

LAKE GEORGE, NY TRIATHLON

A distance for everyone!

SEPT. 3-4, 2022



NEW YORK

STATE CHAMPIONSHIPS

AGE GROUP * HIGH SCHOOL

2022



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Message from **ALPHA WIN**



Dear Alpha Win Triathletes,

The race will also remain a sanctioned Northeast Collegiate Triathlon Conference (NECTC) event. We are excited to welcome athletes from both the NECTC and those competing in the NYS Championship!

Whether you are new to the sport of triathlon or are a seasoned triathlete, Alpha Win strives to provide you with great events and a positive racing experience. With a variety of distances suited to your individual skill level, our triathlons provide you with the opportunity to meet and surpass your fitness goals.

As dedicated as our team is, this event would not be possible without the help of Warren County Tourism, Warren County Sheriff's Department, New York State Police, Lake George Village, Town of Lake George, and of course the volunteers.

With our triathlon season in full swing for 2022, our goals and mission remain the same. Whether it's the rolling hills in Napa Valley, California or the beautiful vistas of Lake George and the Adirondacks, we wish to provide you with courses that make you sweat, challenge you, and leave you in awe of your own ability.

We hope you, your family, and friends enjoy your Alpha Win Triathlon experience, and we look forward to you joining us again in 2023. Best of luck and stay safe.

Thank you,
The Alpha Win Team





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COVID-19 Protocols

ALPHA WIN TRIATHLON – LAKE GEORGE

SEPTEMBER 3-4, 2022 | COVID-19 PROTOCOLS

- Alpha Win will adhere to all regulations published by the CDC and the state of New York.
- Cancellation Policy - if the event is cancelled due to COVID-19, registrants will be given the option of receiving a refund of their registration fee or transferring to another Alpha Win race.
- The following measures will be reviewed and adjusted based on the most current knowledge base on the severity of the pandemic and the best methods to avoid transmission.
- Any participant who exhibits symptoms of COVID-19 may not participate in the event.
- Any person attending the event who IS NOT vaccinated is asked to wear a face covering and observe safe physical distancing except when running.
- Any person attending the event who IS vaccinated may choose to wear a face covering.
- Participants are encouraged to carry their own hydration and nutrition.
- Post-race food and beverages:
Bottled water and food will be available at the finish line.



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FOR LAKE GEORGE, NY
SEPT. 2-3, 2023

***Alpha 70.3* ONLY \$199 (Save \$150)**

***Alpha Olympic* ONLY \$99 (Save \$143)**

***Alpha Sprint* ONLY \$66 (Save \$81)**

Begins Sunday, Sept. 4, 2022 Ends 11:59 PM EDT Monday, Sept. 5, 2022

Register at ALPHA.win



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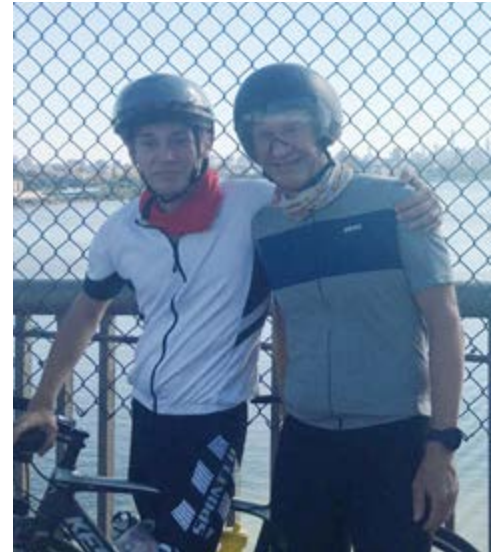


Getting to know

Alpha Win Triathlon Series

WHO ARE WE?

Alpha Win, formerly known as HITS Endurance, was created in 2011 to give athletes the chance to race at some of their favorite destinations and experience a level of personalized customer service that Alpha felt was lacking in some areas of the race industry. Alpha offers multiple race distances that appeal to a full range of skill and fitness level, from the first-time racer to the professional triathlete. From a one mile run to an Alpha 140.6, anyone can feel like an AlphaFemale or AlphaMale.



WHERE DID WE COME FROM?

Alpha's predecessor, HITS Endurance, grew as a division of the special events company HITS (Horse Shows in the Sun), founded in 1982, which focuses on producing equestrian show jumping events nationwide. HITS is the world's leader in hunter/jumper horse show competition, both in the number of events offered (over 40 horse shows each year) and in size, with more than 20,000 horses and riders competing annually. The key to HITS success in the equestrian world was the idea of catering to the pyramid bottom-up, offering a level of competition for every rider. In 2011, HITS started the HITS Triathlon Series with the mantra "*A distance for everyone,*"™ and attracted over 10,000 participants in its first year.

The HITS Triathlon Series offered five different race distances – Full, Half, Olympic, Alpha Win Sprint and Open. More than just offering a complete array of race opportunities, HITS was dedicated to providing the professional quality of a national event producer while delivering the personalized service of small local race organizer. Alpha Win promises to continue and expand this same dedication.

The first event in the HITS Triathlon Series was dubbed Palm Springs, but actually took place in La Quinta, California, in December 2011. Known for its moderate temperatures during winter months and the rugged beauty of the Coachella Valley desert region, HITS Triathlon Series – Palm Springs has proven to be a perennial favorite of triathletes across the country. HITS developed additional races in Naples and Ocala, Florida, Napa Valley, California, and Hudson Valley, New York, each offering its own unique flavor and backdrop.



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ATHLETE GUIDE | Lake George, NY - Sept. 3-4, 2022

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TRIATHLON

OCT. 10,
2022

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WHO IS BEHIND ALPHA WIN?

TOMMY STRUZZIERI

Tommy Struzzieri is the son of Tom Struzzieri. Recently taking over the company from his father in 2020, Tommy has made multiple acquisitions, brought back some old favorites, and is in the process of introducing many new races. Tommy believes the endurance industry is primed for a company like Alpha that will help people get back to racing during these challenging times of the COVID pandemic. Tommy hopes that his efforts will help be a driving force to get the endurance world back on its feet.

Tommy's interest in endurance sports started at an early age, going to watch his father race and join in on some early morning track workouts. He fell in love with endurance sports and was named an All-American age group triathlete at 12 years old. Through high school, he began to focus on running and despite multiple large-scale injuries, ran Division 1 track and Cross Country at Syracuse University.

Tommy continues to train as he works to grow Alpha Win and drives himself to be successful both personally and professionally. Along with Alpha, Tommy also owns a unique portable housing company called GenZHomes Inc.

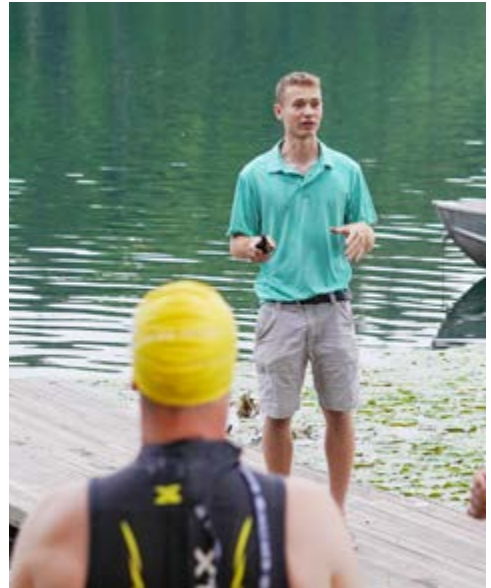
TOM STRUZZIERI

Tom Struzzieri is the founder of HITS, Inc., the largest equine show jumping production company in the world, and has been running world-class events since 1977.

Tom's foray into triathlon was inspired by his own personal experience with the sport after receiving training sessions for his 50th birthday. Wanting to set a positive and powerful example to his three children that fitness and good health are essential ingredients for living life to its fullest, Tom embraced the challenges and rewards of his training. As many others before him, he became instantly hooked on the sense of fulfillment, well-being and personal accomplishment that came from his triathlon training. Overcoming personal obstacles with the challenges of the swim, bike and run only made it more of a passion and eventually a business interest. Tom recently completed his seventh full-distance race and his wife Jane is also a triathlete, having competed in several Alpha Win Sprint and half distance races.

WHERE WILL WE GO NEXT?

Alpha Win is confident you will enjoy every aspect of your race experience, from the course to the location, to the staff and the smile that will greet you at the finish line. With over 40 years of experience producing major athletic participation events, the knowledge backing the Alpha team ensures high-quality endurance events with a focus on its participants. Let Alpha Win be your next race.



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Schedule of Events

Monday-Thursday, August 29 - September 1 | 8 Sagamore Road, Bolton Landing, NY

- 9 am-5 pm: Skip the line! All week-long packet pickup at the Sunrise Cafe in Bolton Landing for all distances.

Friday, September 2, 2022 – Lake George Battleground State Park, Lake George, NY

- 2 – 6 pm: Packet and Timing Chip Pick-Up for all distances*
- 2 – 6 pm: Alpha Win Fitness Expo
- 3 – 4 pm: Athlete Meeting for Half distance athletes
- 4 – 5 pm: Practice Swim for all distance athletes

- **6:15 pm: Dinner and festivities on the Lake George Steamboat (Must sign up online)**

**It is HIGHLY RECOMMENDED that Half Distance athletes pick up their packets on Friday*

Saturday, September 3, 2022 – Million Dollar Beach, Beach Rd, Lake George, NY

- 5 – 6:30 am: Additional Packet & Timing Chip Pick-Up for Half athletes
- 5 – 6:30 am: Bike and Gear Drop-Off for Half distance athletes
- 6 am – 4 pm: Alpha Win Fitness Expo
- 6:40 am: Transition area closed for all athletes
- 6:50 am: Half Distance athlete pre-race meeting on the beach
- 7 am: Half male wave start
- 7:03 am: Half female wave start
- 12 – 2 pm: Half distance athletes and volunteer lunch
- 2 pm: Half distance Awards**
- 2 – 6 pm: Packet & Timing Chip Pick-Up for Sprint & Olympic distance athletes at the Lake George Beach Club

****PLEASE NOTE:** Athletes **MUST** be present at their Awards Ceremony to receive an award.

Sunday, September 4, 2022 – Million Dollar Beach, Beach Rd, Lake George, NY

- 4:30– 6 am: Additional Packet and Timing Chip Pick-Up for Sprint and Olympic athletes
- 4:30– 6 am: Bike and Gear Drop-Off for Sprint and Olympic athletes
- 6 am – 2 pm: Alpha Win Fitness Expo
- 6:10 am: Transition area closed to all Sprint Athletes
- 6:20 am: Sprint athlete pre-race meeting on the beach
- 6:30 am: Sprint Male wave start
- 6:33 am: Sprint Female wave start
- 6:50 am: Transition area closed to all Olympic athletes
- 7 am: Olympic athlete Prerace Meeting on the beach
- 7:10 am: NECTC Olympic Male wave start
- 7:13 am: NECTC Olympic Female wave start
- 7:16 am: Olympic Male wave start
- 7:19 am: Olympic Female wave start
- 9 am: Sprint distance Awards Ceremony**
- 11 am – 1 pm: Sprint and Olympic distance athletes and Volunteers lunch
- 12 pm: Olympic distance Awards Ceremony**

****PLEASE NOTE:** Athletes **MUST** be present at their Awards Ceremony to receive an award. Unclaimed awards may be shipped if the request is made within two weeks after the event. The athlete is responsible for a \$10 shipping and handling fee.

IMPORTANT ADDRESSES

- Race Site - Lake George Battleground State Campground | 34 Fort George Rd, Lake George, NY 12845

Questions? Call 845.247.7275 prior to race weekend or email info@Alpha.Win.



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Lake George, NY Swim Course

750 meters/1,500 meters/1.2 miles

ALPHA 70.3 SWIM:

Saturday, September 3, 2022

• Swim 1.2 miles (two loop)

- 1) – Beach Start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1

ALPHA SPRINT SWIM

Sunday, September 4, 2022

• Swim: 750 meters (one loop)

- 1) – Beach Start
- 2) – Swim one loop in counter-clockwise direction
- 3) – Exit water to T1

ALPHA OLYMPIC SWIM:

Sunday, September 4, 2022

• Swim: 1,500 meters (two loops)

- 1) – Beach Start
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1



Course Key

Sprint =		Trail =	
Olympic =		Aid Station =	
70.3 =		Medical =	
Mile Marker =		Porta-Potty =	



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**Lake George, NY
 Bike Course**

12.4 miles/24.8 miles/56 miles

ALPHA 70.3 BIKE:

Saturday, September 3, 2022

• Bike: 56 miles (one out-n-back)

- 1) – Exit T1, L on Beach Rd
- 2) – R on Canada St
- 3) – L on US 9
- 4) – R on Diamond Pt Rd
- 5) – L on E Schroon River Rd
- 6) – L on County Home Bridge Rd
- 7) – R on Schroon River Rd
- 8) – R on Horicon Ave
- 9) – R on SR 8
- 10) – Continue past first intersection with Palisades Rd
- 11) – L on second intersection with Palisades Rd
- 12) – R on SR 8
- 13) – L on Horicon Ave
- 14) – L on Schroon River Rd, become Horicon Ave
- 15) – L on Main St / US 9
- 16) – R on Judd Bridge / Perry Dr
- 17) – L on Harrington Hills Rd
- 18) – L on Bakers Crossing
- 19) – R on US 9
- 20) – R on Mountain Dr
- 21) – L on Ottawa St
- 22) – L on McGillis Ave
- 23) – Cross Route 9 to Beach Rd to T2

ALPHA SPRINT BIKE:

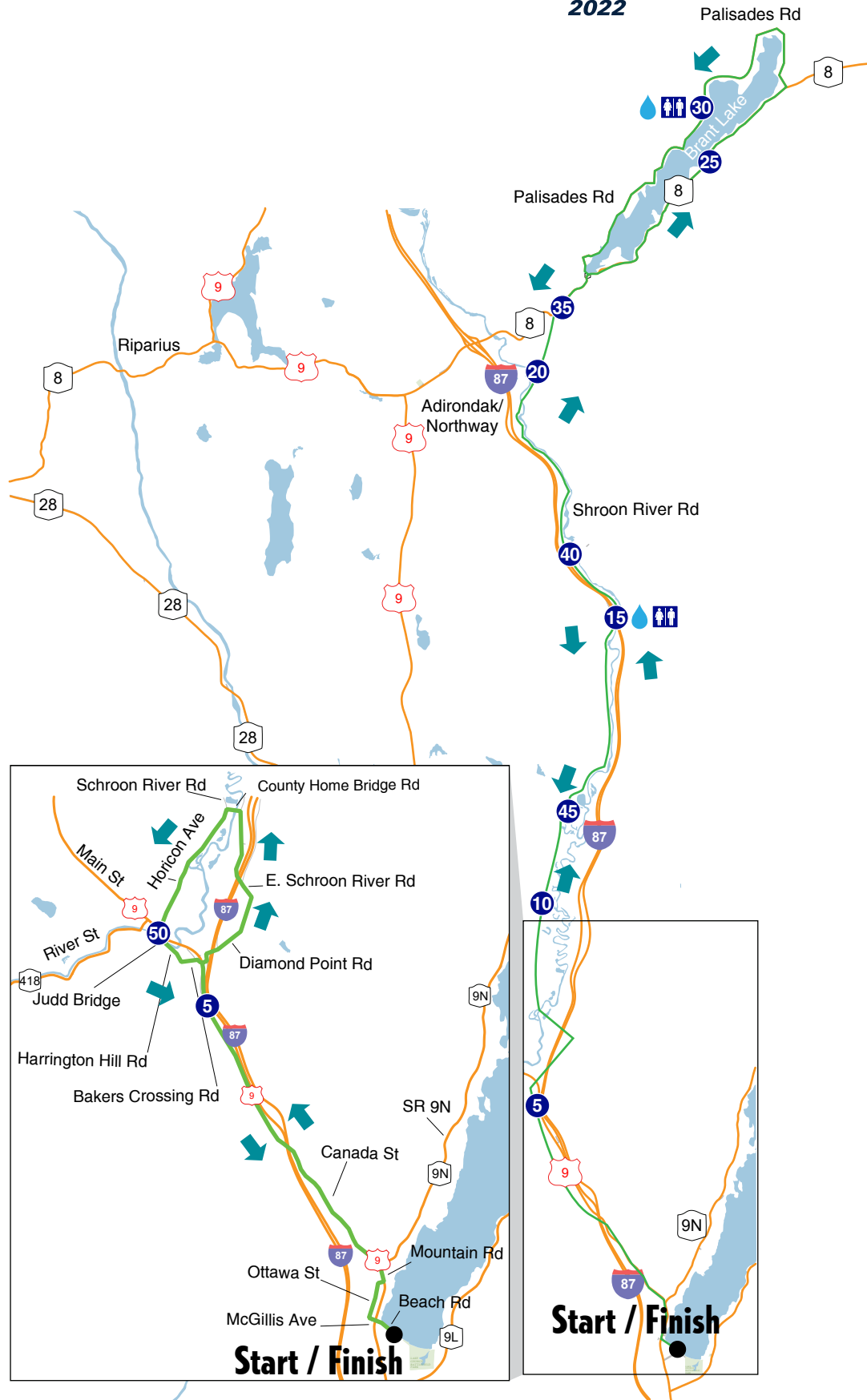
Sunday, September 4, 2022

MAP WITH TURN-BY-TURN ON PAGE 2

ALPHA OLYMPIC BIKE:

Sunday, September 4, 2022

MAP WITH TURN-BY-TURN ON PAGE 2



Course Key			
Sprint =	→	Trail =	---
Olympic =	→	Aid Station =	💧
70.3 =	→	Medical =	+
Mile Marker =	5	Porta-Potty =	🚻

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ALPHA SPRINT BIKE:

Sunday, September 4, 2022

• Bike: 12.4 miles (out-n-back)

- 1) – Exit T1, right on Beach Rd
- 2) – L on SR 9L / E Shore Dr
- 3) – Turnaround at 6.2 miles and return on same route to T2

ALPHA OLYMPIC BIKE:

Sunday, September 4, 2022

• Bike: 24.8 miles (Counterclockwise loop)

- 1) – Exit T1, right on Beach Rd
- 2) – Cross over SR 9L
- 3) – R on Bloody Pond Rd
- 4) – L on Warren County Bikeway
- 5) – L on Ash Drive
- 6) – R on Warren County Bikeway
- 7) – R on Birdsall Rd
- 8) – L on Round Pond Rd
- 9) – Continue straight on Blind Rock Rd (at the Stop Sign)
- 10) – Continue straight on Haviland Rd (at the Light)
- 11) – L on Rockwell Rd
- 12) – R on Sunnyside Rd
- 13) – L on Jenkinsville Rd
- 14) – R on Ridge Rd
- 15) – Continue straight on SR 9L
- 16) – R on Beach Rd to T2



Lake George, NY
Bike Course

12.4 miles/24.8 miles



Lake George, NY Run Course

13.1 miles

ALPHA 70.3 RUN

Saturday, September 3, 2022

• Run: 13.1 miles (two out-n-backs)

- 1) - Exit T2, L on Beach Rd
- 2) - L on Fort George Rd
- 3) - L on Warren County Bikeway
- 4) - Turnaround and return on same route to Fort George Rd to turnaround and begin second out-n-back
- 5) - Cross over Fort George Rd to Finish

ALPHA SPRINT RUN:

Sunday, September 4, 2022

MAP WITH TURN-BY-TURN ON PAGE 2

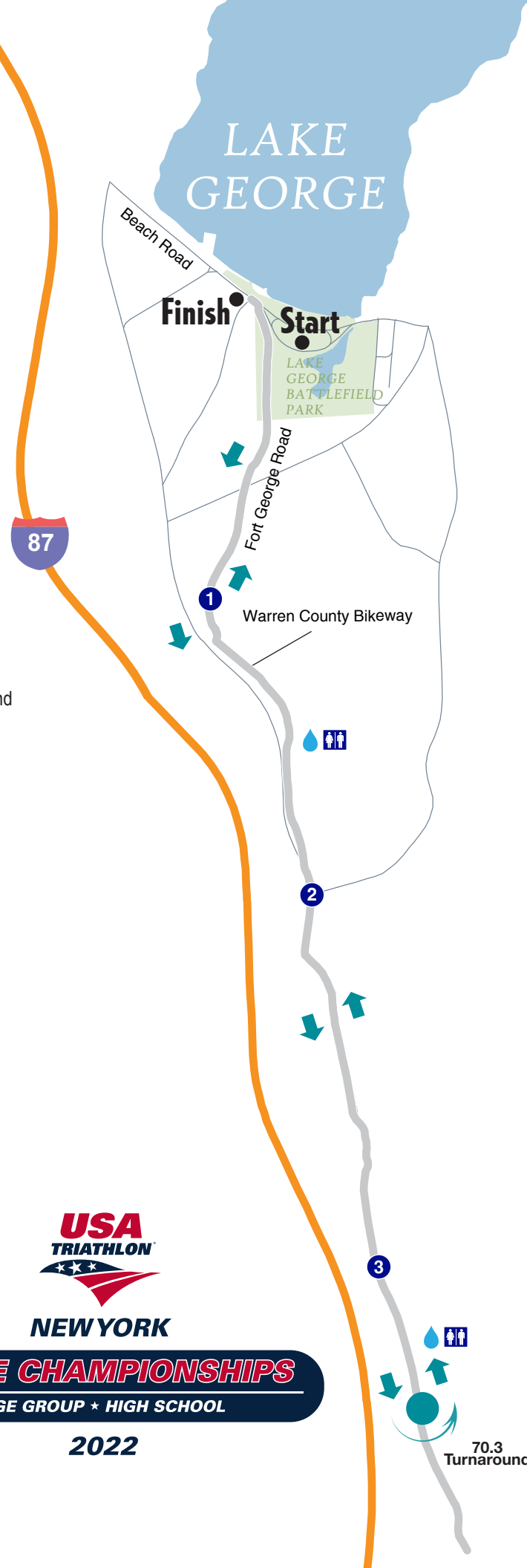
ALPHA OLYMPIC RUN:

Sunday, September 4, 2022

MAP WITH TURN-BY-TURN ON PAGE 2

Course Key

70.3 = Aid Station =
 Porta-Potty Medical =



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70.3
Turnaround





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Lake George, NY
Run Course
 3.1 miles/ 6.2 miles

ALPHA SPRINT RUN:
Sunday, September 4, 2022

- Run: 3.1 miles (one loop)
- 1) - Exit Transition
- 2) - L on Beach Rd
- 3) - Cross over 9N onto McGillis Ave
- 4) - R on Ottawa St
- 5) - L on Mountain Dr
- 6) - R Joques Farm Rd
- 7) - L Old Post Rd
- 8) - Turnaround in parking lot
- 9) - R Joques Farm Rd
- 10) - L on Mountain Dr
- 11) - R on 9N into village
- 12) - L on Beach Rd
- 13) - R into Finish

ALPHA OLYMPIC RUN:
Sunday, September 4, 2022

- Run: 6.2 miles (two loops)
- 1) - Exit Transition
- 2) - L on Beach Rd
- 3) - Cross over 9N onto McGillis Ave
- 4) - R on Ottawa St
- 5) - L on Mountain Dr
- 6) - R Joques Farm Rd
- 7) - L Old Post Rd
- 8) - Turnaround in parking lot
- 9) - R Joques Farm Rd
- 10) - L on Mountain Dr
- 11) - R on 9N into village
- 12) - L on Beach Rd
- 13) - R into Finish

Course Key	
Sprint =	Aid Station =
Olympic =	Medical =
	Porta-Potty =

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Race Information

PACKET PICK-UP

Race Site – Lake George Battleground State Campground | 34 Fort George Rd, Lake George, NY 12845

- All distances 2-6 pm Friday, September 2
- Alpha 70.3 athletes 5-6:30 am Saturday, September 3
- Alpha Sprint & Alpha Olympic athletes 2-6 pm
- Alpha Sprint & Alpha Olympic athletes 4:30-6 am Sunday, September 4

Athletes must pick up their **OWN** packets and there will be no exceptions to this policy. **PLEASE NOTE:** ALL Relay Team members **MUST** be present and check in together.

ATHLETE CHECK-IN

Please bring the following items with you to athlete check-in:

- Photo Identification, i.e. driver's license, passport, and any government issued identification
- USAT card to show proof of current USAT membership. **PLEASE NOTE:** If you are not a USAT member or you forget your card, you will be required to sign the USAT waiver and purchase a \$15 USAT one day license.
- Official Military Identification
- Challenged Athlete Documentation
- If you are a professional athlete, you are required to submit your USAT Pro Card at check-in.

Packet pick-up prior to race day is highly recommended – the last thing you want to do on race day morning is wait in line for your packet!

ATHLETE MEETINGS

Alpha Win recommends that ALL athletes attend one of the offered Athlete Meetings. Athlete Meetings will take place at the race site as follows:

- Alpha 70.3 distance 3-4 pm Friday, September 2
- Alpha 70.3 distance 6:50 am Saturday, September 3 at race start
- Alpha Sprint distance 6:20 am Sunday, September 4 at race start
- Alpha Olympic distance 7 am Sunday, September 4 at race start

ATHLETE WRISTBANDS - At athlete check-in you will be presented with a wristband in your race packet. You must wear your wristband for access to all weekend functions at Alpha Win – Lake George. You will not have access to the Transition Area before or after your race without this wristband.

BIKE & GEAR CHECK-IN

Bike and gear check-in for 70.3 distance athletes is scheduled for Saturday, September 3 from 5-6:30 am. The Transition Area will close at 6:40 am to all 70.3 distance athletes.

Bike and gear check-in for Sprint and Olympic distance athletes is scheduled for Sunday, September 4 from 4:30-6 am. The Transition Area will close at 6:10 am to all Sprint distance athletes and at 6:50 am to all Olympic distance athletes.

TRANSITION BAGS - Athletes in all distances will need to provide their own transition bags and will be allowed to set up their transition area during bike and gear check-in. Transition bag identification stickers will be provided at athlete check-in.

ROADS & PARKING - Parking is available for athletes near the race site. There is a \$10 charge per car. It is recommended that athletes try to car pool where possible. No roads will be closed, all roads are open to traffic. You must stay to the right on the shoulder at all times. At every intersection, you must sit up, slow down and look for traffic, and obey the traffic control or as directed by law enforcement.

DOG POLICY - Alpha Win Triathlon Series adheres to a strict No Dogs policy.



Race Information

Continued

TIMING CHIPS - Athletes will receive a timing chip at check-in and will be responsible for wearing the chip at all times while racing. Fasten it to your ankle, facing outward, over your wetsuit with the Velcro strap provided before the swim and leave it on until after you finish the run. If you lose your timing chip at any time during the race, please notify a timing official and you can receive a new one at transition. Volunteers will help you remove the chip at the finish line. If you do not start the race, you are responsible for returning the chip to timing. If you drop out or are pulled from the race at any time, turn in your chip to a race official. Failure to do so may disqualify you from participating in future Alpha Win events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed \$25 for its replacement. NO CHIP = NO TIME.

RACE TIMING & CUT-OFFS - Individual cut-offs for each distance and segment of the races are as follows:

Swim Cut-off:	Alpha Sprint	7:00 am	(Maximum time 30 minutes)
	Alpha Olympic	8:10 am	(Maximum time 1 hour)
	Alpha 70.3	8:10 am	(Maximum time 1 hour, 10 minutes)
Bike Cut-off:	Alpha Sprint	8:30 am	(Maximum time 2 hours)
	Alpha Olympic	10:40 am	(Maximum time 3 hours, 30 minutes)
	Alpha 70.3	12:10 pm	(Maximum time 5 hours, 10 minutes)
Run Cut-off:	Alpha Sprint	9:30 am	(Maximum time 3 hours)
	Alpha Olympic	12:10 pm	(Maximum time 5 hours)
	Alpha 70.3	3:30 pm	(Maximum time 8 hours, 30 minutes)

AID STATIONS - There will be aid stations approximately every 10-20 miles on the bike courses of the Alpha 70.3 distance. There will be aid stations approximately every 1-1.5 miles on the run courses of the Alpha Sprint, Alpha Olympic & Alpha 70.3 distances.

Each bike aid station for the Alpha 70.3 will offer: Water, Sunscreen, PowerBar Products

Each run aid station for the Alpha 70.3 will offer: Water*, Pretzels, Ice*, Sponges*, Gummy Bears, Vaseline*, Grapes, Defizzed Cola, Sunscreen*, Snickers, Orange Slices, Cookies, Banana Halves

** These items will also be available for Alpha Sprint and Alpha Olympic Athletes.*

PLEASE NOTE: AID STATION offerings may vary due to COVID, please view our COVID protocols.

BICYCLE & GEAR RECOVERY - Mandatory bike and gear recovery for Sprint and Olympic distance athletes is before 3 pm on race day. Mandatory bike and gear recovery for Alpha 70.3 distance athletes is before 5 pm on race day. In the event of an emergency, your emergency contact person will be contacted and allowed to claim your bike and gear from transition. Any bikes or gear left in the transition area after the transition area closes will be considered lost and found. Lost and found inquiries should be sent via e-mail to info@Alpha.Win. You must have your athlete wristband on in order to claim your bike and gear.

LOST & FOUND - If you lose any equipment during the race weekend, please see the Alpha Win staff at the on-site administration tent to claim it. After the event, lost and found inquiries should be directed to info@Alpha.Win





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Rules

EVENT SANCTION & RULES - All Alpha Win events are sanctioned by USA Triathlon (USAT) and will enforce all USAT rules and conduct guidelines. Doping and drafting are strictly prohibited at all distances at every Alpha Win event. Race Marshals will be present on course penalizing athletes who do not abide by the rules. Please visit USATriathlon.org to view a complete set of the competitive rules.

FINISH LINE POLICY - Per USAT rules, Alpha Win will not allow friends and/or family members of athletes to cross the finish line or enter the finish chute with participating athletes at any distance in order to ensure the safety of all participants, volunteers and spectators. Time and space will be provided at the finish line for celebration. Athletes who choose not to respect this policy will receive an automatic disqualification.

HEADPHONES / EAR BUD POLICY - Per USAT rules, the use of headphones, ear buds, iPods, MP3 players or any other listening device is strictly prohibited during all Alpha Win races. Athletes are welcome to use these devices in transition areas only, but will not be allowed to use them on the swim, bike and/or run courses of any distance. Athletes who choose not to respect this policy will receive an automatic disqualification.

WETSUIT POLICY - Wetsuits are not required, but are highly recommended for all Alpha Win events. The expected water temperature in Lake George, NY is between 65-70° Fahrenheit and proper swimwear is ultimately at the discretion of each individual athlete.

USAT GENERAL RULES OF CONDUCT & PENALTIES

3.1 Preparation and Training. No person shall participate in a triathlon or other multi-sport events unless such person:

- a. is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition, and
- b. is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

3.2 Age Group Competition.

- a. All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.
- b. Clydesdale/Athena Categories. The official minimum weight standard for this category is 220 pounds for men, 165 pounds for women, to be monitored by the local race director. The age breakdown will be 39 years of age and under and 40 years of age and over.

3.3 General Conduct - At or during an event, or while at the event site, all participants must:

- a. Act in compliance with these Competitive Rules;
- b. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;
- c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
- d. Refrain from the use of abusive language or conduct; and
- e. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

3.4 Race Conduct - All participants in USA Triathlon sanctioned events must adhere to the rules in this Section 3.4:

- a. **Entire Course.** Participants must maintain physical distancing as described below. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l). In the event the Head Referee makes such a determination, the penalty shall be disqualification.
- b. **Unsportsmanlike Conduct.** Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.
- c. **Obstruction.** Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.
- d. **Unauthorized Assistance.** No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by USA Triathlon. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.
- e. **Re-entry.** Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l), in which case the penalty shall be disqualification.



- f. Race Numbers.** Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.
- g. Unfair Advantage.** No participant shall use his/her body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.
- h. Abandoned Equipment.** No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.
- i. Unauthorized Accessories.** No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Any violation of this Section shall result in a variable time penalty.
- j. Glass Containers.** No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section 3.4(l), in which case the penalty shall be disqualification.
- k. Unauthorized Equipment.** No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.
- l. Endangerment.** No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.
- m. Wave Starts.** When the beginning of any event is commenced by starting designated “waves” or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an elite wave in an event with age group waves shall be ineligible for age group awards and USAT national rankings.
- n. Indecent Exposure.** Public nudity at any time during the event is prohibited. Any violation of this Section shall result in a variable time penalty.

3.5 Unregistered Participants.

- a.** Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.
- b.** Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Any second violation of this Section shall result in a lifetime suspension or ban from membership in USA Triathlon.

3.6 Penalties and Prohibited Conduct - Penalties, including disqualification and suspension, may be imposed upon race participants and/or members of USA Triathlon who violate any of these competitive rules or who solicit, encourage, or assist a violation of these rules. Except as otherwise provided in these rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or USA Triathlon. The following penalties may be imposed for a violation of these rules:

- a.** Assessment of a time penalty
- b.** Disqualification
- c.** Written reprimand or censure
- d.** Monetary fines
- e.** Suspension from membership in USA Triathlon (including retroactive suspension), and
- f.** Permanent expulsion from USA Triathlon

3.7 Time Penalties.

- a. In General.** A time penalty may be imposed for a violation of any Section of these Rules in which a time penalty is expressly authorized. In the event that a participant is assessed a time penalty, the applicable time period shall be added to that participant's aggregate finishing time in calculating official race results. Except as otherwise provided in Section 3.7B of these rules, time penalties shall be cumulative and a participant may be assessed more than one time penalty for violations of the same rule.
- b. Variable Time Penalties.** A “variable time penalty” as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event, as defined by the length of the cycling course. The variable time penalty for each of the distance categories shall be the following:



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Distance Category	First Offense	Second Offense	Third Offense
Youth Events	1 minute	2 minutes	Disqualification
Short/Intermediate – Cycle Course less than 50k	2 minutes	4 minutes	Disqualification
Long – Cycle Course 50-100k	4 minutes	8 minutes	Disqualification
Ultra – Cycle course greater than 100k	6 minutes	12 minutes	Disqualification

3.7A. Time Penalties for Elites. A “variable time penalty” as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event. The variable time penalty for each of the distance categories shall be the following:

Distance Category	Time Penalty
Short/Intermediate Cycle course less than 50k	1 minute
Long Cycle course 50-100k	2 minutes
Ultra Cycle course greater than 100k	4 minutes

- a. **First Violation – Time Penalty.** A variable time penalty shall be imposed for the first violation of these Rules in which a time penalty is expressly authorized.
- b. **Second Violation.** For a second violation of these Rules the athlete shall be disqualified from the event and shall be required to immediately withdraw from the race and vacate the course. Any athlete who fails to withdraw from a race and continues on the course after being disqualified shall be suspended from membership in USA Triathlon and barred from participation in any USA Triathlon sanctioned event for a period of one year.

3.7B Assessment of Time Penalties/Conduct of Athletes. All variable time penalties imposed under Section 3.7A shall be assessed in accordance with this Section. Except as otherwise provided herein, any violation of or failure to comply with this Section 3.7B shall result in disqualification.

- a. **First Violation – Stop and Go System.** Unless a Penalty Area System is being used pursuant to subsection (b), an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall safely pull over to the side of the bicycle course and shall come to a complete stop, placing both feet on the ground. An athlete charged with a violation while in transition or on the run course shall come to a complete stop. The race official shall properly mark the athlete’s race numbers and the athlete shall remain stopped under the direction of the race official for a period of time equal to the applicable variable time penalty. When the official indicates that the time penalty has expired, the athlete may continue with the race.
- b. **First Violation – Penalty Area System.** Notwithstanding subsection (a), if a Penalty Area is being used in the event, an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall (1) safely decrease speed while maintaining a straight line of movement, (2) come to a complete stop, and (3) place both feet flat on the ground while completely stopped. The race official shall properly mark the athlete’s race numbers and allow the athlete to continue with the race. After completing the bicycle course and properly securing the bicycle, the penalized athlete shall immediately report to the designated penalty box or penalty area, which shall be located within or adjacent to the transition area (the “Penalty Area”). The penalized athlete shall remain in the Penalty Area for a cumulative amount of time equal to the variable time penalty assessed against the athlete. After such time has expired as determined by race officials, the athlete may exit the Penalty Area and continue with the race. Any time served in the Penalty Area shall become incorporated into the athlete’s official time for the event. An athlete charged with a violation while in transition or on the run course shall be directed by the official to serve the penalty either in place or at the Penalty Area.
- c. **Penalty marking.** For any first violation, the race official shall apply a visible diagonal mark across the face of each race number worn by the penalized athlete. For any second violation, or for any violation which results in disqualification, the race official will apply a second visible diagonal mark across all the athlete’s race numbers resulting in an X shaped mark.
- d. **Penalty Area Conduct.** While in the Penalty Area, no athlete shall dress, undress, change uniforms, or adjust any race equipment. Running shoes may be worn into, but shall not be carried into the Penalty Area. While in the Penalty Area, no athlete shall accept any form of aid or assistance, including food, drink, or equipment, from any other person, including race officials. Any violation of this Section shall result in disqualification.

3.8 Acts Warranting Suspension - In addition to other penalties which may be imposed at the discretion of USA Triathlon, the following acts may be grounds for suspension for a period of time designated by USA Triathlon:

- a. A flagrant or willful violation of the Competitive Rules;
- b. Gross or continued unsportsmanlike conduct;
- c. Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
- d. Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to USA Triathlon, the Board of Hearings and Appeals, or race officials;
- e. Intentionally participating in an event despite failure to register;



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- f. Repetitive or recurring violations of the Competitive Rules;
- g. Failure to notify a race official after withdrawing from a race;
- h. Violation of the Medical Control Rules as set forth in Article VIII;
- i. Refusal to abide by the final determination by USA Triathlon of any matter relating to these Rules or the sport of triathlon; and
- j. Any act which disgraces or brings discredit to the sport of triathlon.

3.9 Effect of Suspension. Any person suspended from membership in USA Triathlon shall be ineligible to participate in any USA Triathlon sanctioned event and shall be disqualified from any USA Triathlon sanctioned event during the suspension period and until such time as that person has applied for and received written notice of reinstatement from USA Triathlon.

3.10 Reinstatement. Any person who has been suspended must apply in writing to USA Triathlon for reinstatement after or immediately preceding expiration of the suspension period.

3.11 Notice of Disciplinary Actions. Any person reprimanded, censured, suspended, or expelled from USA Triathlon shall be entitled to receive reasonable notice of such disciplinary action.

3.12 Acts of Agents. The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules.

CLYDESDALE / ATHENA ATHLETES - Alpha Win Sprint, Olympic, & Half distances within the Alpha Win Triathlon Series are open to Athletes wishing to compete in the Clydesdale/Athena Category. There will be four categories with the same start and cutoff times:

- Clydesdale (Men 220lbs+): 39 and under, 40 and above
- Athena (Women 165lbs+): 39 and under, 40 and above

MILITARY ATHLETES - All active and retired military personnel receive 15% off registration for all Alpha Win Triathlon Series events. There will be two categories (male and female) with the same start and cutoff times.

PHYSICALLY CHALLENGED ATHLETES - All distances within the Alpha Win Triathlon Series are open to Physically Challenged Athletes. We have male/female special awards - different race category as well.

DIVISIONS - Divisions for the Alpha Win Triathlon Series will be based on five year age groups for both male and female athletes starting at age 17 and under and continuing until 85+. In addition to the five year age group scoring for the Alpha Championship, each of the events within the Alpha Win Triathlon Series will follow USAT age group breakouts for sanctioned rankings.

USAT ATHLETE EXCESS MEDICAL POLICY - The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USAT sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USAT sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross, Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email Sanction@USATriathlon.org for a copy of the form.
- Athletes will pay a deductible. All claimants will pay anywhere from \$250 USD (two-hundred and fifty U.S. dollars) to \$1,000 USD (one thousand U.S. dollars) out-of-pocket and possibly more for uncovered expenses.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased a USA Triathlon annual license or one-day permit and were injured through participation in a USA Triathlon sanctioned event. Please email questions to Sanction@USATriathlon.org.



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