

## RACE RULES

Failure to adhere to any of the below race policies will result in a DNQ or race disqualification, without an official time and the ability to formally place or win prize money.

- » All competitors must be registered pre-event via the registration system, sign the waver and compete with a legitimate race bib.
- » All competitors must compete under the registration attached to their name, and not run under any other bib name or number.
- » Bibs or Registrations purchased or acquired outside the official race registration process will be disqualified.
- » Bibs must be worn on the front of the competitor.
- » All competitors must complete the full course for their distance and cross over all timing mats relevant to their race.
- » All competitors must wear footwear to compete.
- » Participants must not bring any animals on course with the exception of accredited support and service animals.
- » All carers / support workers must also register for the race and
- » Wheelchairs and prams are permitted in the last waves of a race. No other form of assisted or recreational transport device is permitted without the written approval of event organisers.
- » Children 5 and under must be accompanied by a registered guardian.

## RACE ETIQUETTE

- » The use of headphones is discouraged in all races for the safety of all entrants.
- » Always follow the directions of all race officials and emergency service personnel.
- » Position yourself at the start line according to the Start Wave you nominated when completing your race entry which is clearly printed on the front of your race bib (the coloured circle).
- » All participants who are walking a distance must start in the last wave.
- » Please do not stop or change directions suddenly.
- » Keep to the left of the course to allow people to pass on the right.