

Phillips Chain of Lakes Tri Rules

Swimming Rules:

- The last boat will leave for the City Beach at 8:50 a.m. If you miss this boat, you will need to get yourself to the start line.
- Swimmers must have their number (individual or team) prominently displayed on upper right arm and lower right calf muscle.
- Swimmers must wear swimming cap provided by the Phillips Chain of Lakes Tri committee.
- Swimmers must advance under their own power. Resting is allowed, but you must stay in one spot.
- If you find yourself in trouble, alert one of the pontoon boats or lifeguards so that help can be provided.
- Wetsuits are optional.
- Swimmers will be started in groups of 25 promptly at 9 a.m. Order of start will be determined by the timer.

Biking Rules:

- Centerline rule is in effect. **ROADS ARE NOT CLOSED.**
- iPods and other musical devices are not allowed during the bike portion of the race.
- No drafting allowed.
- All riders MUST wear helmets (properly attached to the head).
- Participants have the option of walking or riding their bicycles from the transition area to the start of the bike course. Participants opting to ride their bicycles from the transition area to the start of the bike course are required to ride their bicycles at a safe pace. Anyone riding at a race pace will be disqualified.
- You must dismount your bicycle prior to the transition area. Watch for markings!

Running Rules:

- Participants must follow the marked course.
- Passing is on the left only.
- Participant's number must be affixed to the front of the jersey.

Team Rules:

- Team members must exchange the timing chip within the designated area located just outside the team transition area. Designated exchange area will be a circle marked with white paint. Failure to exchange within the designated area will result in disqualification.
- The team chip should be placed around each participants LEFT ankle.
- Once the chip has been exchanged, the team member will exit the designated exchange area and enter the transition area to start their portion of the race.

General Rules:

- Placement of gear in the transition area is first come, first serve. Anyone caught moving someone's gear in order to better his/her positioning in the transition area will be disqualified.
- Only participants are allowed in the transition area. If equipment malfunctions, the participant must exit the transition area to do all repairs.
- Participants must enter and exit the transition area to start each phase of the race.
- Participants may not have help in the transition area. Example: As you move from each discipline, the participant is responsible for changing their own clothes, hanging and mounting their own bicycle and changing from bike to running shoes.
- Individuals and all team participants are required to attend the pre-race meeting discussing the rules and course information scheduled to start at 8:30 a.m.
- Refunds are not offered under most conditions. Disqualifications certainly will not merit refunds.

Aid Stations:

- Four aid stations have been established; two on the bike route and two on the running route.
- The aid station for the bike route is located one mile north of the intersection of Worchester Rd. and County D, and the other will be at the corner of Little Chicago and Hwy K.
- The aid station for the run is located at the turnaround point, and the other as you leave the transition area for the run.

General Information:

- Two transition areas have been established; one for individual participants and one for teams.
- Water and watermelon is provided for the participants at the transition areas.
- Participants will receive a free meal. Ticket for the meal is stapled to a copy of these rules. If you require extra tickets, they are available for purchase at \$5/ticket.
- Award ceremony will be held immediately following the conclusion of the race.
- Bathrooms are located at the Pavilion.
- Questions should be directed to Race Directors who will have t-shirts on saying, 'Race Director.'
- Please pick up your racing chip prior to the beginning of the race. You must return your chip at race's end.
- Volunteers will be stationed on the course and will direct you where to go if you have questions. They will be wearing bright yellow t-shirts.
- Use your Marshfield Clinic/Flambeau Hospital (red) bag stuffer for your swim gear or anything that you take with you to the city beach at the start of the race. A truck will bring back to the pavilion all gear that is left in these red bags and placed on the truck.

The Phillips Chain of Lakes Tri committee thanks you for participating and hopes that you have a great race!