



## **TRIATHLON – Male/Female**

1. Each team must supply two officials who are required to report to the Event Coordinator one hour before the event commences. Failure to do so will result in the team being forfeited.
2. Each team consists of three (3) competitors, one for each stage.
3. The swimmer must tag the rider before they leave the changeover area, likewise with the rider and the runner.
4. Churches nominating more than 1 team must nominate A & B teams, with team B being the faster team.
5. No drafting is allowed during the cycle leg.

### **EQUIPMENT AND SAFETY**

- Cyclists must wear an approved Australian standards helmet, which must be fastened on their head at all times while they are on their bike.
- Cyclists to supply their own bike