

## KOS HEAD REFEREE PRE RACE MEETING

Introduce the officiating team by name and position.

Explain how the athletes can identify the officials.

Current water temperature is -----

### SWIM

1. You can use any stroke you like during the swim. There may be many reasons why you have to touch the bottom (i.e. you swallowed water, you are tired...) If you are 11 years of age or younger you are allowed to walk. For those 12 years of age and older you can rest by standing on the bottom but do not move forward by walking.

THERE WILL BE AN OFFICIAL AT THE SWIM TO MONITOR.

### TRANSITION

1. Spectators can only enter transition if they obtain permission from an official.
2. If you need help ASK AN OFFICIAL.
3. For safety reasons the ends of your bike handlebars must be plugged. If you find duct tape on your bike handles please do not remove it. An official has put the duct tape over the opening to allow you to race today. When you go home you should have someone install plugs to replace the grips before your next race.
4. Do NOT ride your bike in transition.
5. Helmets MUST be done up properly before you unrack your bike. Your helmet MUST remain done up until you have racked your bike.
6. Your bike must be racked in the same position.

AN OFFICIAL CAN ASSIST IN RACKING OR UNRACKING YOUR BIKE

### CYCLE

1. Riding close together is not allowed. This is called DRAFTING. Stay at least 10 meters from the bike in front of you. Imagine a minivan between you and the bike in front of you.
2. If you are going faster than the person in front, you have 20 seconds to pass them. You should call out to the bike in front so they know you are passing.
3. Your upper body must be covered by a swimsuit or shirt on the bike and run.
4. Follow the rules of the road – this means keeping to the right. DO not cross the center yellow line on the road while cycling.

### RUN

- 1 Remember to keep your upper body covered.
- 2 Walk if you are tired.
- 3 Drink lots of water.
- 4 No headphones are allowed on the bike or run.

\*\*If time allows do a “dry run” from swim, through transition, out to the cycle course and back in and out to the run course. Have an official lead and ask if any children want to follow.\*\*

HAVE A FUN AND SAFE RACE!

