



Rules and Regulations Table of Contents

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Swim

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, of at least 10 feet in length. The craft must be capable of supporting two people in the event of an emergency.
5. Athletes can hold onto the escort craft for a rest or while eating/drinking, but no forward motion is allowed.
6. No drafting off another athlete or escort craft is allowed.
7. 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.
8. Escorts must attach the official race number of the athlete to the FRONT of their outermost garment so that it is visible at all times.
9. In an emergency, any athlete/escort needing assistance should wave an arm overhead as a signal for help. Escorts may also use their whistle and flag as a signal for help. Whistles and flags will be provided to each athlete at the time of registration, which must be given to the escort for their use.
10. 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.
11. There will be designated officials following the event and 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.
12. The swim course will be closed six (6) hours after the start of Stage 1. 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.
13. 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 and must be parked in designated areas.
2. Kayaks not being paddled back to the start area must be removed from the swim exit, by the crew, immediately upon arrival; as not to interfere with other athletes exiting the water, the kayak must be deposited in the designated kayak drop zone. Kayaks being paddled back to the start must be moved to the side of the swim exit so as not to interfere with other athletes exiting the water.
3. Change tents are not to be used as personal transition zones. Change 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 Crew Member of another athlete, or athlete, may interfere with another athletes' 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, 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 tandem, motorized or recumbent bike is allowed. Additionally, no device designed exclusively to reduce resistance is permitted on any bike.
2. It is mandatory that your bike or bikes be inspected prior to the start of Stage 1. This inspection may be done by any competent bike mechanic and should include all items on the Bike Safety Inspection Certificate included in the Bike Manual. All repair costs are the responsibility of the athlete and must be paid upon completion of the work.
3. A back-up bike or spare frame may be carried in the support vehicle to be used as needed by the athlete. Switching back and forth is permitted and not limited to one bike. All spare bikes must be inspected prior to the start of Stage 1.
4. 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.
5. Disk wheels may be used. However, use disk wheels at your own risk as the bike course may have severe cross winds.
6. No accompanying riders are permitted on the bike course.
7. During the bike (Stage 1 & Stage 2), drafting or pacing of any kind is not permitted. This includes motorized vehicles.
8. Side by side riding and wind blocking is not permitted.
9. Athletes may only make forward progress while accompanied by their bike.
10. Each athlete must conform to all traffic laws and are responsible for all consequences of any infraction.
11. 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.
12. Each athlete must wear a properly fastened hard shell helmet as required by law in the province of British Columbia.
13. No athlete may wear any device that interferes with normal hearing such as electronic headsets, radios including communication devices, MP3 players or ipods.
14. Stage 2 contains two designated NO FEED ZONES. Zone 1 extends from the start area to approximately 18.5 KM. Zone 2 extends from approximately 98 KM to 111 KM. Accordingly each athlete should enter each zone with at least 1 full

water bottle and 1 spare tube/tire and repair capability. No athlete support vehicle is allowed to stop inside the NO FEED ZONES nor can they trail behind their athlete. Infractions will result in time penalties or disqualification depending on severity of the infraction.

15. 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 his /her own risk and only with clearance from event officials including medical and monitoring personnel.
16. 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. Crawling will result in disqualification for health and safety concerns.
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 and not impeded traffic.
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 KM – 6 hours and 63 KM – 9 hours. Athletes not making these cut-offs 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 ULTRA520K Event. 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. . Any athlete not cooperating with this request will be disqualified and not eligible for any awards nor be allowed into any future ULTRA520K Event. Cut-off times may be adjusted if course conditions warrant.

Overall Course

1. All courses (both 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 keeping on it. It is suggested that each support crew and athlete drive the land course prior to the start of Stage 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 condition.
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 or vehicles or moving vehicles and athletes.

Leap Frog Method of Support:

1. Except in the case of an emergency, the Leap Frog Method of Support is the **only acceptable** method of support.
2. 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.
3. When the support vehicle is passing their athlete, they will not be permitted to slow down and communicate or handoff to their athlete.
4. When the support vehicle is stopping, they must pull off as far to the right as possible on the shoulder of the road.
5. Vehicle flashers must be on as a warning to other motorists while on the shoulder of the road.
6. Support Crew Members must stay on the shoulder to hand off, and should not interfere with other vehicle traffic in any way.

Method:

1. 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.
2. 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.
3. 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.

Support Team

1. Each support team shall consist of at least two (2) adult members and no more than four (4) adult members at all times. Substitutions may be made only if the **Team Agreement Form** 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 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 **Team Agreement Form** 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 also 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 members athlete.
9. One member must be designated Team Captain and this person must be able to speak and understand English.
10. The Team Captain will be the official spokesperson for the athlete and team. As such he/she will be responsible for the 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 Team Captain or designated representative is required to attend all the prerace briefing sessions. All other team members are encouraged to attend.
13. The Team Captain must check in at all start/finish lines. The swim escort must accompany the Team Captain 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 Team Captain 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 Team Captain to notify event officials at the finish line of the athletes' 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 then 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.

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 family doctor before competing.
3. Monitoring of certain indicators may be required 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 will 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 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.

End Message

If a situation necessitates or causes a rule infraction, event officials may make allowances at their discretion.

Event officials may add, remove or alter rules at their discretion.

SWIM, BIKE, RUN AND DRIVE WITH INTEGRITY.

REMEMBER THAT IT IS THE INTENT RATHER THAN THE LETTER OF THE LAW THAT IS MORE SIGNIFICANT.

PARTICIPATE WITH HONOR AT ALL TIMES.