unable to participate in the race, may I get a refund?**

**A:** No. There will be absolutely no refunds or transfers of entry to another participant.

**Q: If I am unable to participate in the race, may I give my entry to a friend?**

**A:** No. If someone else races under your name causes an accident or causes injury or damage, you may be liable in part for those damages.

**Q: How do I train for an event like this?**

**A:** You can choose to train on your own or you can sign up to receive a training plan with the opportunity to train 1 day a week as a club training. You can check out addition information on LS Sports Training Program here.

**Q: How do I confirm my entry?**

**A:** Once registered, participants who sign up for training plan will be contacted within 72 hours. Those who are not signed up for program will receive a confirmation update within a couple weeks.

**Q: Can someone pick up my race packet for me?**

**A:** NO. It is mandatory you pick up your own packet and show a photo ID of government or school issue. We have to enforce this due to the mandatory race course discussion you have to attend over safety and rules. You will not receive your packet unless you attend the meeting.

**Q: Do I have to attend the pre-race meeting on race course discussion and safety?**

**A:** YES. This is an absolute necessity in order to do this race. While most people have never raced a triathlon, it is important to know the rules and regulations that come with the sport. Even if you have attended a race previously, all races are different and required this review internationally.

**Q: Is there any upper or lower age limit for each race and what age group do I participate in?**

**A:**

1. No upper age limit. The youngest you can be to race is 15 years of age. The age you are on the current day of racing is the age group you will compete.
2. If you are 45 years of age and NOT 46, you will participate in the age group of 20-45 years old. To participate in the age group of 46+, you must actually be 46 years of age. This includes with any other age grouping.

**Q: Is there a time limit?**

**A:** SWIM - 10 minutes

BIKE - all riders must be off bike course and into transition by 8:00 a.m.

RUN - all runners must be complete by 9:00 a.m.

**Q: What is the Application Fee for the race?**

**A:**

1. Single Race Entry: Rs.800/- and for Single Race Entry with Club Training Plan: Rs.1200/-
2. Team Race Entry: Rs.1500/- and for Team Race Entry with Club Training Plan: Rs.2000/-
3. If you sign up after the deadline of the 6th of April, a late fee will be administered with entry fee being: Rs.1200/- for Individual Entry and Rs.2000/- Team Entry

**Q: Where can I register for the race and how do I pay?**

**A:**

1. Cash or Demand Draft at local registration
2. If you are from out of town, please contact us for registration and payment details

**Q: When, how and from where do I collect my Race Packet?**

**A:** 19th of April from 10:45am - 6:00pm is race packet pick-up. This will be at Sports Club. There is a MANDATORY PRE-RACE meeting you must attend in order to get your packet. You can see details of meeting scheduled times on our calendar.

**Q: Can you post me my Body & Frame Number & Goodie Bag?**

**A:** No, you yourself or a friend with identification and authorization can collect it on your behalf.

**Q: Any medical precautions I should take for the event?**

**A:** If in any doubt, get permission from your doctor for participation.

## TRIATHLON SPECIFIC QUESTIONS

**Q: What is the order of events and does the time between each event count?**

**A:** Swim - Cycle - Run that is the order of a triathlon. YES, the time between counts; this is called Transition 1 and Transition 2, also known as T1 and T2.

**Q: Does my bike have to be a professional race bike?**

**A:** NO. You can race/ride on any two wheels bicycle that is non-motorized. Your bike can be geared or fixed.

**Q: Do I have to wear a helmet for this race?**

**A:** YES. You will be required to wear a helmet for the race. Upon checking into transition on race morning, you will have to present your helmet to prove you have one. You must have helmet on your head and fastened at any point in the race that your bicycle is in your possession.

**Q: What gear/equipment is required for me to race.**

**A:** Check out our gear page with details of what you need that is required and what is suggested.

**Q: What are rules of a Triathlon Race?**

**A:** While there are many different organizations worldwide, with slightly different rule variations; we at LS Sports have taken the highest standards of racing rules to ensure the safety and quality of our races. You will find our rules to be in line with USAT (USA Triathlon) and ITU (International Triathlon Union). Specific details of rules for *this* race is located on our Rule Page: [CLICK HERE](#).

**Q: Do I need to wear a swim cap for the race?**

**A:** YES. But you will be provided the required swim cap in your race packet at pick-up time. Your race number will be marked on this cap to help us better identify you.

**Q: After the race, can I have someone else pick up my bicycle for me in transition?**

**A:** NO. In order for your bike to leave transition we will match your bib number to your bike number to your body marking number to correctly identify you and your bike. We want to provide the highest security possible for your bike and other items. This is standard for all races worldwide.

**Q: Can I choose not to wear a shirt (men)?**

**A:** By standard rules, all chests (men and women) have to be covered from the bottom of the breastbone and up.

**Q: Can I draft on the bike?**

**A:** NO. This is a DRAFT-FREE race, and like most triathlons. Unlike most cycling events, the sport of triathlon is an INDIVIDUAL sport. Therefore, you cannot ride in peletons or draft behind other cyclists. Please see rules for further details: [CLICK HERE](#).

**Q: What type of helmet can I wear? Can it be a skating helmet?**

**A:** NO. You must wear an approved helmet according to cycling race safety standards. The proper helmet will have a stamp or sticker on the inside of it saying it is safety approved. Safety approval organizations are, but not limited to:

- ANA
- SNIELL
- ANSI
- CPSC (US Standard)
- GPSR (European Standard/UK)
- AS/NZS 2063:2008 (Australian Standard)

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**SUPER SPRINT TRIATHLON**

AHMEDABAD | APRIL 20, 2014

# ATHLETE GUIDE

ORGANIZED BY



Welcome Triathletes!

We want to take the opportunity to thank you for your interest, support and enthusiasm toward the sport of triathlon. LS Sports understands that for many, this is a completely new experience and strive to do our very best to keep you informed and prepared for race day.

Please ***READ THOROUGHLY*** the entire Athlete Guide. It is filled with all details of the schedule that includes packet pick-up, race day details and awards. Also the Guide includes race course information, morning check-in procedures on race day, gear and equipment information, and common rules known to triathlon. Everything you need is in this Athlete Guide.

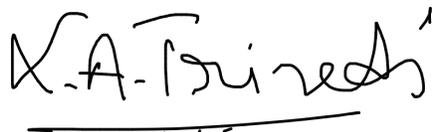
You are participating in a historical event for the state of Gujarat; never before has there been an open triathlon event held to the public, nor has there been a triathlon of this size of participants ever in India.

Our goal at LS Sports is to produce the best sporting events that are held at International Racing Standards for triathlon and running races. By doing this, we as a company must keep athletes fully informed of event details and be well organized. In order to do this, we have created a detailed website, designed to give you all details of each and every race and a news page that is constantly giving you updates of any changes, training information and details of upcoming events.

Thank you again for your support and look forward to seeing you at the very first:

## **TIMES OF INDIA SAVVY SWARAAJ SUPER SPRINT TRIATHLON**

Happy Racing,



**Lihass Trivedi**  
*Founder of LS Sports*  
*Co-Race Director*



**Kimberly Shah**  
*Head Coach LS Sports*  
*Co-Race Director*



Times of India has always been the premier and number one source of print media for sports throughout India. Without hesitation TOI gave LS Sports unyielding support and sponsorship to the first triathlon in Gujarat and first triathlon of this distance.

Weekly, they have given LS Sports and this race print space. They have recognized not only what LS Sports is doing, but also athletes from around the state for their interest for participating in this epic event.

TOI has been big supporters in the sporting community with events such as TOI Claris Football. We at LS Sports give our biggest thanks to Times of India for continuing to want to support sports for the Indian community throughout the country.

We thank you TOI,

*Team LS Sports*



SAVVY  
SWARAAJ™  
SPORTS LIVING

We salute Savvy Swaraaj for their vision and mission of developing the very first sports living community that supports the healthy lifestyle to the absolute fullest.

LS Sports wants to personally thank Mr. Jaxay Shah, Mr. Jigish Shah and Mr. Sameer Sinha for their ongoing support and understanding for the need of triathlon and other sports within the community of Ahmedabad and India.

Thank you Savvy Swaraaj!

Living the Lifestyle,

*Team LS Sports*



We want to take this moment to recognize that without the unquestionable support that has been given by our Venue Sponsor, Sports Club Navrangpura. LS Sports gives this thanks, because without them, you the Athletes would not be able to participate in such a race.

Sports Club has given nothing but the biggest support, helping us through the toughest of times of route planning. They have stood by LS Sports from the moment we first presented this concept, and without hesitation came on board as the Venue Partner.

Throughout the planning and training Sports Club has provided a place for Athletes to train on Sundays. They have given us space for registrations, meetings, packet pick-up and took on responsibility to collecting and helping promote this event. Sports Club is responsible for providing us the pool for swimming, changing rooms, the complete parking lot for the transition area, as well as refreshments and the lawn for awards.

We at LS Sports cannot thank you enough for all you have done for us as a company and for this race. You have supported our vision and our efforts from the very start. We thank you.

You truly are a 'Sports Club' and understand what it means to be one,

*Team LS Sports*

# SCHEDULE OF EVENTS FOR THE TIMES OF INDIA SAVVY SWARAAJ SUPER SPRINT TRIATHLON

**LOCATION:** **Sports Club Navrangpura** - Ahmedabad, Gujarat  
next to Sardar Patel Stadium on Stadium Road

*PLEASE NOTE: THIS IS THE LOCATION FOR EVERYTHING: PACKET PICK-UP,  
MANDATORY RACE MEETING, RACE. PLEASE USE SIDE ENTRANCE.*

## **19th of April, Saturday PACKET PICK-UP - Sports Club**

Mandatory Race Meeting in English with Hindi/Gujarati translation when needed  
10:45am-6:00pm at Sports Club for all Athletes

- 11:00am Mandatory Race Meeting
- 1:00pm Mandatory Race Meeting
- 3:00pm Mandatory Race Meeting
- 5:00pm Mandatory Race Meeting

*20th April, Sunday: NO PACKET PICK UP ON RACE DAY*

## **20th of April, DAY OF RACE - Sports Club**

4:00 AM: Transition Opens

5:15 AM: Transition Closes for **all athletes**

5:30am Wave 1: white swim caps (24 athletes)

5:35am Wave 2: white swim caps (24 athletes)

5:40am Wave 3: purple swim caps (24 athletes)

5:50am Wave 4: purple swim caps (24 athletes)

6:00am Wave 5: pink swim caps (21 athletes), 1 lane specifically for any male 60+ (for 3 men)

6:10am Wave 6: pink swim caps (21 athletes), 1 lane specifically for any male 60+ remaining

6:20am Wave 7: purple/pink swim caps (24 athletes)

6:30am Wave 8: purple/pink swim caps (24 athletes)

6:40am Wave 9: RELAY TEAMS (23 Teams)

6:50am Wave 10: RELAY TEAMS (remaining teams & remaining swimmers)

7:00am Wave 11: Remaining Swimmers grouped by swim caps

7:10am Wave 12: All Remaining Women with 'W' mark on swim cap - designated lanes per swim cap color

\*As lanes completely empty we may allow the lanes to continually fill with 3 swimmers at a time. Our goal is to have the least amount of chaos while moving through the line most efficiently.

7:20am: Swim Cut-off and every athlete should be out of the pool

8:30am: Bike Cut-off time and all athletes should be off the bike course

8:40am: Transition Opens for Bike and gear retrieval. Trade in timing chip for refund. Make sure you read the detailed section on checking out.

9:00am onwards: Refreshments at Sports Club

9:30am : AWARDS - All Award Ceremonies will take place at Sports Club  
Winners cannot be determined until the last athlete has finished the race because it is a TIME TRIAL START.



We thank our Co-Sponsor Suryam for their support and generosity for this event.

## **ATHLETE PACKET PICK-UP & MANDATORY PRE-RACE MEETING**

It is absolutely mandatory that you pickup your own packet. The only way you can receive your packet is if you attend the pre-race meeting which goes over rules and regulations on the course. Please be sure to bring photo identification with you to receive your packet. You must show photo ID, or you will not receive your packet. If you do not check in during the designated hours you will not be able to race.

### **Mandatory Meetings**

We have a schedule of pre-race meetings in Hindi, Gujarati and English. It is absolutely mandatory that you complete the meeting. You will not be able to receive your race packet unless you complete the race meeting. The meeting will be held by Race Directors Kimberly Shah and Lihav Trivedi.

Two reasons we hold mandatory race meeting:

1. This is a new sport to the area. We want to ensure everyone races safely and understands the rules to the race and sport.
2. It is your opportunity to ask any final questions about the race and protocol on race day.
3. If you do not attend meeting, you will NOT receive your race packet
4. See Schedule for times (page 5)

### **Race Packet Includes**

1. Race Number for Bike, Helmet and Bib
2. Swim Cap
3. Race Technical T-Shirts
4. Timing Chips are in Your Race Packet!
  - You are responsible for providing a Rs. 1000/- deposit on your chip, given at the time of chip pickup
  - At the end of the race, you are responsible for returning your chip, and your deposit will be fully refunded
  - LS Sports is not responsible if you loose your chip during the race. If you loose your chip or fail to return it, your deposit will not be refunded
  - If you do not race with a chip, you will not have an official race time

### **Timing Chip**

Your race chip is a loaner. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, there is a Rs.1000/- refundable deposit for all returned timing chips. After the race, at the finish line there will be chip collection. This is where you will be given your Rs.1000/- deposit. You will be responsible for returning your chip.

**NO CHIP = NO TIME**

## **Race Cut Off Times**

We have to enforce these cut off times. If you cannot finish in these times, you will be asked for your timing chip and pulled off the course. We have limited time we are able to race bikes on the road. We have tried to be very generous with timing request to allow all/as many participants as possible to cross the finish line.

**Swim Cut-off:** 10 minutes per swimmer is the time given to complete 200 meters. The 10 minute timer starts once all 3 swimmers are in the lane. The lane official will start their stopwatch at this point. If a swimmer is not done within the 10 minute time period, they will be asked to get out of the water. At this point, their time will no longer count, however, they are welcome to continue the race for their own enjoyment.

**Bike Cut-off:** You must finish the bike by 8:30 a.m. This includes the last swimmer to enter the water. We have permission by the city to be on the road racing only until this time. From the last swimmer wave cut off, this gives athletes 1 hour 10 minutes to complete 8 km.

**Run Cut-off:** 9:30 a.m. This gives the last cyclist off the course 1 hour to complete the 2.5 km run.

## **AIDE**

### **AIDE STATIONS**

**TRANSITION:** Water and ORS

**CYCLE:** Due to the Short Distance of this Race, there are NO Bike Aid Stations on the Course. Please make sure you have hydration in your bike bottles.

This is standard procedure in all races of this distance, as well as Sprint and Olympic distance triathlons regardless of the weather conditions.

**RUN:** Water, ORS, Oranges at Run Station

Location: behind the Stadium at the .5 and 2.0 mark

If there are other needs that you prefer during your race, it is your responsibility to carry them with you. By rules, you cannot have any outside help or assistance, therefore you cannot have family or friends hold and pass off to you during your race.

**FIRST AIDE:** Cycle route at Panchwadi Circle and Transition Area

**CYCLE AIDE:** Transition Area. There to assist you with checking air in tyres, brakes, etc.

## What to expect for this triathlon on the day of the race

Plan your race morning, by giving yourself adequate time to park and set up your transition area. We encourage athletes who live within Ahmedabad to ride their bikes to Sports Club; it is a good way to warm up. However, we understand that may not be feasible for all. You can find parking areas in the Stadium parking area and along the streets.

With over 250 entrants, this could mean a lot of vehicles, so plan yourself accordingly.

4:00am to 5:15 am transition is open on race morning. Bike technicians are available in the transition area on race morning during that time. If you are late into transition - you WILL NOT BE ALLOWED INTO TRANSITION AFTER IT CLOSSES

\*NO ONE FROM OUTSIDE THE RACE CAN SET UP YOUR TRANSITION FOR YOU

5:20am Staging and line-up for the swim start will begin. This will be according to swim cap color.

5:30am. first swimmer will cross the start mat and begin the race. Then one swimmer at a time every 5 seconds, in a time trial manner race. Until the pool is filled with 24 swimmer. Once a lane is emptied - we will carry forward with 3 more swimmers.

Remember to have your time chip, swim cap, and goggles when you move to the swim area.

You will not be permitted into the transition area on race day without your athlete numbers on your bike. If you have misplaced any of these items please see the transition area director for a replacement and have a photo ID ready for athlete verification.

### TRANSITION RULES:

- **Only athletes are allowed in transition**
  - This is to ensure the safety of the athletes gear
  - If someone is sick, injured or for any other reason cannot come into transition to get their gear - Only Lihass or Kimberly can approve. And only at that, the athlete must be with bib and give verbal permission to either Lihass or Kimberly
  - No family member, friends is allowed in this area, regarding of age of participating athlete
- Athletes should have to enter: ***helmet checked and on head, fastened, bike with race number and racing bib visual when entering.***

- Athletes are only allowed in the transition area between 4:00am and 5:15am for set up of cycles and racing gear. Transition will CLOSE TO ALL ATHLETES AT 5:15am. Anyone arriving late cannot go into transition
- Transition area should be cleared 100% of all athletes no later than 5:20am - this is to ensure full clearance of athlete's path from swim to cycle
- Cycles are to be racked opposing each other and by the saddle
- Bags are to be placed near the back wheel of the athlete and out of the way of the other near athlete's front wheels
- Athletes must follow the exit and entry paths: from the swim to transition and the cycle in points are in the same location, cycle and run out are in the opposing corner of the transition area
- NO CYCLES ARE ALLOWED TO BE RIDDEN IN TRANSITION AREA - athlete number must be noted and 2' penalty
- NO CYCLE CAN BE IN HAND POSSESSION WITHOUT HELMET BEING FASTENED during the race - athlete number must be noted in case of this rule being broken for 2' penalty

#### **SWIM COURSE:**

- Only athletes allowed in swim area, spectators allowed only on the lawn (near awards area)
- Athletes will stage by swim cap colors (see page 5 for schedule)
- 3 swimmers per lane at a time
- As swimmers approach start line, "STARTER" will tell them what lane to get into
- About every five seconds someone will be assigned a lane until all lanes have 3 people
- 10 minutes is the maximum time limit for swimmers in the pool to complete 200 meters 4 laps/8 lengths
- Once a lane is completely emptied a new group can be assigned a lane
- Swimmers are responsible for counting laps, however LANE OFFICIALS WILL BE COUNTING AS WELL
- LANE OFFICIALS will mark each lap of swimmer
- Once lane is emptied, Lane Official will signal ready for new swimmers
- Swimmers must cross TIMING MAT on the exit to get official swim and transition time.

#### **CHANGING ROOMS:**

- Optional, but not mandatory
- Athletes must take ALL GEAR WITH THEM to transition from pool area - leaving gear behind can be considered "abandonment of personal items on the course" and are subject to a 2 minute penalty
- Athletes can leave shoes along the transition path, past the pool and put on there to run to cycles
- Athletes are solely responsible for their personal belongings and to know where they leave their gear. It is not up to volunteer to get these items for the athletes or find them for them during the race.

### **TRANSITION (T1)**

- Helmet must be on and fastened BEFORE handling the cycle
- Athletes must run the cycle out the Transition area and cannot get on it before the CYCLE MOUNT Zone
- Gear must respectfully be placed in Athlete's designated area and not obstructing other Athlete's gear

### **CYCLE MOUNT RULES:**

- Athlete cannot mount cycle until crossing 'CYCLE MOUNT' zone. - number noted and penalty 2' if done before the zone.
- If athlete does not have helmet on or fastened when officially on cycle - number noted and DISQUALIFICATION IMMEDIATELY
- Athlete ONLY zone - no spectators allowed in this area

### **CYCLE COURSE:**

- All Athletes must follow the course
- Volunteers will be located at every major intersection
- Volunteers will instruct where to turn
- All Athletes MUST cross the U-Turn at Panjarapol Crossing
- There will be a slow down warning before the U-Turn by Volunteers

### **CYCLE DISMOUNT RULES:**

- There will be a "SLOW DOWN WARNING"
- Dismount Zone - all athletes must dismount in this area, failure to do so results in 2' penalty.
- Helmets must remain on head and fastened until bike is out of possession of handler in transition area.
- All Athletes must run their bike down the transition shoot and enter the area at the SWIM/CYCLE IN

### **TRANSITION (T2):**

- All cycle must be put back in the same place
- All Athletes must run out the CYCLE/RUN EXIT

### **RUN COURSE:**

- Athletes will follow the course
- Volunteers will be at every turn
- Water/Aide will be at the .5 and 2.0 marker, at the back entry of the Stadium
- Athletes must follow the guide at the U-Turn and stay to the left, as they pick up their wrist band
- All athletes must have a wrist band, indicating they made it to the turn-around point
- No athlete will have a final time without a wrist band
- Volunteers will hand out the wrist bands, however it is the Athlete's responsibility to make sure they get a wrist band - THIS IS CRUTIAL for Volunteers to be alert and Athletes be responsible

**FINISH LINE:**

- There is a minor cross over at bike mount and runners coming in to the finish line
- This is why it is essential cyclists DO NOT MOUNT CYCLE UNTIL CROSSING THE MOUNT ZONE
- RUNNERS HAVE RIGHT OF WAY - but still be aware and kind to other athletes)
- THOSE RUNNING OUT OF TRANSITION WITH CYCLE MUST GIVE WAY TO RUNNERS FINISHING
- Volunteers are essential to helping make cyclists aware of incoming runners
- \*This is common in triathlons for cross-overs to happen. We do our best to make the most efficient and safe transition area for all, but sometimes it happens.
- There is a designated SPECTATOR CROSSING area for spectators cross the street without getting in the way of Athletes. This area will be near the bike dismount and finish line. The area is for spectators to be able to see their Athletes finish.

**CHIP RETURN:**

- After the finish line will be chip return
- Athletes will be refunded their deposit at this location

**RE-ENTERING TRANSITION:**

- No Athlete is allowed into transition area until the last athlete is off their cycle. Only then can any athlete enter to get their gear. This will be around 8:10am
- All bike numbers must match the bib number of the Athlete and mark the bib with a marker to indicate gear has been checked out
- The gear exit area volunteers will check out Athletes



This event would not be possible without the unyielding support from our Venue Sponsor, Sports Club

## COMMON RULES IN TRIATHLON

### Swim Course Rules And Regulations:

- Wearing swim goggles or a face mask is recommended, but optional
- No fins, paddles, or flotation devices of any kind allowed
- Timing Chips must be secured on your ankle.
- No individual paddlers or escorts allowed. Course will be adequately patrolled at poolside to assure you touch the wall at each pass.
- No hanging on the lane ropes. If you hang on the lane ropes, you are subject to disqualification
- Time penalties may be imposed on an athlete not behind the official start line 5 minutes prior to the race start.
- Swimmers are required to stay on course and touch the wall before pushing off to the next lap. Failure to do so may result in disqualification.
- If there is a problem at any point and you need assistance STOP - STAND - and PUT YOUR HAND IN THE AIR.
- If you are unable to finish the swim or need immediate assistance please remove your swim cap and wave it in the air until a lifeguard is by your side.
- Each swimmer must wear the colored swim cap provided by the Race Director, unless you have latex allergies.

### Bike Course Rules And Regulations:

- In order to minimize misunderstandings on race day, please take the time to read the following summary of the Position Violations, which you know as the drafting rules.
- Position Rules can be summarized to the following:
  - Ride on the left side of your lane.
  - Keep three bike lengths between yourself and the cyclist in front of you.
  - Pass on the right of the cyclist in front, never on the left.
  - Complete your pass within 15 seconds.
  - If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.
  - There will be NO WARNINGS if you commit a foul during competition.
  - Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties.
  - At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties.

- Common Violations:
  1. Position– riding on the right side of the lane without passing.
  2. Blocking – right side riding and impeding the forward progress of another competitor
  3. Illegal Pass – passing on the left.
  4. Overtaken - failing to drop back three bike lengths before re-passing
  5. Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

- Make sure your helmet is an approved safety model. We have noted on our FAQs page of the LS Sports website of these guidelines
- While on your cycle, always have your chinstrap securely fastened – before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!
- Wear your race numbers (helmet and cycle numbers mandatory on bike course)
- Don't leave your trash on the course,
- Don't carry or use any portable audio devices. **THIS MEANS - NO HEADPHONES, MUSIC OF ANY TYPE ON YOUR CYCLE OR ON YOUR BODY. IMMEDIATE DISQUALIFICATION IF HEADPHONES ARE WITH YOUR ON CYCLE.** This is a *SAFETY* issue and will be strictly dealt with.

#### Run Course Rules And Regulations:

- Permitted Conduct
  - A participant must run or walk the entire portion of the run course.
  - Except for reasons of safety and when no advantage is gained, all runners shall follow and remain within the prescribed course.
  - A participant who gains forward progress by crawling or otherwise violates this Section shall be disqualified.
- Knowledge of the Course
  - The responsibility of knowing and following the prescribed course rests with each participant.
- Permitted and Illegal Equipment
  - Any participant who at any time wears or carries a headset, radio, headphones, personal audio device and shall be subject to a time penalty.
  - A participant may carry a water bottle on the run portion of the course, provided that such container is not made of glass. Glass containers are prohibited.

# RACE COURSE

## SWIM COURSE

Please note that the start times are estimated due to the time trial start. Please be ready and prepared to enter the water before your estimated times. Women have the option to start swimming after the last male have completely finished his swim and is out of the pool. (please see page 5 for schedule)

\*As stated on our race page, that course is subject to change: We have experienced people having a difficult time swimming down the black strip in the pool as they move from lane to lane and feel that with the level of experience the overall average athlete participating in this race has: a lap swim with 3 swimmers per lane in each wave would create the least amount of chaos in the pool.

While it is not required: GOGGLES are highly recommended for the swim. It is extremely difficult to see swimming without goggles.

## SWIM COURSE SUMMARY

### DISTANCE: 200 METERS

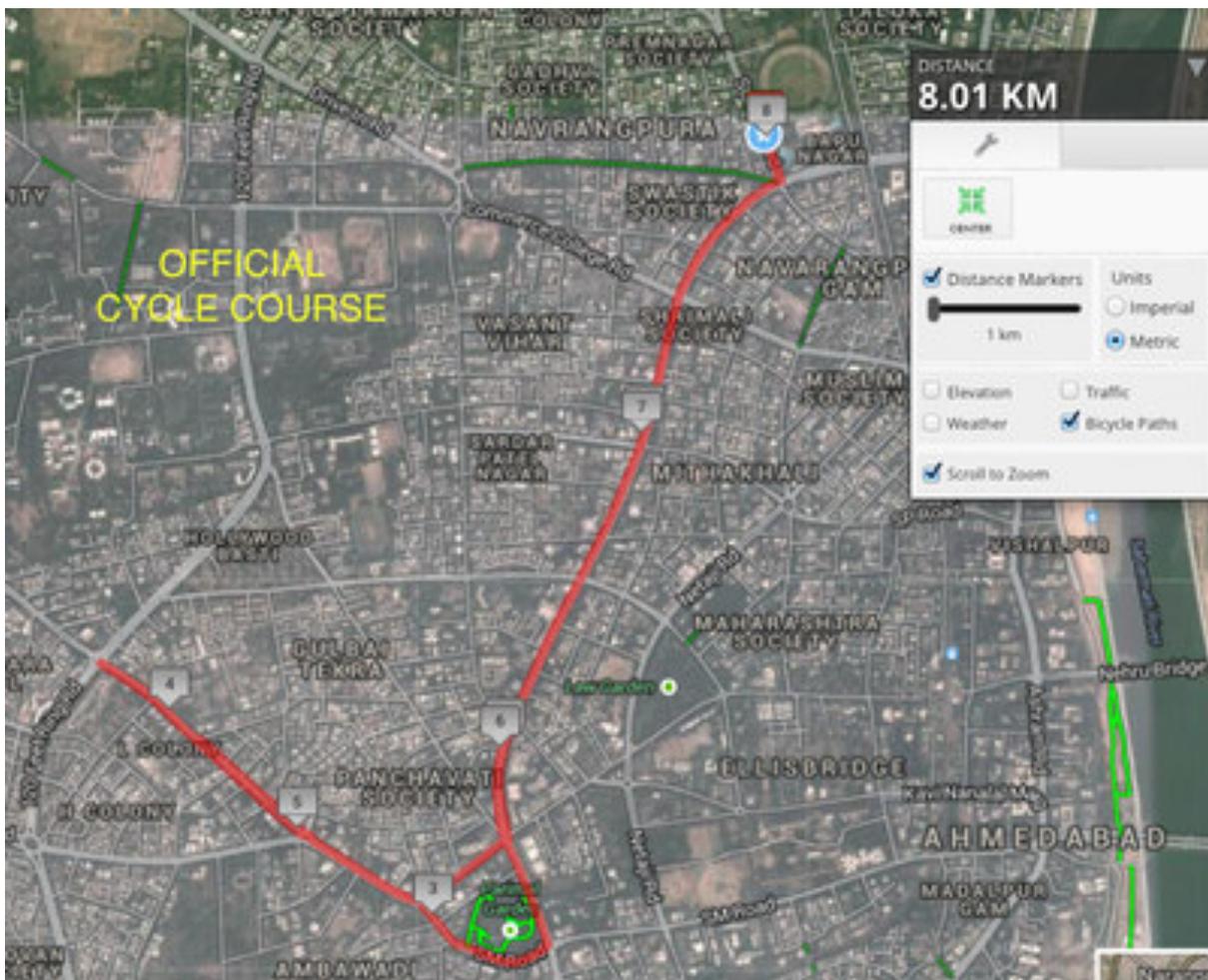
- Time Trial Start - swimmers will be cued to what lane to go to. It is important to be patient: if you push your way across the timing mat and do not have a lane assignment, your time will start for the race
- 3 swimmers per lane (of 8 lanes)
- Each swimmer will have to swim 4 laps/8 lengths - this means where the swimmer enters, return to that wall 4 times to complete 200 meters
- Swimmers will swim in a clock-wise circle, always staying to the left of the black line
- To pass - pass on the black line and return to the left side of it.
- Swimmers must touch off the wall by hand or foot (flip turns are acceptable)
- ***It is extremely important to give us accurate timings when asked. If you do not, you could get swam over by other swimmers or end up swimming over other swimmers. We want to make sure people are grouped appropriately within their proper timing groups. We cannot stress this enough***
- **THE SWIM CUT OFF IS 10 MINUTES** This has always been a rule, it has been on the website and posted via FB since the announcement of this race. We will hold to this rule.



## BIKE COURSE SUMMARY:

**DISTANCE:** 8 KM

- Exit BIKE OUT of transition
- MOUNT BIKE at indicated area
- From Sardar Patel Stadium head to CG Road and take right
- Ride straight to Parimal Garden take right
- Towards Ambawadi Circle go straight
- Towards Excise Chowky Circle go straight
- To Panjarapol Crossing and make U-Turn
- Ride past Exise Chowky Circle toward
- Ambawadi Circle take left to Panchwadi Five Roads
- Take left to C G Road and continue to Stadium Road Circle and turn left
- Make right turn back to stadium lot to BIKE DISMOUNT
- DISMOUNT BIKE HERE and run into transition area at the BIKE IN sign
- NOTE: You must have race number on your bike and helmet. This is given to you in your race packet
- There will be volunteers at the intersections guiding you on the course
- First Aide will be stationed at Panchwadi



## RUN COURSE SUMMARY:

**DISTANCE:** 2.5 KM

- Exit Transition area the RUN OUT
- This is an out and back shaded course
- Make left hand turn onto Stadium Road
- At Stadium Crossing make left onto CG Road - stay to the far left, DO NOT take the under pass
- First left onto Navranpura Road
- Turn left onto Nayaknagar Hall Lane toward Raymond Showroom Crossing and run to the U-Turn point on this road. This will indicate your half-way mark in the run
- You will be required on the course to grab a band at the turn around point. If you turn back early and do not have a band when you cross the finish line, you will NOT have an official time.
- Return back toward Sports Club via Nayaknagar Hall Lane
- Right onto Navranpura Road
- At Stadium Crossing make right turn onto Stadium Road
- Run to Sports Club and make right turn into drive and down the finish shoot



## GEAR

### WHAT IS NEEDED AS MANDATORY GEAR/EQUIPMENT FOR A TRIATHLON

- Swimming Suit or Tri Suit
- Swim Cap that is provided by the event organizers (LS Sports)
- Cycle
- Cycling Helmet
- Chest/Upper Torso must be covered during the cycling and running event for men and women. This means a sports bra is acceptable for women.

### WHAT WILL MAKE YOUR RACING EXPERIENCE BETTER?

- Goggles for the swim
- Running Shoes
- Cycling Shoes with Clipless Pedals (but never try this out for the first time in a race)
- Water bottle for your cycle
- Tri Suit - eliminates changing of clothes between events if you choose not to race in swimming suit
- Socks
- Dry clothes for the end of the race
- Towel

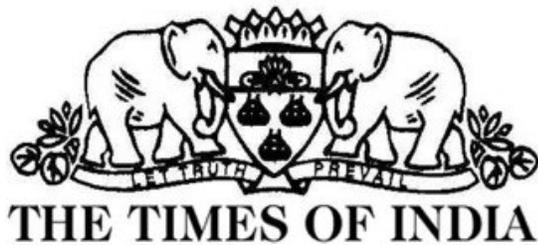
All gear is easy to find here in Ahmedabad at Decathlon, our Product Partner. They have even ordered stock in Tri Suits for anyone who would like to have a seamless transition.



## AWARDS

Without the generosity of our sponsors, we would not be able to give over 3 Lakh in prizes for the Times of India Savvy Swaraaj Super Sprint Triathlon.

Prize money from our Title Sponsors



Gift Certificates from our Product Partner



Product Prizes from two of the best Triathlon Gear Companies in the World



**AGE GROUPS - M15-19, F15-19, M20-45, F20-45**

1st place	Rs. 20,000/-
2nd place	Rs. 15,000/-
3rd place	Rs. 10,000/-
4th place	Decathlon prize gift certificate
5th place	Swiftwick & SBR Sports Prize Pack

**AGE GROUP - M46-59 & F46+**

1st place	Rs. 15,000/-
2nd place	Rs. 10,000/-
3rd place	Rs. 5,000/-

**AGE GROUP - M60+**

1st place	Swiftwick & SBR Sports Prize Pack
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**RELAY TEAM CATEGORY**

1st place	Rs. 20,000/-
2nd place	Rs. 15,000/-
3rd place	Rs. 10,000/-

In addition to prize money, the overall fastest times from men and women, regardless of age group will also receive a prize pack from our product sponsors with a value of Rs.10,000/-