

GENERAL INFORMATION

CATEGORIES OF COMPETITION

ASIAN NATIONS (Invited elites only)

Elite Men

Elite Women

Elite Junior Male

Elite Junior Female

AGE GROUP CATEGORIES

Men – under 30 years

Women – under 40

Men – 30-39 years

Women – over 40

Men – 40- 49 years

Men – 50 and above

Any category with less than 5 entries will be re-classified into the next lower age group.

DISTANCE

Olympic – Swim 1.5Km, Bike 40Km, Run 10Km

PRIZES

Cash prizes are applicable for elite men /women categories only.

ENTRY FEES

The Indian Triathlon Federation has decided not to charge entry fees for any of the participants whether elite or amateur.

SUBMISSION OF ENTRY FORMS

All entry forms must be submitted to the following address:

INDIAN TRIATHLON FEDERATION

“DHUN BUILDING”

3rd Floor, North Wing,

827, Anna Salai,

Chennai 600 002.

Tamil Nadu, India

Fax Nos-0091-44-8520717

Tel Nos – 0091-44-8520482/8589574

CLOSING DATE AND LATE ENTRIES

Closing Date: Thursday, 30 November 2001 at 17:00hrs.

On the spot entries, on the race day will not be entertained.

REGISTRATION, BIKE CHECK, COMPETITOR KITS, AND MANAGERS MEETING.

International participants will register and have their bikes checked at the Taj Connemara hotel. This will be done between 10:00hrs and 12:00hrs in the morning. While the athletes register, they will be provided with their competitor kits and Athlete passes. The manager's meet will be at 13:00hrs

ACCOMODATION:

All International athletes (both elite and amateur) will be accommodated free of cost at the Taj Connemara. Breakfast, lunch and dinner will be provided at the Hotel in the common dining room. However athletes will have to pay for room service, laundry, telephone, liquor and other hotel services not provided by the host.

RACE BRIEFING

All Local participants (Indians) are required to attend the race briefing to be held at the Nehru Stadium –1st floor, at 8PM on the 14th of December 2001. For international athletes the race briefing will be at the Taj Connemara on the 15th of December at 14:00 hrs.

RULES AND REGULATIONS - GENERAL

1. On site reporting and body marking will start 1 hour and 10 minutes before the start of the race and participants shall place their bicycles at the designated location. The bicycles are to be arranged according to the allocated numbers. All participants should be ready 10 minutes prior to the start of the swim.
2. Participants are advised not to consume alcohol or artificial stimulants or any other kinds of drugs.
3. No allowance will be given to latecomers.
4. Complaints of being fouled by another contestant or notices of violation by a contestant must be filed in writing to the organizing committee within 30 minutes of the completion of the event.
5. If a participant is deemed to be physically incapable of continuing the race without subjecting himself/herself to severe physical harm, the organizing committee and the race director have the right to remove the athlete from the race. The committee's decision will be final.

6. The organizing committee reserves the right to amend the rules and regulations without prior notification.
7. Although there will be event officials present to count the number of laps for the athletes, it is however the responsibility of the individual athlete to count their own laps. If the athlete should deliberately or through oversight do less than the stipulated number then he/she will be disqualified.
8. The roads will be completely cleared of traffic for the event.

SWIMMING- RULES AND REGULATIONS

1. Swimsuits must be worn.
2. All swimmers must wear the allocated numbered swim caps provided by the LOC.
3. Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
4. Wet suits are not allowed.
5. Support crew is disallowed. Any assistance other than medical aid received during the swim will result in the immediate disqualification of the athlete.
6. No person other than the participants and officials are permitted in the swimming area.
7. Swimmers in difficulty shall signal to the escorting life rafts for help/assistance.
8. The swimming course will be closed for 50 minutes after the start of each wave. Contestants still in the water after this time will be disqualified and will not be allowed to continue the race.
9. There will be a drink station at the entrance/exit to the transition area.

CYCLING – RULES AND REGULATIONS.

1. Cyclists should ensure that their competition numbers are clearly visible, both in front and behind their shirts at all times.
2. The bicycle number tag must be properly secured at the left seat stay OR chain stay triangle near the rear wheel of the bicycle.
3. A participant may run or walk with his bicycle.
4. Cyclists are to keep to the left side of the road and are reminded to observe traffic rules at all times.
5. As the cycle route overlaps the run route partially, it is the responsibility of the cyclists to stay clear of the runners. A collision with a runner could be grounds for disqualification.
6. All participants will have to perform their own repair if their bicycles should break down. Support vehicles and crew are not allowed.
7. All cyclists must wear helmets that are secured properly. The helmet must stay on the cyclist's head until he has completely dismounted from the bike and the bike is racked.

8. All participants must ensure that both brakes on the bicycle are working efficiently. All bicycles must be inspected prior to the start of the race at the bike check.
9. Age group participants are not allowed to draft.
10. There will be 2 drink stations on the bicycle course.

RUNNING RULES AND REGULATIONS

1. Runners must wear their competition numbers at all times.
2. Support vehicles and pacers are not allowed.
3. Runners must run on the designated path for the entire route. Failure to do so may result in disqualification.
4. Athletes are not allowed to run with a bare torso.
5. There will be 2 drink stations on the run course.

TRANSITION RULES AND REGULATIONS

1. A triathlete shall use only his/her designated bike compound.
2. A triathlete shall slow to acceptable speeds and not deliberately impede the progress of a fellow competitor. (Time penalty)
3. A triathlete shall not interfere with another competitor's gear in the transition area.

FOUL WEATHER

1. In the event of foul weather, the organizing committee reserves the right to delay the commencement of the race on the day of the competition.
2. Should the foul weather persist after the delay, the OC reserves the right to cancel the competition.

MEDICAL ADVISORY

1. Participants are to ensure that they are well rested and well hydrated for the event.
2. Should any participant feel unwell in the course of the event, he/she should stop and seek immediate medical attention at the designated medical area.