



**2018 Batang Pinoy National Championships
Triathlon & Duathlon Race Information & Technical Rules
September 15-21
Baguio City**

Date, Day, & Time of Event and Eligibility:

- September 19 - Individual Triathlon Boys & Girls
- September 20 - Individual Duathlon Boys & Girls
- September 21 - Mixed Team Relay
- Check-in at 6:00 am
- Races start at 6:45-7:00 am
- Athletes born from 2003-2007 (Triathlon Age 11-15)

Pool swim, closed roads, and track oval run.

Race Distances:

	<u>SWIM</u>	<u>BIKE</u>	<u>Run</u>
• Triathlon 11-12 (boys & girls)	200m	4K	1k
• Triathlon 13-15 (boys & girls)	400-500m	12-13K	3-3.5k
<i>*13-15yrs Distance will be finalized once we do the ocular in Baguio City</i>			
	<u>Run 1</u>	<u>BIKE</u>	<u>Run 2</u>
• Duathlon 11-12 (boys & girls)	1k	4k	1k
• Duathlon 13-15 (boys & girls)	3k	12k	2k
	<u>SWIM</u>	<u>BIKE</u>	<u>Run 2</u>
• Mixed Team Relay (boys & girls)	100m	2.5k	500-600M

Race Rules:

1. Body marking (race numbers) must appear on both upper arms and both legs.
2. Bikes must be racked at the designated spot of the bike rack in the transition area.
3. DRAFTING Legal.
4. Obey traffic regulations and instructions from race officials
5. Treat other athletes, officials, volunteers, and spectators with respect and courtesy;
6. Do NOT use abusive language;
7. Athletes may use any stroke to propel themselves through the water. They may also tread water or float. It is allowed to push off the ground at the beginning and the end of every swim lap.
8. Athletes must follow the prescribed swim course.
9. Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy, but cannot propel themselves forward.
10. In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition.

11. Athlete must wear the swim cap provided by the LOC at all times during the swim. In case the athlete decides to wear additional swim caps, the one provided by the LOC must be the external one.
12. Goggles and nose clips are allowed.
13. Athletes must obey the specific traffic regulations for the event, unless Technical Official advises otherwise.
14. Athlete can Run or Walk; but cannot Crawl.
15. Running with a bare torso & with a bike helmet on, using posts, trees or other fixed elements to assist maneuvering curves, and being accompanied by team members, team managers or other pacemakers on the course are NOT allowed.
16. All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg;
17. Athletes must use only their designated bike rack and must rack their bike properly;
18. Athletes must ensure all unused personal equipment stays within their transition area and is not discarded on the field of play or left in the space of another athlete. If a bin is provided, all unused equipment must be placed beside the bin, on the ground, but in the athletes' individual space. All the equipment that is already used should be deposited inside the bin;
19. Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike.
20. Running shoes can be placed in front of/outside the box as close as possible to the bike rack;
21. Athletes must not impede the progress of other athletes in the Transition Area;
22. Athletes must not interfere with another athlete's equipment in the Transition Area;
23. Cycling is not permitted inside the Transition Area: Athletes must mount their bicycles after the mount line and dismount before the dismount line;
24. Nudity or indecent exposure is forbidden;
25. Only items used during the competition can be placed in the Transition Area during the competition;
26. Athletes cannot stop in the flow zones of the Transition Area;
27. Marking position in the Transition Area is not allowed. Markers will be removed and the athletes will not be notified.
28. An athlete will be judged as "finished," the moment any part of the torso, reaches the perpendicular line extending from the leading edge of the finish line.

Registration:

Registration forms may be downloaded from PSC BP website: <http://www.bp2012.psc.gov.ph/>

For more information, email **Fabie David of TRAP** at fabiedavid@yahoo.com