

WOOLWORTHS TRUST • CHARITY TRIATHLON

RACE RULES

These rules are made to protect the participants and to prevent unsportsmanlike behaviour. Should any rules be unclear, you are welcome to consult with the Chief Referee prior to the start of the event, on the day.

GENERAL

- A prerace briefing will be conducted 15 minutes before the start of the event where additional instructions will be given.
- Regular instructions will be announced over the PA system.
- It is YOUR responsibility to know the route; ensure that you have checked the maps.

SWIM

Swimwear

- NO CAP; NO SWIM.
- Brightly coloured caps must be worn during the swim – no blue, white, black or green caps.
- NO baggy shorts or T-shirts allowed for safety reasons; they make you heavier and hamper lifesaving efforts.
- The use of wetsuits is determined on the day by the (TECHNICAL DELEGATE).

While swimming

- Swimmer must be capable of swimming the distance entered.
- NO pushing, shoving, pulling or blocking is permitted during the swim.

CYCLE

Cyclewear

- NO HELMET; NO RIDE.
- Only approved, hard-shell helmets will be permitted.
- An upper-body garment MUST be worn.

Bicycles

- Both handlebar ends must be properly plugged.
- Only wheels of spoke construction will be permitted.

Cycle transition area

- NO cycling is permitted in the transition area.
- Helmets must be clipped on tightly and correctly before taking bike from rack.
- DO NOT unclip or remove your helmet BEFORE your bike is racked. You will be stopped to re-clip your helmet.
- Only competitors will be allowed in the transition area.
- Bikes may only be removed from transition area after an announcement is made that all cyclists have finished the cycle leg.

While riding

- NO GLASS CONTAINERS PERMITTED.
- Helmets must be worn during the full duration of the cycle leg and only be removed after racking the bike.

RUN

Runningwear

- NO NUDITY is permitted.
- Footwear is compulsory.
- An upper-body garment MUST be worn.
- One-piece suits must be zipped.
- Straps of tops and vests must remain on the shoulders.

IT IS IN YOUR AND YOUR FELLOW PARTICIPANTS' BEST INTEREST TO RACE IN A SAFE AND FAIR MANNER.

Neither Woolworths, WPTA nor their successors, assigns, subsidiaries, associates, affiliates, officers, directors, employees, agents and contractors will be held liable by a participant for any damage, loss, claim, judgement, or other liability or expense (including, but without limitation, reasonable attorneys' fees), of whatever kind or nature, whether for death, personal injury, property damage or otherwise, that may be sustained or arise as a direct or indirect result of the participation in this event, and the participant indemnifies Woolworths and WPTA in this regard. All race rules prescribed by Triathlon South Africa are at the discretion of Woolworths and WPTA.



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