



**2013 SOUTH AFRICAN TRIATHLON CHAMPIONSHIPS
2013 BUFFALO CITY ITU TRIATHLON AFRICAN CUP**



SUNDAY 17TH MARCH 2013

CLOTHING

- All SA athletes – juniors, AWAD and age groupers – must wear official provincial kit.
- If two piece kit is being worn, same must overlap. The space between the top and bottom may not be visible.
- The athletes must cover their torso for all aspects of the race. The uniform must be worn over both shoulders for the duration of the race.
- Covering the legs below the knees with compression socks are not allowed in the swim segment when the use of wetsuits is forbidden, but is allowed in the swim segment when the use of wetsuits is allowed. It is also allowed in all the other segments

SWIM

- Wetsuits: will be permitted based on the water temperature. Ruling made on race day.
- Only **brightly** coloured swim caps will be permitted – **no** dark blue, dark green, black, white, silver or gold.

CYCLE

Draft Legal: (Junior: 12-15, 16-19)

- Bicycle frames must be of traditional pattern.
- Wheels must have at least 12 spokes.
- Only traditional drop handle bars are permitted.
- Certified clip-on handle bars are permitted but must not extend further than the foremost line of the brake levers.
- Straight forward clip-on handlebars must be joined with a standard bridge piece.
- Brake levers must be mounted on the handlebars.
- Handle bar tube ends must be plugged.

Draft Illegal / non-drafting (AWAD, Age groupers 20+)

- Any wheel is permitted except spinergy blades (in accordance with the ICU time trial rules). Disk wheels will not be permitted if the conditions are windy – provisions must be made for an alternate wheel.
- Only handle bars and clip on bars not extending further than the leading edge of the front wheel will be permitted.
- Handle bar tube ends to be plugged.

Helmets

- These will be checked at bike check-in. No cracked or damaged helmets will be permitted.

RUN

- Torso / upper body to be covered at all times.
- Shoes to be worn – no bare feet.

MEDAL PRESENTATION

- Podium athletes must wear official provincial tracksuit top and bottom plus suitable footwear.

If in doubt of any aspect, please check with the Chief Race Official at race briefing as no athlete will be permitted to compete if they do not comply with the Race Rules