

**BERMUDA TRIATHLON ASSOCIATION
LIBERTY MUTUAL INSURANCE
SPRINT DISTANCE NATIONAL CHAMPIONSHIP
Albuoys Point, Hamilton**

Sprint Distance Race – Non-Drafting or Draft Illegal

The sprint distance race (for both individuals and teams) will be non-drafting.

This means that during the bike portion of the event, athletes may not draft off each other, off a motorbike or off a vehicle.

Athletes must reject attempts by others to draft.

An athlete who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.

What is the Draft Zone?

The draft zone is 10 meters from the front of the front wheel of the athlete in front to the front of the front wheel of the athlete behind (see diagram on the next page). If for example an athlete enters into the draft zone of the athlete in front, the athlete behind will have 20 seconds in which to pass through the draft zone and overtake the athlete in front.

Once an athlete has been overtaken, the overtaken athlete must drop out of the draft zone within 20 seconds. If the overtaken athlete attempts to overtake the athlete who is now in front before dropping back out of the draft zone, the overtaken athlete will be drafting.

Penalties for Drafting

The two draft marshalls on the course will first issue a warning for drafting and if the athlete to whom a warning is given does not drop out of the draft zone, a penalty of 1 minute will be given and will be added to that athlete's finish time. The draft marshall shall notify the offending athlete at the time and inform the athlete that he/she has been awarded a drafting penalty. A second violation for drafting will result in disqualification.

Penalties for drafting cannot be appealed.

Equipment

As the Sprint Distance Race is draft illegal, time trial bikes, aero bars, solid disc wheels and time trial helmets will be permitted.

All athletes should take time to familiarize themselves with these rules, which will be reiterated in the race briefing.

See diagram.



this diagram shows the draft zone – the Sprint distance race is a shorter distance race for these purposes the zone is 10m