

Race Rules:

GENERAL RULES

1. It is the responsibility of the competitor to know the course.
2. Wearing of any headphones during this event is not permitted.
3. Drafting will not be permitted on the cycle leg.
4. Individual competitors cannot enter as part of a team.
5. Support crew are not allowed to assist competitors in any part of the race.
6. No refund will be given on non-starting of the event.
7. There is no road closure for any part of this event, all road rules, directions from race officials & police must be obeyed at all times.
8. The minimum age to compete as a cyclist in the Lake Crichton Series is 10 years.
9. Cycle helmets must be approved to snell or NZ standard and be worn at all times during the cycle leg.
10. Cycle helmets must be fastened before your cycle is removed from the rack and remain fastened until your cycle is returned to the rack.
11. Medical personnel have the right to remove any competitor from the race.
12. The race director's decision is final.

SWIM COURSE

1. Swim goggles or face masks may be worn.
2. No individual paddlers or escorts allowed. The course will be adequately patrolled by safety vessels and surfboard paddlers.
3. Swimmers may be required to have race officials mark their race number on their arms and calves
4. Wetsuits are optional and not necessary.
5. After the swim, competitors must dress for the bike section of the race in the transition area only. No outside assistance is allow

BIKE COURSE

1. No tandems, recumbents, fairings or any device designed exclusively to reduce air resistance is permitted to be used.
2. Handle bar ends must be plugged, tyres well glued to prevent rolling, helmets and seat posts tight and wheels true. Each wheel must have a brake.
3. Helmets must be worn at all times during the cycle section. Helmets must be available commercially and without any further modifications. Leather or vinyl hairnet helmets will NOT be allowed. Competitors not wearing approved helmets with a chinstrap and properly secured during any section of the bike leg will be disqualified.
4. The following helmet standards are required:• American National Standard ASTM F1447-1994 • Snell Memorial Foundations B90 or B95 • Both New Zealand and Australian standard AS/NZS 2063:1996, NZS 5439 or AS2063.2 or CE complying with European standard EN 1078
5. Each participant will be INDIVIDUALLY RESPONSIBLE for repair and maintenance of his/her own bike. Assistance by anyone other than official technical support personnel will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction.
6. Participants may run / walk their bike if necessary but must have their helmet securely fastened when in contact with their bike.
7. Competitors are individually responsible for following the New Zealand traffic road code and are solely responsible for the consequences of any infractions. KEEP TO THE LEFT. DO NOT UNDER ANY CIRCUMSTANCES CROSS WHITE OR YELLOW CENTRE LINES – this will result in immediate disqualification.

8. Blocking or restricting the ability of cyclists to pass is prohibited. Cyclists must ride as close to the left hand side of the road as possible, unless passing. Failure to do so will result in a four minute stand-down on the course – this judgement call cannot be appealed.
9. All riding is on left side of the road. The “normal lane” is that on the left and the “passing lane” is between the normal lane and the centre line. The passing lane should only be entered for passing or safety reasons. After completing a pass the rider must return to the normal/left lane and remain there until again trying to pass another rider.
10. No drafting is permitted. The cycle draft zone is a 10 metre by 3-metre rectangle which must be maintained between riders and only entered into when the rear rider wishes to overtake. When overtaking, a competitor has 15 seconds to pass through this zone. The cyclist that has been overtaken then has 15 seconds to drop out of the draft zone. If the manoeuvre fails because the lead rider speeds up, the challenging rider must immediately drop back out of the zone and may not challenge again until 15 seconds has lapsed. First violation is a stand down; second violation will result in disqualification. In summary the zone requires a rider to ride single file with at least 3 bike lengths between the lead and the following bikes; measured from the rear wheel of lead bike and front wheel edge of following.

THE ROADS ARE NOT CLOSED TO NORMAL VEHICLE TRAFFIC AND THE NEW ZEALAND ROAD CODE RULES MUST BE OBEYED AT ALL TIMES

RUN COURSE

1. No form of locomotion other than running or walking is allowed.
2. Runners must wear the race number at all times on the course. Race number must be placed on the front of the runner’s upper clothing (or on a race belt) where it is clearly visible and must not be obscured from view.
3. All runners must wear appropriate footwear during the run section of the event, no barefoot running sorry.