



RULES & REGULATIONS

GENERAL GUIDELINES

We do not wish to refer to these during the race as we expect all participants and crew members will act safely and according to the Spirit of what is written within.

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OVERALL COURSE

1. All courses (including the bike courses and run course) are open to all traffic, and at no time will race officials have the authority to close any portion of any public roadway. Traffic lights will NOT be controlled. ALL TRAFFIC SIGNS AND SIGNALS MUST BE OBEYED.
2. Since the use of a support team is required throughout the event, aid stations will not be provided by event officials. Water and limited toilet facilities may be provided at the start and finish areas of each stage where practical. However, athletes and crews should not rely on such facilities being made available.
3. Each course should be clearly marked; however, it is the athletes' responsibility, with the help of the support crew, for staying on it. It is suggested that each support crew and athlete drive the entire land course prior to the start of Day 1.
4. No athlete will receive any time adjustments for any stop made during any stage or portion thereof. This includes, among others: rest or repair stops, check-ins, medical assistance, stops required by event officials or other stops dictated by public authorities.
5. No athlete or team may use any device, equipment, aid or other support, which provides an unfair advantage or produces an unsafe situation.
6. Glass containers are prohibited outside the support vehicle and may not be used by any athlete or pacer.
7. No athlete may receive assistance from anyone or anything, which directly advances their position or contributes to their forward motion.
8. Athletes and/or support crews may, by mutual consent, exchange food, drink, spare parts, tools and/or personnel during any portion of the event as long as such action does not create a hazard or give unfair advantage to any athlete or team. In no case may any exchange take place between a moving vehicle to another vehicle, or between a moving vehicle and an athlete.

SWIM (STAGE 1)

1. Wetsuits, goggles and/or facemasks are permitted.

2. A swim cap will be provided to each athlete and must be worn throughout the swim portion of the event.
3. No fins, paddles, snorkels, floatation devices or other artificial aids to propulsion are allowed.
4. It is mandatory that each athlete be accompanied by one swim escort, on a non-motorized escort craft. The craft is included in the registration fee and will be provided by the race. Paddler is the responsibility of the athlete.
5. Unaccompanied athletes will not be allowed on the course and will be removed by event officials.
6. Athletes can hold onto the escort craft for a rest or while eating/drinking, but no forward motion is allowed.
7. No drafting off another athlete or escort craft is allowed.
8. Athletes must provide their own food/drinks for themselves and their escort for the duration of the swim. Escorts are responsible for providing the athlete with their food and drinks throughout the swim portion.
9. Each escort and athlete must closely accompany one another throughout the swim.
10. Athlete race numbers must be visible on the swim cap provided. Escorts must attach the official race number of the athlete to the FRONT of their outermost garment so that it is always visible.
11. In an emergency, any athlete/escort needing assistance should wave an arm overhead as a signal for help. Escorts may also use their whistle as a signal for help. Whistles will be provided to each athlete at the time of registration, which must be given to the escort for their use.
12. Substitution of escorts may be allowed as long as event officials are notified in advance and the substitute signs a waiver and such substitution does not create an unsafe situation.
13. There will be designated officials following the event in a boat. One warning for any infraction of the swim rules will result in a time penalty. A second warning will result in disqualification from the race.
14. The swim course will be closed six (6) hours after the start. Any athlete not reaching the finish by then will be declared a "Participant" and may be allowed to continue at his/her own risk only with clearance from event officials, including medical staff.

15. Event officials reserve the right to alter the cutoff time for the swim if water and/or weather conditions warrant such an alteration. However, the total twelve (12) hour cutoff for the entire Day 1 will still apply.

SWIM TO BIKE TRANSITION

1. Team Vehicles will not be allowed in the transition area and must be parked in designated areas.
2. Kayaks are to be removed from the swim exit by the crew immediately upon completion of the swim, as not to interfere with other athletes exiting the water. The kayak must be deposited in the designated kayak drop zone. Volunteers will assist with kayak removal when available.
3. Changing tents are not to be used as personal transition zones. Changing tents are for modesty only and are to be used for that purpose. Crews leaving athlete clothing, equipment and supplies inside the tent will have it removed by event officials.
4. No athlete, or crew member of another athlete, may interfere with another athlete's equipment while it is in the transition area.
5. Crew Members are permitted in the transition area to assist their athlete but must not interfere with other crews or athletes. Requests for assistance from other crews or athletes is permissible.
6. Event officials may administer bike equipment checks, including helmets, mirrors, and back lights, as part of the transition process.
7. Bikes cannot be mounted until they reach the "Mount Line" and the okay given by event officials.
8. Helmets must be secured and fastened onto the head before leaving the transition zone.

BIKE (STAGE 1 & 2)

1. No motorized or recumbent bike is allowed. Tandem bikes are allowed only for visually impaired athletes accompanied by a guide.

2. Each athlete must attest to the safety of their bike and that a post travel/pre-race inspection was completed. It is recommended that you have this done by an independent third party bike shop. Any equipment deemed unable to meet minimum standards may not be used until the problem is corrected. All repair costs are the responsibility of the athlete and must be paid upon completion of the work.

It is the responsibility of the athlete to ensure that all aspects of their bike are safe to the user, other competitors, crew members, officials, volunteers and the general public at all times during the event.

3. Disk wheels may be used. However, use disk wheels at your own risk as the bike course may have severe cross winds.

4. No accompanying riders are permitted on the bike course.

5. During the bike (Stage 1 & Stage 2), drafting or pacing of any kind is not permitted. This includes motorized vehicles.

6. Side by side riding and wind blocking is not permitted.

7. Athletes may only make forward progress while accompanied by their bike. Push-offs of any kind are not permitted. Likewise, any propulsive action by head or hands is prohibited.

8. Each athlete must conform to all traffic laws and are responsible for all consequences of any infraction.

9. Each athlete must wear an official number while on the bike course. The number must be clearly visible and placed on the lower back of the rider.

10. Frame numbers must be displayed in a highly visible position on the bike while the rider is on the course. In the case of a bike or frame switch, the frame number must also be switched.

11. Each athlete must wear a properly fastened hard shell helmet as required by TRIBC rules.

12. No athlete may wear any device that interferes with normal hearing such as electronic headsets, radios including communication devices, MP3 players or ipods. No athlete may use a camera/cell phone camera while cycling. Cell phones may be carried by athlete for use in case of emergency or mechanical issue but may not be used unless the athlete is stopped with both feet on the ground.

13. The Bike Courses for Stage 1 and Stage 2 will be CLOSED 12 hours after the start of each stage. Any athlete not reaching the finish by then will be declared a "Participant". Athletes may be allowed to

start the next stage at their own risk and only with clearance from event officials including medical and monitoring personnel.

14. Any athlete not reaching the finish line of any stage within 15 minutes after the close of the stage will be asked to leave the course and must get a ride to the finish in their support vehicle. Not following this rule may result in not being allowed to start the next stage, and disqualification from the rest of the event.

RUN (STAGE 3)

1. Each athlete must run or walk the entire course.
2. Each athlete must wear an official number while on the run course; it must be worn and clearly visible from the front.
3. Pacing of the athlete is allowed during the run portion of the event; however, the athlete may not have more than one pacer at a time. All pacers must be on foot and wear the official number or designated item that identifies them as a pacer.
4. No pacer may do any headwind blocking.
5. No bicycles and other wheeled or motorized vehicles other than the crew vehicle may be used by crew members or pacers on the run course.
6. Athletes must run on the shoulder of the road, facing the oncoming traffic unless otherwise designated in the official race instructions.
7. No athlete or pacer may use any device that interferes with normal hearing such as electronic headsets, radios including communication devices, MP3 players or ipods.
8. If the athlete exhibits signs of substantial fatigue, one crew member must accompany him/her.
9. The Run Course will be CLOSED 12 hours after the start of Stage 3. Any athlete not reaching the finish by the twelve (12) hour cut-off will be declared a "Participant".
10. In addition to the final cut off time of 12 hours, the Run Course has 2 additional cut-offs at 42.2 km – 6 hours and 63.3 km – 9 hours. Athletes not making these cut-offs will be asked to leave the course (except under extenuating circumstances and by approval of race staff). Cut-off times may be adjusted if course conditions warrant.

11. Any athlete not reaching the finish line within 15 minutes after the close of Stage 3 will be asked to leave the course and must get a ride to the finish in their support vehicle. Cut-off times may be adjusted if course conditions warrant.

SUPPORT TEAM

1. Each support team shall consist of at least two (2) adult members and no more than five (5) adult members at all times. Substitutions may be made only if the crew waiver is signed by the substitute beforehand.

2. Support Team members must exercise extreme caution throughout all stages of the event for their own protection and that of the athletes.

3. Except in the case of an emergency, no team may have responsibility for more than one athlete. This does not prevent a crew from offering aid to another athlete if the situation requires such action.

4. Each Support Team member will be required to (A) provide his/her name, address and phone number and (B) sign a crew waiver prior to the start of Stage 1.

5. Two Support Team members must have valid drivers' licenses, so that in the case of an emergency, the second team member can drive the support vehicle.

6. One Support Team member may be the Swim Escort and a member of the Land Crew.

7. No team member may use any illegal substances during the event and its related activities. The use of alcohol during any portion of any stage of the event is prohibited.

8. Verbal or physical abuse of any event personnel including other athletes, support team members, organizers, officials, volunteers, public officials and members of the general public will result in immediate disqualification of the offending crew member's athlete.

9. One member must be designated Crew Chief, and this person must be able to speak and understand English and have a phone that works in Canada.

10. The Crew Chief will be the official spokesperson for the athlete and team. As such, they will be responsible for their team and its actions.

11. Costs and arrangements for the procurement, training, outfitting, transportation and housing of the team are the responsibility of the athlete.
12. The Crew Chief or designated representative is required to attend all the pre-race briefing sessions. All other team members are encouraged to attend.
13. The Crew Chief must check in at all start/finish lines. The swim escort must accompany the Crew Chief and check in at the start line of the swim course.
14. Team Members must obey all event regulations, traffic laws and public ordinances, as well as follow the directions and instructions of all event officials and public authorities.
15. No team member may interfere with or obstruct another team or athlete, roadway traffic, or cause any public inconvenience.
16. Team members may only be on the course in their capacity as a team member. No team member may utilize a non-motorized wheeled vehicle (including a bicycle) on the course, except in an emergency. Except as a run pacer, being on the team is not an opportunity to swim, bike or run during any stage of the event.
17. No team member may hand or give any aid to any athlete while the team member is inside a vehicle, whether moving or stationary, unless the athlete has dropped out, been pulled from the course, been required to enter the vehicle by event officials, is resting without forward motion of the vehicle or has finished the stage AND is inside the vehicle.
18. All handoffs and/or aid of any kind must be given to the athlete while the vehicle is parked off the roadway, with emergency flashers on, and the team member is standing on the shoulder of the roadway.
19. Crews are not allowed to stop in designated NO FEED ZONES. Crews should ensure that their athlete is prepared to travel through NO FEED ZONES unassisted, including being prepared to fix flats and minor repairs as required and carry at least 1 water bottle and nutrition. NO FEED ZONES will be monitored and marshaled by Race Officials. Violations will result in penalties and possible disqualification depending on severity of the violation.
20. Any Crew Chief whose athlete is unable to make a cutoff will be required to pick up their athlete and check in with officials at the finish line of the stage. This includes run course cut-off times and stage finish cutoff times. Dropouts or disqualified athletes must be brought to the finish line as soon as possible to be checked in. If this cannot be done it is the responsibility of the Crew Chief to notify event officials at the finish line of the athlete's status as soon as possible.

21. Event officials assume no responsibility for the health, safety and welfare of any athlete and/or support team member while they are participating in any portion of the event. If a situation or emergency should arise which requires care or attention by medical personnel, the support team should transport the person affected to the nearest medical facility or call designated or emergency personnel to request help if transport is not possible or advisable.

22. The role of the support team is vital to each competitor and the safety of the event. The utmost care, concern and courtesy must be given to all, including the general public. The proper conduct and concern of the team and its individual members' safety and well-being of all is extremely crucial and will be required. Since team members will be the athletes' lifeline providing nutritional, technical, medical and equipment support, the need for adequate preparation and supplies, especially ice and water, should not be underestimated.

SUPPORT VEHICLE

1. Each participant must have no more than one (1) accompanying motor vehicle during all portions of the land course.

2. The vehicle must clearly display official event signage in the designated areas on the vehicle. Except for required signage, vehicle windows must be clear of visual obstructions.

3. No vehicle may provide draft or pace for any athlete.

4. The Leapfrog Method of support is required at all times. **THIS IS EXTREMELY IMPORTANT AND IS A MAJOR SAFETY ISSUE.** Failure to follow this rule may lead to an unsafe situation, reflect badly on the event, and subject the athlete to time penalties and/or disqualification.

5. No vehicle may follow behind any athlete except in an emergency. In that case, emergency flashers must be on at all times and both athlete and vehicle must look for the first opportunity to remove themselves from the emergency situation. Upon removal from the emergency situation, the return to normal support (Leapfrog Method) must continue assuming the athlete is in a situation to do so.

6. Emergency flashers must be on when a support vehicle is pulled over to give aid.

7. No vehicle may travel alongside an athlete except to pass them. **THIS IS EXTREMELY IMPORTANT AND IS A MAJOR SAFETY ISSUE.** Failure to follow this rule may lead to an unsafe situation, reflect badly on the event and subject the athlete to time penalties and/or disqualification. All vehicles must travel at the speed of traffic, **NOT** at the speed of the athlete.

8. Leap Frog Method of Support: Except in the case of an emergency, the Leap Frog Method of Support is the only acceptable method of support.

This is extremely important as failure to follow this rule may lead to an unsafe situation; reflect badly on the event; and subject the competitor to time penalties and/or disqualification.

When the support vehicle is passing their athlete, they will not be permitted to slow down and communicate or handoff to their athlete.

When the support vehicle is stopping, they must pull off as far to the right as possible on the shoulder of the road. The vehicle should be completely off the road and to the right of the white line. Vehicle flashers must be on as a warning to other motorists while on the shoulder of the road.

Support Crew Members must stay on the shoulder to hand off and should not interfere with other vehicle traffic in any way.

Method:

Support Crews should allow their athlete an appropriate amount of time to lead before driving to catch up and pass them. This allows the crew to find their athlete in the case of a mechanical breakdown, accident or crash without backtracking or extended time delays.

Once the athlete has been caught up to, the support vehicle is to pass at normal road speed, then pull far enough ahead to allow time to get ready for the athlete to catch up to the support vehicle. The crew should then be ready to hand off required nutrition and hydration products to the athlete as they pass the support vehicle.

Communication between Athlete and Support Crew should take place during the hand off phase. Athlete instructions should allow the Support Crew time to prepare for the next stop. Support Crew should prepare for the next stop while waiting to start the next catch phase.

MEDICAL

1. Event officials will not provide medical emergency assistance, nor is any liability assumed for not providing such. Emergency medical contacts and information will be provided to each support crew.

2. Athletes are responsible for their own medical condition and should be cleared by their own physician before competing.

3. Medical monitoring of certain indicators may be available during the event. Athletes will be asked to cooperate with the monitoring team so that feedback may be provided to the athlete and crew in regard to their continuing the event. Athletes may be asked to provide base line information as well as a check in and check out procedure for each stage of the event. The medical monitoring team will have the authority to withdraw an athlete from the event if the indicators fall outside safe limits or the athlete refuses to provide the requested indicators.

4. Administration of IV fluids during any portion of any stage, including the time from the finish of any stage to the beginning of the next stage, will constitute an unfair advantage and result in disqualification. Therefore, any fluids used by the athlete must be taken orally.
5. Medical assistance to an athlete, which does not result in the administration of IV fluids or the transport over or removal from the designated course, is not, by itself, grounds for disqualification.
6. Qualified medical personnel who may treat an athlete shall have final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death.

RACE NUMBER PLACEMENT

Swim: The paddler for each athlete must wear the race number on the front of their Personal Flotation Device so that it is visible at all times. During the swim check-in process, each competitor will be issued an event swim cap, which must be worn for visibility during the swim portion of the event.

Bike: The bike number is to be worn on the lower back of the outer garment while riding. The bike frame number must be attached to both sides of the main bike in a location visible to event marshals. In the event of a bike change the number must also be transferred. The helmet number must be placed on the front, center of the helmet.

Run: Each competitor must wear the run race number on their front so that it is always visible while on the run course.

Pacers: Pacing is allowed only during Stage 3 and then only under the following conditions: (a) an athlete may be paced by one designated non-competitor at a time, (b) all pacers must be on foot while pacing, (c) any pacer must have signed a Team Agreement Waiver prior to being allowed onto the course. **Pacing with any wheeled vehicle (whether motorized or not) is not permitted.**

Vehicle: One vehicle race number should be affixed to the **outside lower left (driver's side) of the back windshield** of the team vehicle. The second vehicle race number should be affixed to the **outside lower left (Passenger's side) front windshield**. Numbers should be affixed with duct tape or clear packing tape.

Example:

BACK WINDOW VIEW FROM OUTSIDE



FRONT WINDSHIELD VIEW FROM OUTSIDE



The **YELLOW CAUTION** sticker is to be placed on the rear of the vehicle in a highly visible location so that vehicles behind can read the sticker. Rear windows next to the number have been found to work best.

Numbers and Caution stickers identify official competitors and teams. They must be clearly visible at all times and worn as directed by event officials. No alteration of any numbers is permitted.

PENALTIES

Distance Category	First offense	Second Offense	Third Offense
Ultra	6 minutes	12 minutes	Disqualification

Helmets: Only helmets approved by the CSA may be used in TRIBC sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: *Disqualification*

Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: *Disqualification*

Headphones: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: *Disqualification*

Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: *Disqualification* on the course; Variable time penalty in transition area only.

Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

Drafting: Drafting--keep at least 12 meters from the leading edge of the front wheel of clear space between you and the cyclist in front. If you move into the zone, you must pass within 25 seconds. Position--keep to the right-hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must always obey all applicable traffic laws.

Penalty: Variable time penalty OR *Disqualification*

Race numbers: All athletes are always required to wear race numbers during the run. Numbers must always be clearly visible. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, *Disqualification for transferring*.

Wetsuits: Each participant may use wetsuit or tri-suit if they conform to TRIBC guidelines.

Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete/with the crew the entire time. No garbage, clothing, etc. shall be left on the course.

Penalty: Variable time penalty

Penalties are applied at the discretion of the race officials and may be based on the "Spirit", not the letter, of the rule.

GENERAL GUIDELINES

Age Groups

For the purpose of age group standings, the finishing field will be subdivided into ten-year age groups, based upon the athletes' age at December 31st of the year in which the event takes place. Separate divisions for men and women will be provided. Age Group prizes will be at the discretion of the organizers. All participants must have reached their 21st birthday by December 31st.

Aid Stations

Since the use of support teams is required throughout the event, event officials will not provide aid stations. Water and limited toilet facilities may be available at the start/finish lines of each stage; however, athletes and crews should not rely on such facilities being readily available.

Awards

Each "Finisher" will receive a distinctive award. Only athletes who have made each cutoff and completed all portions of the course will be designated as a "Finisher". Each "Participant" will receive an award. Any athlete who does not reach the designated finish line before the cutoff, or has not completed all portions of the course, will be declared a "Participant". Disqualified athletes are not eligible for any awards. The right to limit or expand the awards, based on the number of entries is reserved. All Awards will be presented at the Awards Banquet the day after the completion of Stage 3. Attendance by athletes, crews, friends and family to the Awards Banquet is HIGHLY recommended as the format is unique to Ultraman, and this completes the Ultraman experience. This is an interactive function with a large degree of participation by all in the attendance.

CheckIn Procedure

At the beginning and end of each stage or segment thereof, each athlete and Crew Chief must check in with the event Registrar who will be located adjacent to the respective start/finish line. In addition, at the start of the swim, the swim escort must check-in along with the Crew Chief to the event Registrar. Failure to follow this procedure may preclude further present or future participation in the event.

Communications

Each Team must have a Canadian operating cellular telephone. Numbers will be listed and distributed to each crew and event support vehicle. Cellular telephone numbers will be taken at Registration and distributed before the start of Stage 1.

Contingencies

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will take place: (1) postponement, (2) course modification, (3) cancellation. If it is unsafe to conduct the swim as scheduled, this portion of Stage 1 may be postponed until the morning following the end of Stage 3. If the event or any portion of it is postponed, modified, or cancelled, there will be no refunds.

Course

The responsibility for following the official event course rests with the athlete and crew. No time credits or adjustments in finishing results shall be made for athletes who fail to follow the proper course for any reason. Time penalties or disqualification may result from failure to follow the proper course. Every

effort will be made to mark each intersection on the course. Detailed course descriptions and route maps will be made available to each athlete and crew.

Credit Cards

Provisions for payment of event entry fees, additional meal and function tickets, and retail items by credit card are available.

Cutoff Times

For safety and insurance reasons, the following cutoff times have been established: Stage 1 Swim – 6 hours plus Stage 1 Bike - 6 hours, Total Stage 1 - 12 hours; Stage 2 Bike – 12 hours; Stage 3 Run – 12 hours (Total Event 36 hours). Any athlete who does not reach the designated finish line before a cutoff will be declared a “Participant” and will be asked to leave the course if they are unable to reach the finish line within 15 minutes after the cutoff time. Athletes may be allowed to continue onto the next stage as a “Participant” only if they cooperate with this request and receive the clearance to do so from event organizers; including medical or monitoring staff if available. Only athletes who have made each cutoff and completed all portions of the course will be designated as a “Finisher”. The run course has additional cutoffs at 26.2mi (42.2km) – 6 Hours, and 39.3mi (63.2km) – 9 hours. Athletes unable to make the cutoffs will be asked to leave the course. Any athlete not cooperating with this request will be disqualified and not eligible for any awards nor be allowed into any future Ultraman Events. Cutoff times may be modified if course conditions warrant.

Disqualification

Athletes or team members not adhering to the rules and regulations and guidelines of the event are subject to disqualification for the athlete. Disqualified athletes may not continue on any part of the course except at the sole discretion of event organizers. In any case, no disqualified athlete will receive any “Finisher” or “Participant” Awards.

Distances

Stage 1 (Day 1) –10 km (6.2 mile) Swim, followed by 145km (92 mile) Bike.

Stage 2 (Day 2) –275km (171 mile) Bike.

Stage 3 (Day 3) –84.4km (52.4 mile) Run.

All distances are approximate and subject to modification.

Drafting

This is an individual endurance event; therefore, drafting of any type, during any portion of any stage, including the swim is prohibited.

The bicycle draft zone will be 12 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete.

Event Standards

Regarding prohibited substances and prohibited methods of doping we adhere to WADA and TRIBC guidelines.

Fees

Our pricing for the event is an inclusive price for staging the event. The price includes the athlete and 2 (two) land crewmembers, the minimum crew requirement for the event. Included in the fees are the following:

3 Pre-race Meeting Tickets (1 Athlete and 2 Crew)
3 Award Banquet Tickets (1 Athlete and 2 Crew)
Crew Shirts
1 Kayak Rental, including Paddle and Personal Flotation Device
Finisher Medal
Finisher Award
Finisher Garment for Official Finishers

NOT INCLUDED are the following: Accommodations, transportation to and from Penticton, meals other than those listed as part of the entry fee, nutritional needs, other race supplies, and vehicle rentals. Also not included are the costs of any additional crew you may bring, or swim escort and boat requirements.

Entry fees will be charged at the time of online registration for the event. After invitations are issued, the standard Refunds & Withdrawals rules will apply.

Filming

Filming of the event will not be permitted whether for personal or commercial purposes unless prior written authorization is obtained from Event Organizers. Such authorization may be withheld if the filming is in conflict with the granting of other film rights and/or registered logo use.

Insurance

The coverage provided allows for a five-million dollar (\$5,000,000) limit on a Comprehensive General Liability format. This is one of the broadest liability forms available, in which it insures the race directors, their committees, volunteers and others requiring protection (such as sponsors, public agencies, property owners, etc.). The Policy will cover liability from organizing activities leading up to the event, the event itself, and the post-race activities. It will respond to claims from spectators, competitors, Volunteers and the public in general. The event does not carry individual Athlete medical insurance, nor does it assume any responsibility for such. It is highly recommended all participants (athlete and crew members) obtain additional event medical insurance before traveling to the event.

Language

Each athlete must be able to either (1) speak and understand English or (2) provide a team member who can speak and understand English and act as a translator between the athlete, other team members, and event organizers. The Event Organizers will not be able to provide translation services or provide bilingual team members in most cases; this is an athlete responsibility. Athletes cannot rely on these services being available at the event location.

Meals

Two events with food service in connection with the event: (1) Pre-race athlete briefing meeting (**Attendance is Mandatory for all athletes and crew chiefs**) held on the day before the start of Stage 1 and (2) Ultraman Awards Banquet, held on the day after the completion of Stage.

Additional meals will be made available for purchase during online registration or perhaps at check-in. Meal will not receive a credit, as the race has to prepay for all meals.

Medical Support, Monitoring and Studies

Event officials will not provide emergency medical assistance, nor is any liability assumed for not providing such. Organizers ability to provide on-course medical support is very limited due to the distances involved. Emergency medical contacts and information will be provided to each support crew. Athletes and crew are responsible for reviewing and being familiar with the medical and emergency sections of the race manual. Athletes are responsible for their own medical condition and should be cleared by their own physician before competing.

Monitoring of certain indicators may be available during the event. Athletes will be asked to cooperate with the monitoring team so that feedback can be provided to the athlete and crew regarding the athletes' condition regarding their continuing the event. Athletes may be asked to provide base line information as well as a check-in and check-out procedure for each Stage of the event. The monitoring team will have the authority to withdraw an athlete from the event if the indicators fall outside safe limits, or the athlete refuses to cooperate with the monitoring team.

Administration of IV fluids during any portion of any stage, including the time from the finish of any stage to the beginning of the next stage, will constitute an unfair advantage and result in disqualification or the athlete being declared a "Participant" and not a "Finisher". Therefore, any fluids used by the athlete must be taken orally. Medical assistance to an athlete, which does not result in the administration of IV fluids or the transport over or removal from the designated course, is not, by itself, grounds for disqualification.

Qualified medical personnel, who may treat an athlete, shall have the final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death. Independent medical studies may be conducted in conjunction with the event. Participation in these studies will be voluntary.

No Feed Zones

For safety reasons, certain short portions of the land course will be designated "No Feed Zones". These are areas where the support team is not allowed to accompany the athlete. Event personnel, who are responsible for athlete safety, monitor "No Feed Zones". It is the responsibility of the Crews to ensure that their athlete is prepared to look after their own hydration, nutritional and minor mechanical problems, including flats, while in the "No Feed Zones". It is recommended that the athlete carry at least one (1) water bottle and one (1) spare tube/tire while in the "No Feed Zone".

Numbering

Swim: Each athlete will have a number marked on the swim cap, which must be worn so that the number is visible. The swim escort must wear the athletes' official swim number on the front of the outermost garment on the body (or PFD), or on the front of his/her hat so that it is visible to race officials.

Bike: Each athlete will receive two (2) jersey numbers – one to be worn on the lower back each day, and a frame number to be placed on the bike frame in a visible location so that it can be read from the side.

Run: Each athlete will be given one number to be worn on the front so that it is visible at all times. The pacer may be given a designated item to identify them as a pacer, which must be worn anytime the pacer is on the course and must be visible from the front.

Vehicle: Each team will be given two numbers to affix to the crew vehicle. The **first** is to be affixed to the outside lower left (driver's side) of the back windshield – assure the number does not interfere with the outside windshield wipers. The **second** should be affixed to the outside lower right (Passenger's side) front windshield.

Numbers identify official athletes and must be clearly visible at all times. Numbers must be worn as directed by event organizers. No alteration of any numbers is permitted.

Pacing

Pacing of the athlete is allowed during the run portion of the event only. However, the athlete may not be paced by more than one non-competitor at the same time. All pacers must be on foot and wear the official number, or designated item, that identifies them as a pacer. No pacer may do any headwind blocking. No bicycles, other wheeled vehicles (whether motorized or non-motorized), may be used for pacing purposes by the crew or pacers on the run course (this includes the crew vehicle).

Parking

Parking is limited in all staging areas and is strictly prohibited at the start and finish areas. The event will have certain areas designated for parking, in which an attendant may be present to monitor; it is imperative that their instructions are followed. In certain stages there may be a volunteer to direct crew vehicles to appropriate parking areas. In any circumstance, all vehicles must be parked legally and safely off any highway or road, and in such a manner that it does not obstruct the normal flow of traffic or create a hazard to anyone. Do not block private driveways and always be courteous if approached to move your vehicle.

Penalties

Specific penalties will be levied for infractions and/or misconduct. Such penalties will normally consist of time penalties assessed against the athlete at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions. The time penalties for Ultra Distance races consist of 6 minutes for the first (1st) infraction and 12 minutes for a second (2nd) infraction. The third (3rd) penalty equals disqualification from the event. The penalties are cumulative for all three days. The Event/Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation of the race. The Event/Race Director has ultimate authority in regard to all rules, their interpretation, and their enforcement. All entrants in the event/race and their support crews willingly acknowledge this fact, as well as all other race rules by attending the race in any capacity.

Personal Property

It is strongly suggested that all personal property be adequately and indelibly identified with the owner's name and event number prior to the start of Stage 1. Event officials assume no responsibility for the theft, loss, or destruction of any personal property of any athlete or support team member.

Planning

The absolute necessity of proper planning cannot be emphasized enough. In addition to making the necessary travel plans, it is crucial that each athlete properly informs, trains, organizes and prepares each crew member. This includes providing them with copies of pertinent event information and keeping them up to date on changes. Waiting to accomplish this the day before the event is not advisable. Plan to drive the entire land course before the start of the event. Athletes who are utilizing local residents as team members are urged to be in contact with them as early as possible to make sure all necessary

arrangements, including automobiles, lodging, food, swim escort and craft are in place. No one will be permitted to begin any stage without a complete team and the required equipment.

PreEvent Race Briefing

There is one (1) Event/Race briefing associated with this event that **must be attended by the Athlete and the Crew Chief**. Other team members are encouraged to attend, and it is recommended that they do so. Athletes and their Crew Chief are required to check-in at Athlete Registration the day before the Race Briefing, so that they will have time to review the Event Manual before the Race Briefing.

Prohibited Aid, Equipment & Substances

No athlete will be permitted to use fins, paddles, snorkels, or any flotation device (except as noted) during the swim; likewise, no swim escort will be permitted to use any sail craft or any escort craft less than ten feet in length. Athletes may NOT use any of the following devices: (1) any device which interferes with normal hearing (headsets, etc.) or (2) provides any independent means of forward motion; (3) a camera/cell phone camera while cycling or running. Cell phones may be carried by athlete for use in case of emergency or mechanical issue but may not be used unless athlete is stopped with both feet on the ground. No team may utilize more than one support vehicle, and such vehicle may not exceed six (6) feet in width (campers, large vans and trucks, etc. are prohibited). No athlete, team member or staff may use any illegal or otherwise banned substance at any time during any portion of the event. The event is to be drug-free throughout. You are advised that in accordance with Article 10.12 of the World Anti-Doping Code ("the Code"), no athlete who has been declared Ineligible as a consequence of an Anti-Doping Rule Violation may, during the period of Ineligibility or Provisional Suspension, compete in an Ultraman Race. It is the responsibility of the athlete to disclose any current provisional suspension by an Anti-Doping Organization or International Federation as well as hearing result(s) or other adjudications or final decisions by a WADA Code Signatory, or non-signatory, that you committed an anti-doping rule violation, including, but not limited to, the anti-doping rule violated, consequences of the anti-doping rule violation, and the responsible results management authority and if currently serving a period of ineligibility. Ultraman Canada reserves the right to drug test any athlete, team member or staff at any time.

Protests

The Crew Chief will be the person responsible for submitting any official protest on behalf of the athlete or team member(s) as the result of misconduct by another athlete or team. Such protest must be in writing and filed within 30 minutes after finishing the stage in which the alleged incident occurred. Event Organizers will provide protest forms if required.

Qualification for Entry

The selection of Invitees will be based upon the experience and other qualifications and criteria of each applicant. At a minimum it is expected that the applicant will have completed at least one iron distance race within the previous 18 months to the Ultraman Event being applied for. Events that consist of distances that are of at least iron distances in some disciplines but not all three may be considered when combined with other events that contain at least the iron distance of the discipline missing from the first event.

Registration/Athlete Check-In

Registration (athlete check-in) will be held on the Wednesday preceding the start of Stage 1. All invitees wishing to participate must register in person during the assigned times. **To pick up registration**

material, each invitee is required to complete information about his/her team, including name, contact phone numbers and a signed individual Crew Waivers for each team member. Race materials will only be issued to those completing the registration process and only those individuals will be allowed to begin Stage 1.

Each athlete will receive via email a "Registration Kit". The Registration Kit will be available following an athlete's acceptance of their Invitation. The package will contain the forms, materials and information required for a quick and efficient registration process.

Safety

Safety is THE primary consideration for athletes and their support teams; and following the guidelines and regulations are required throughout the event. This event is extremely strenuous and requires tremendous individual endurance and stamina. The risk of accident, injury, sickness and even death, may be present throughout all three stages. Proper training, well maintained and appropriate equipment, good judgment, respect, common sense and courtesy will be crucial in making this a safe and successful event. If an emergency situation necessitates or causes a rule infraction, event organizers may make allowances in the interest of promoting safety.

Special Required Equipment

Athletes will be required to wear/utilize the following special equipment: official swim cap and event numbers as provided by the organizers, ANSI or SNELL approved hard shell helmet and swim escort craft, which must be non-motorized and non-sail which is a minimum 10 feet in length.

Starting Procedures

At two (2) minutes, one (1) minute, and thirty (30) seconds prior to the start of each stage, announcements to that effect will be made. Ten (10) seconds prior to the start, a countdown will begin followed by a starting signal. Prompt starts are a tradition and will be adhered to. It is each athletes' responsibility to be ready to start at the designated times.

Storage

Storage of athletes' event related equipment is the responsibility of each athlete and Crew Chief.

Sponsors

Without the monetary, product and service contributions of many individuals and businesses, the staging of this event would not be possible. Special thanks and appreciation are extended to each of them. Whenever the opportunity arises please show your appreciation and patronage.

Support Team

Due to the length and nature of the event, it is mandatory that a support team of at least two (2) adult persons and no more than five (5) adult persons, along with no more than one vehicle/automobile, accompany each athlete throughout all stages of the event. No athlete will be allowed to participate without having a support team. Each athlete is responsible for securing, organizing, and training their support team. Each team member, including the swim escort, will be required to provide complete information, including name, contact phone number and a signed individual Team Agreement. In addition, the team member who is designated Crew Chief will act as the official spokesperson for the athlete and team and will be required to attend all pre-race briefing session (other members are encouraged to attend as well).

The athlete entry fee will include the cost of event meals and shirts for two (2) land crew, the minimum crew requirement for the event. Additional meals and shirts will be made available with the Invitation Kit. It is the responsibility of the athlete to cover all the expenses of the Support Team members unless otherwise previously agreed between them.

1. **Land Crew:** It is expected that most athletes will bring their own full team (2 adults) or partial team; in fact, it is recommended that you do so. If it is not possible for you to bring your own full team, then the organization will do its best to provide a crew or additional crewmember. However, **do not rely on the organization** to be able to provide crews as we receive more requests than we are able to fulfill. The athlete will be responsible for any costs or expenses for the crew member and arrangements for payment must be made prior to the start of the event between the Athlete and crew member. The organization assumes no responsibility for any expenses incurred by any crew member or athlete.
2. **Swim Escort:** One support team member may be the Swim Escort and also a member of the Land Crew. If it is not possible for the athlete to bring their own swim escort, then the organization will do its best to provide an escort but this is not guaranteed.

If an athlete needs help in securing a support team or additional team members, please contact the race directors.

Support Vehicle

Each athlete must arrange for, or bring and pay for, one (1) automobile to be used as a team vehicle throughout the event. Such vehicle may not be wider than six (6) feet but must be large enough to accommodate all equipment, team members, the Athlete, and all their needs. For safety reasons, the use of campers, oversized vans, and oversized trucks is prohibited. No team may have more than one vehicle on the course at a time.

NOTE: - Mini-vans are HIGHLY recommended.

Swim Escort and Escort Craft

It is mandatory that an escort and escort craft always accompany each athlete during the swim portion of Stage 1. One support team member may be the Swim Escort and a member of the Land Crew. A swim escort that is not a member of the Land Crew will be required to sign a Team Agreement prior to the start of Stage 1. Swim escorts must display the designated official number while on the course in such a manner that it is always visible from the front. A kayak rental, along with a paddle and personal flotation device, are provided by the race and included in the race entry. No athlete will be allowed to start the swim and/or continue the swim without a proper escort.

Teamwork and Team Conduct

Although this event will be one of individual endurance, no one will be able to finish it without the cooperation inherent in good teamwork. Each support team will be required to provide for their athletes' needs and must not hinder or interfere with another athlete or team at any time. On the other hand, the underlying philosophy of this event is to encourage and promote the spirit of camaraderie with respect for all. Therefore, honesty, good judgment and sportsmanship are all integral parts of the event and will always be expected of everyone.

Without the Support Team no athlete will be able to compete or continue to compete in the event in the case of a Support Team abandoning the race. No Athlete or Support Team Member shall mistreat or abuse either physically, verbally or mentally anyone connected to the event. No Athlete is to ask any member of any Support Team to take any action that would contravene the Rules and Regulations,

Guidelines, or the Spirit of Competition of Ultraman Canada; in doing so would lead to immediate disqualification and removal from the event.

Any Support Team Member or Athlete that feels they have a complaint against any individual is to bring their concerns to the Event/Race Director at the earliest possible opportunity so that it may be dealt with as quickly as possible. Do not wait until the event is over.

Trademark and Event Logos

The event name and logos are registered trademarks, which may not be used or reproduced in any manner without prior written consent from the Event/Race Director. This includes among other things, team shirts or other garments, banners and signs. Athletes using the logo without authorization will be levied the one thousand dollar (\$1,000) fee and non-payment will result in the athlete not being allowed in this or any other Ultraman event. Such Marks, as well as selected sponsor logos, may be required to be worn /or displayed by the athlete and team members during certain portions of the event. Notification of such requirements, if any, will be made as part of the registration process. Athletes may make copies of pertinent written materials in connection with preparations for the event; however, such copies are for personal use only and may only be distributed to bona fide team members who may not reproduce them in any manner thereafter.

Travel and Accommodations

All travel arrangements – air, ground, lodging accommodations and meals are the responsibility of each athlete. It is important that plans for travel and accommodation be made well in advance of arrival in Penticton. Athletes are expected to pay for all crew expenses, including travel, accommodations, and meals.

Special Note: You must secure accommodation in Princeton for the evening between day 2 and day 3 start.

Unused Items and Extras

There will not be any credits given for unused tickets, massages or other items included in the entry fee. You may order additional meals tickets, crew shirts, swim escort, etc. by contacting the Race Directors.