General Guidelines & Rules

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PRE-APPLICATION INFORMATION

Application and Invitation Process

Applications will be accepted up to and including June 16, in the year prior to the event.

*(*Applications may stay open at the discretion of the Race Director).*

The information provided with the application will be crucial. Special emphasis will be placed on the applicant's endurance activities to date, and the demonstrated ability to finish all three stages.

The Application Review Committee will select 55 (Fifty-five) entries in July in the year prior to the event. Selected applicants will receive an Official Invitation by the end of July with the entry fee due by mid-August and the public announcement of the field for the following year at the end of August. Waitlisted athletes and qualified applications in excess of the event maximum places will be advised of their application status. Waitlisted athletes may receive invitations as slots become available, at the discretion of the Application Review Committee.

Special consideration will be given to individuals who have volunteered or crewed in previous UM Australia and other ultra distance events.

The decisions of the Application Review Committee are final.

Qualification for Entry

At a minimum, the applicant must have finished an iron distance event during the 18 months prior to the date applications open. The finishing time for the qualifying event must be under 14 hours and 30 minutes. Other endurance events that show physical and mental capability will be allowed as qualifiers at the Race Director's discretion.

Entry Fees

Entry fees will be charged to the credit card provided at registration after the athlete has been invited to participate in the event and accepted the invitation. After Invitations are issued and payments are taken, the **Refunds & Withdrawals** rules will apply.

The Entry fee covers the athlete and two land crew members (minimum requirement), and includes:

- Breakfast Tickets for Athlete and all crew
- 3 x Award Banquet Tickets (1 Athlete and 2 Crew)
- 3 x Massages (one at the end of each stage for the athlete)
- 2 x Crew T-Shirts
- GPS tracking and/or timing of event
- Finisher medal and Finisher or Participant Award
- Finisher Garment for Official Finishers
- Registration Gift Bag
- Event photos in downloadable web-quality approx. 2 weeks post event

Price does NOT include:

- Any accommodation anywhere
- Transportation to and from Noosa
- Meals, other than those listed as part of the entry fee
- Nutritional needs
- Other race supplies
- Vehicle rentals
- Evening meals in Noosa – venue suggestions will be provided closer to the event
- Expenses associated with additional crew, swim escort and boat requirements.

Full details about purchasing extra meal tickets, etc, will be made available with the Official Invitation and again prior to race week.

Awards

Each Finisher will receive a distinctive award. A Finisher is an athlete who has made each cut-off and completed all portions of the course.

Any athlete who does not reach the designated finish line before the cut-off, but does complete the whole course, will be declared a Participant. Each Participant will receive an award. If you do not complete the whole course, you will declared a DNF.

Disqualified athletes are not eligible for any awards.

All Awards will be presented at the Awards Banquet the day after the completion of Stage 3. The Awards Banquet is an interactive function with a large degree of participation by all in attendance. Athletes, crews, friends and family are encouraged to attend, as the format is unique, and completes the UM Australia experience. Athletes are encouraged and expected to deliver a 2 minute speech at the awards.

Language

Each athlete must be able to either speak and understand English or provide a team member who can speak and understand English and act as a translator between the athlete, other team members, and event organizers. The event organizers will not provide translation services or provide bilingual team members in most cases; this is an athlete responsibility. Athletes cannot rely on these services being available at the event location.

Meals

Two meals are included in the Entry fee:

- Pre-race Breakfast & Race Briefing (attendance is mandatory for all athletes and land crew members), held on the day before the start of Stage 1.
- Awards Banquet, held on the day after the completion of Stage 3 (attendance is not mandatory but highly recommended).

Entry into the awards function is limited to the athlete and 2 crew and will be by presentation of the appropriate meal ticket or wristband. Additional tickets may be made available for purchase if all tickets are

not redeemed by athletes. Unused meal tickets will not receive a credit. The Breakfast function is encouraged as a social event, athlete and all crew are encouraged to attend. There is no charge for this function, but all attendees need to RSVP in the document sent from race organisers to the athlete in the months leading up to the event.

Medical Insurance

It is strongly advised that you take out personal medical insurance for the duration of your stay, especially for international competitors. Under the Australian Health Act, non-Australian residents are not covered for medical costs. If you have an accident you must pay for your own medical expenses. Therefore, we recommend you obtain adequate personal medical insurance.

Please note: if you are transported by an ambulance to hospital and you are not a permanent resident of Queensland, you may be invoiced for the service.

Passports, Customs & Immigration

International entrants will require a valid passport to gain entry into Australia. If you are flying into Australia you will be required to go through both immigration and customs at your FIRST port of entry. Make sure you physically claim all of your luggage and your bike at this time. You can re-check the luggage and bike if you have connecting flights to Sunshine Coast or Brisbane. Your luggage and bike will not automatically be checked in for your flight to Sunshine Coast or Brisbane without clearing customs first.

Planning

The advantages of proper planning cannot be emphasised enough. In addition to making the necessary travel plans, it is crucial that each athlete properly informs, trains, organises and prepares each team member. This includes providing them with copies of event information and keeping them up to date on changes.

Plan to drive the entire land course before the start of the event. Athletes who are utilising local residents as team members are urged to be in contact with them as early as possible to make sure all necessary arrangements, including vehicles, lodging, food, swim escort and craft are in place. No one will be permitted to begin any stage without a complete crew and the required equipment.

Plan to arrive in Noosa by the Tuesday before the event (at the latest) – you will need at least one day before registration to check the course out and ensure you equipment is all ready to go - and depart on the Wednesday after the event (at the earliest).

Refunds and Withdrawals

Your entry fee will need to be paid when you are selected for UM Australia and are processed through the entry portal (currently Race Roster). There is a provided ‘Event Protection’ policy available through the Race Roster entry system provided by a third party. There is a fee for this service to protect your entry fee in the case of your participation being prevented by one of the policies listed conditions.

There are no refund or deferral policies outside of the Entry Protection provided in the entry portal. Please understand that getting athletes to commit to endurance events close to the event is very difficult and your spot often can't be filled once you withdraw.

Registration in Noosa

Athlete Registration will be on Thursday of race week (2 days prior to start) between approximately 9am-4pm in Noosa. Athletes and team members must register in person during those times. To pick-up registration material, each athlete is required to present photo identification, have their bike(s) present for basic safety inspection and complete information about their crew, including name, contact phone number. Every crew member shall have completed the online crew member agreement beforehand or be present at registration to do this. You will need to supply the vehicle model/make/registration number being used for the race. Race materials(race kit, numbering, bibs etc.) will only be issued to those completing the registration process and only those individuals will be allowed to begin Stage 1.

Late Registration is not permitted. Athletes must attend during their allocated registration time. Failure to register will result in forfeit of the entry fee and you will not be allowed to race.

Relay Teams

UM Australia does not have a relay division at this time.

Age/Age Groups

Athletes will be subdivided into ten-year groups, based upon the athletes' age on Day 1. Separate divisions for men and women will be provided.

All participants must have reached their 18th birthday by December 31 in the year of the race (Aus Triathlon rule).

Race Categories

All athletes, whether officially registered by a national governing body as amateur, elite or professional will participate in the age group category.

Sponsors

Without the monetary, product and service contributions of many individuals and businesses, the staging of this event would not be possible. Special thanks and appreciation are extended to each of them. Whenever the opportunity arises, please show your appreciation and patronage.

Support Crew

Due to the length and nature of the event, it is mandatory that a support crew of at least two(2) adult persons and no more than four adult persons, and no more than one vehicle, accompany each athlete throughout all stages of the event. No athlete will be allowed to participate without having a support crew.

Each athlete is responsible for securing, organising, and training their support crew. Each team member, including the swim escort (unless provided for the athlete by the organising team), will be required to provide complete information, including name, contact phone number and a signed crew member agreement. In addition, the crew member who is designated Crew Captain will act as the official spokesperson for the athlete and team and will be required to attend all briefing sessions (other members are encouraged to attend as well).

The athlete entry fee will include the cost of event meals and shirts for two land crew, the minimum crew requirement for the event. Details about purchasing additional meals and shirts will be provided.

It is the responsibility of the athlete to discuss all the expenses of the Support Crew member, travel and accommodation costs can add up, please make sure everyone is clear on wat they are required to pay.

Support Vehicle

Each athlete must arrange/pay for, or bring one vehicle to be used as a crew vehicle throughout the event. Ensure your vehicle is large enough to accommodate all equipment, team members, the athlete, and all their needs. For safety reasons, the use of some large 4WD's (i.e. F250, Dodge Ram etc.), campervans, large vans and trucks is prohibited. Some parts of the course have narrow shoulders and limited room to pull over and these vehicles may impact your ability to service your athlete where/when required or put other crews/athletes at risk. No crew may have more than one vehicle on the course at a time. The support vehicle must have the supplied identification sticker and number applied to it at all times when on course.

Swim Escort and Escort Craft

It is mandatory that each athlete be always accompanied by an escort and escort craft during the swim portion of Stage 1. Athletes can be assigned a volunteer local paddler and surf craft for the duration of the swim, if the athletes require this service, they must advise the Event team of this requirement in the 'Crew information form' supplied to the athlete 3 months out from the event. If you are using your own paddler, please ensure you and the paddler are properly prepared with equipment and experience. Craft are available for hire from Noosa Beach Hire, but make sure you organise this well in advance and come prepared having practiced together in training over distance in open water.

No athlete will be allowed to start the swim and/or continue the swim without their assigned paddler and craft.

Travel and Accommodations

All travel arrangements – air, ground, hotel accommodations and meals - are the responsibility of the athlete. It is important that plans for travel and accommodation be made well in advance of arrival in Noosa. We encourage you to support our accommodation sponsors. A list of recommended accommodation providers will be provided to athletes.

Aus Triathlon

UM Australia is an Aus Triathlon sanctioned event which provides insurance for the event as per their website. Athletes must be members of Triathlon Australia or an international equivalent body. Athletes who are not existing members will be charged a fee when your entry fee is processed to cover the cost of short-term Triathlon Australia membership.

An Aus Triathlon official will monitor the event and is to be shown every courtesy by athletes and Crew.

Unused Items and Extras

There will not be any credits given for unused tickets, massages or other items included in the entry fee. You may order additional meals tickets, crew shirts, etc. with the Official Invitation.

Waitlist Process

Athletes who do not receive an invitation to participate in the event may request inclusion on the waitlist. Athletes on the waitlist will be selected, at the discretion of the Application Review Committee, to replace withdrawing participants.

For more information contact:

Event Coordinator – Jeff Morris +61 439 730 960 jeff@ultramanoz.com

RACE PREPARATION & GUIDELINES.

Bike Equipment Inspection

Any bike(s) and helmet(s) you are using at UM Australia needs to be checked by the technical official at race registration on the Thursday of race week. This is an operational/safety check and IS NOT a full check of the serviceability of the bike. It is the responsibility of each athlete to ensure that all aspects of their bike are safe to the user, other athletes, team members, officials, and the public at all times during the event. Equipment which the officials deem does not meet minimum standards may not be used until the problem is corrected.

Athletes should ensure their bike has been serviced prior to arriving in Noosa, as the inspection is not a service, but a check that your bike is of standard.

A local bike shop in Noosa will be supporting the event to help ensure athletes bikes are of the highest standard to enable them to complete the race. Any parts/repairs are at the cost of the athlete and not covered by the race entry.

Race Briefing

The race briefing held on Friday of race week (refer to the detail on the Schedule of Events) must be attended by the Athlete and the Support Team Captain. Other team members are encouraged to attend, and it is recommended that they do so. Athletes and crews must register before the start of the Pre-Event/Race sessions.

Course

The responsibility for following the official event course rests with the athlete and Crew. No time credits or adjustments in finishing results shall be made for athletes who fail to follow the proper course for any reason. Time penalties or disqualification may result from failure to follow the proper course(GPX files will also be available on request). Every effort will be made to mark each intersection on the course. Detailed course descriptions and route maps will be made available to each athlete and Crew.

Cut-off Times

For safety and insurance reasons, the following cut-off times have been established:

Stage 1	Swim	6 hours
Total Stage 1		12 hours
Stage 2	Bike	12 hours
Stage 3	Run	12 hours
Total Event		36 hours

Any athlete who does not reach the designated finish line before a cut-off will be declared a Participant and will be asked to leave the course if they are unable to reach the finish line within 15 minutes after the cut-off time (at the Race Director's discretion). Athletes may be allowed to continue onto the next stage as a Participant if they cooperate with this request and receive the clearance to do so from event organizers, including medical or monitoring staff if available.

Only athletes who have made each cut-off and completed all portions of the course will be designated as a Finisher.

The Stage 3 Run course has additional cut-offs at 42km - 6 hours, and 63km - 9 hours. Athletes unable to make these cut-offs will be asked to leave the course. Any athlete not cooperating with this request will be disqualified. Cut-off times may be modified if course conditions warrant.

Disqualification

Athletes or team members not adhering to the Rules and Regulations and Guidelines of the event are subject to the athlete being disqualified. Disqualified athletes may not continue on any part of the course except at the sole discretion of event organizers. In any case, no disqualified athlete will receive any Finisher or Participant awards.

Road Rules

Queensland road rules apply to vehicles and bicycles.

Quick links to these rules are http://www.qld.gov.au/transport/safety/rules/nonpowered/bicycle (for bicycles), and http://www.tmr.qld.gov.au/Safety/Queensland-road-rules/Road-rules-overview.aspx (for road rules in general, for both vehicles and bicycles).

Queensland has recently introduced new rules for motorists passing cyclists.
http://www.qld.gov.au/transport/safety/rules/other/cyclists/index.html

No Crew Zones

For safety reasons, certain short portions of the land course will be designated “No Crew Zones”. These are areas where the support team is not allowed to accompany the athlete, nor are they allowed to stop in the zones. Crews are to proceed to the end of the “No Crew Zone” and wait for their athlete to exit the zone. “No Crew Zones” are monitored by event personnel, who are responsible for athlete safety. It is the responsibility of the support crew to ensure that their athlete is prepared to look after their own hydration, nutritional and minor mechanical problems, including flats, while in the “No Crew Zones”. It is recommended that the athlete carry at least one water bottle and one spare tube/tyre while in the “No Crew Zone”. Refer to maps for “No Crew Zones”.

Distances

Day 1	Stage 1	Swim	10.0 km | 6.2 mile
		Bike	145 km | 87.0 mile
Day 2	Stage 2	Bike	276.1 km | 174.6 mile
Day 3	Stage 3	Run	84.3 km | 52.4 mile

Drafting

This is an individual endurance event and drafting of any type, during any portion of any stage, including the swim, is prohibited. Aus Triathlon officials will be monitoring the ride legs and will be applying Aus Triathlon rules for long course events with a 12m draft zone. Good sportsmanship is expected in the swim with no drafting off other competitors or craft in the water. The UM team will be in contact with SLSC water safety teams if there are any problems in the swim.

Aid Stations

Aid stations will not be provided by event officials. Water and limited toilet facilities will be available at the start/finish lines of each stage.

Daily Race Check-In Procedure

At the beginning and end of each stage or segment, each athlete and team captain must check in with event officials who will be located adjacent to the respective start/finish line. In addition, at the start of the swim, the swim escort must check-in along with the team captain to the event officials. Failure to follow this procedure may preclude participation in the event, and in future events.

Communications

Each team must have an operating Australian mobile telephone. Numbers will be listed and distributed to each Crew and event support vehicle. Mobile telephone numbers will be taken at Registration and distributed to every team before the start of Stage 1. Whatsapp must be downloaded to allow for group communications with the organising team also.

Contingencies

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will take place: (1) course modification, (2) postponement, (3) cancellation. If it is unsafe to conduct the swim as scheduled, this portion of Stage 1 may be postponed until the morning following the end of Stage 3. If the event or any portion of it is postponed, modified, or cancelled, there will be no refunds.

Filming

Filming of the event will not be permitted where it is for commercial purposes unless prior written authorisation is obtained from event organisers. Such authorisation may be withheld if the filming conflicts with the granting of other film rights and/or registered logo use. If filming is authorised, a Filming Agreement will be signed by the athlete, crew, and filming party.

Massage

Massage will be available at the end of each stage. Three massages are included in the entry fee. This service is primarily for athletes, but may also be available for a team member if the athlete chooses to forego a massage at the end of a stage. No credits will be given for unused massages and massages must be done at the designated finish line area of each stage.

Medical Support, Monitoring and Studies

Emergency medical assistance will not be provided by event officials; nor is any liability assumed for not providing such. The organiser's ability to provide on-course medical support is very limited due to the distances involved. Emergency medical contacts and information will be provided to each support Crew. Athletes and crew are responsible for reviewing and being familiar with the medical and emergency sections of the Crew manual. Athletes are responsible for their own medical condition and should be cleared by their own doctor before competing.

Monitoring of certain indicators will be available during the event. Athletes will be asked to provide baseline information, and there will be 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 cooperate with the monitoring team.

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 or the athlete being declared a Participant and not a Finisher. Therefore, any fluids used by the athlete must be taken orally. 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.

Qualified medical personnel, who may treat an athlete, shall have the 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.

Independent medical studies may be conducted in conjunction with the event. Participation in these studies will be voluntary.

Parking

Parking is limited in all staging areas. In certain stages there may be a volunteer to direct crew vehicles to appropriate parking areas. In any circumstance, all vehicles must be parked legally and safely off any highway or road, and in such a manner that it does not obstruct the normal flow of traffic or create a hazard to anyone. Do not block private driveways, and be courteous if approached to move your vehicle.

Pacing

Pacing of the athlete is allowed during the run portion of the event only (with the exception of the first 5km), however, the athlete may not be paced by more than one non-competitor at the same time. All pacers must be on foot and wear the official number, or designated item, that identifies them as a pacer. No pacer may do any headwind blocking.

No bicycles, other wheeled vehicles (whether motorized or non-motorized), may be used for pacing purposes by the crew or pacers on the run course (this includes the crew vehicle).

Every athlete must have a pacer for the last 10km for the run (see run section under race rules)

Numbering

- **Swim**: Each athlete must wear the supplied swim cap for the swim portion of the event. The swim escort must wear the athletes' official swim number on the front of the outermost garment or PFD on the body; or on the front of his/her hat so that it is visible to race officials.

- **Bike**: Each athlete will receive a bike sticker and helmet sticker. The bike sticker is to be placed around the seat post so that it can be read from the side and the helmet sticker on the front of the helmet.

- **Run**: Each athlete will be given one numbered race bib to be worn on the front so that it is always visible. The pacer will be given a race bib to identify them as a pacer. The bib is to be worn anytime the pacer is on the course and must be visible from the front.

- **Vehicle**: Each team will be given two numbers to affix to the crew vehicle. The first is to be affixed to the lower right (driver's side) of the back windshield. The second should be affixed to the lower left (passenger's side) front windshield. The main crew vehicle sticker shall be installed on the rear window and remain there for the entire race (this is a QPS, TMR requirement of the race permit).

Numbers identify official athletes and teams, and must be clearly visible at all times. Numbers must be worn as directed by event organizers. No alteration of any numbers is permitted.

Prohibited Aid, Equipment & Substances

No athlete will be permitted to use fins, snorkels, paddles, or any flotation device during the swim; likewise, no swim escort will be permitted to use any sail craft or motorized craft or any escort craft not suited to the conditions.

Athletes (and pacers during Stage 3) may not use any device that interferes with normal hearing or provides any independent means of forward motion.

No team may utilize more than one support vehicle.

No athlete or team member may use any illegal or otherwise banned substances at any time during the any portion of the event.

Penalties

Penalties will be levied for infractions and/or misconduct. Penalties will normally consist of time penalties assessed against the athlete at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions.

Time penalties consist of 6 minutes for the first infraction and 12 minutes for a second infraction. The third penalty equals disqualification from the event. Penalties are cumulative for all three days. The Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation of the race. The Race Director has ultimate authority in regard to all rules, their interpretation, and their enforcement. All entrants and their support crews willingly acknowledge this fact, as well as all other race rules by attending the race in any capacity.

Protests

The Team Captain will be the person responsible for submitting any official protest on behalf of the athlete or team member(s) as the result of misconduct by another athlete or team. Such protest must be in writing and filed within 30 minutes after finishing the stage in which the alleged incident occurred.

Safety

Safety is the primary consideration for athletes and their support teams, and you are required to follow the guidelines and regulations throughout the event. This event requires tremendous individual endurance and stamina, and the risk of accident, injury, and illness may be present throughout all three stages.

Proper training, well maintained and appropriate equipment, good judgment, respect, common sense and courtesy will be crucial in making this a safe and successful event. If an emergency situation necessitates or causes a rule infraction, event organizers may make allowances in the interest of promoting safety.

Teamwork and Team Conduct

Although this event will be one of individual endurance, no one will be able to finish it without the cooperation inherent in good teamwork. Each support team will be required to provide for their athlete's needs and must not hinder or interfere with another athlete or team at any time. On the other hand, the underlying philosophy of this event is to encourage and promote the spirit of camaraderie with respect for all. Therefore, honesty, good judgment and sportsmanship are all integral parts of the event and will be expected of everyone at all times.

No athlete will be able to compete or continue to compete in the event in the case of a Support Team abandoning the race. No Athlete or Support Team Member shall mistreat or abuse either physically, verbally or mentally anyone connected to the event. No Athlete is to ask any member of any Support Team to take any action that would contravene the Rules and Regulations, Guidelines, or the spirit of competition of UM Australia; doing so would lead to immediate disqualification and removal from the event.

Any Support Team member or athlete that feels they have a complaint against any individual is to bring their concerns to the Race Director at the earliest possible opportunity so that it may be dealt with as quickly as possible. Do not wait until the event is over.

Trademark and Event Logos

The event name and logos are registered trademarks, which may not be used or reproduced in any manner without prior written consent from the Race Director. Logos may only be used in direct connection with the event and may not be used in any way for commercial gain. Athletes may make copies of pertinent written materials in connection with preparations for the event; however, such copies are for personal use only and may only be distributed to bona fide team members who may not reproduce them in any manner thereafter.

RACE OPERATION & RULES

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.

2. Traffic lights must all be obeyed.

3. All traffic signs, signals and Queensland road rules must be obeyed.

4. 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 available at the start and finish areas of each stage where practical, however athletes and crews should not rely on such facilities being made available.

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. Each course will clearly marked by the UM team, however it is the athlete's 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.

7. 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.

8. Glass containers are prohibited outside the support vehicle and may not be used by any athlete or pacer.

9. No athlete may receive assistance from anyone or anything, which directly advances their position or contributes to their forward motion.

10. 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.

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, flotation 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. The craft must be suitable for use in open water and capable of supporting two people in the event of an emergency.

5. Unaccompanied athletes will not be allowed on the course and will be removed by event officials.

6. Athletes can hold onto the escort craft for a rest or while eating/drinking, but no forward motion is allowed.

7. No drafting off another athlete or escort craft is allowed.

8. 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.

9. Each escort and athlete must closely accompany one another throughout the swim.

10. Escorts must attach the official race number of the athlete to the FRONT of their outermost garment so that it is always visible.

11. In an emergency, any athlete/escort needing assistance should wave an arm overhead as a signal for help.

12. 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.

13. There will be designated officials following the event and one warning for any infraction of the swim rules. A second warning will result in disqualification from the race. There will not be a third warning, this is due to the priority of staff on the swim being athlete safety not rule monitoring.

14. 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.

15. Event officials reserve the right to alter the cut-off time for the swim if water and/or weather conditions warrant such an alteration. However, the total twelve (12) hour cut-off 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. Escort craft must be removed from the swim exit by the crew immediately upon arrival; so as not to interfere with other athletes exiting the water. It is the crew responsibility to remove the craft from the beach and store/remove it safely. Prepare for this as part of the transition activity by the support crew.

3. Change areas are not to be used as personal transition zones. Change areas are for modesty only and are to be used for that purpose. Crews leaving athlete clothing, equipment and supplies inside the change area 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 are permissible.

6. Event officials may administer bike equipment checks, including helmets, as part of the transition process. Bikes may be checked to ensure they were the bike inspected during registration on Thursday.

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 the athlete touches their bike.

Bike (Stage 1 & 2)

1. No motorized or recumbent bike is allowed. All equipment is to meet ITU standards. (Tandem bikes are permitted at the discretion of the Race Director).

2. Each athlete may only use bike(s) that were presented for safety checks at Registration. A spare bike may be made available but swapping to a spare bike is only for the event of a mechanical defect while the race is underway, and the crew should notify the UM team that this has happened. An athlete may not swap bikes more than once during any single day.

3. 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.

4. For additional athlete safety, at all times on Day 1 and Day 2 bike legs you must have the following:

    a. a flashing or steady white light that is clearly visible for at least 200m from the front of the bicycle
    b. a flashing or steady red light that is clearly visible for at least 200m from the rear of the bicycle

5. Disc wheels may be used. However, use disc 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. Push-offs of any kind are not permitted. Likewise, any propulsive action by head or hands is prohibited.

10. Each athlete must conform to all traffic laws and are responsible for all consequences of any infraction.

11. The athlete number should be clearly visible on both the seat post sticker and helmet sticker.

12. Each athlete must wear a properly fastened hard shell helmet as required by law in the State of Queensland. Such helmet must have passed the Bike Inspection.

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. The bike courses for Stage 1 and Stage 2 will be CLOSED 12 hours after the start of each stage. Any athlete reaching the finish after the cutoff will be declared a "Participant". Athletes may be allowed to start the next stage at their risk and only with clearance from event officials including medical and monitoring personnel.

15. 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 bib that identifies them as a pacer.

4. No pacer may do any headwind blocking.

5. Pacers may hand off hydration and nutrition to the athlete.

6. No bicycles or other wheeled or motorized vehicles other than the crew vehicle may be used by crew members or pacer on the course.

7. There are sections of the course where the athlete is required to run on a public road. Athletes must run on the shoulder of the road, facing the oncoming traffic.

8. 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.

9. If the athlete exhibits signs of substantial fatigue, one crew member must accompany them.

10. All athletes must be accompanied by a pacer for the last 10km of the run (from where the run turns inland at Sunshine Beach). This is for athlete safety and navigation. At the end of 3 days, fatigue sets in and the UM team has implemented this requirement for the safety of athletes due to previous incidents.

11. The Run Course will be CLOSED 12 hours after the start of Stage 3. Any athlete reaching the finish after the twelve (12) hour cut-off will be declared a "Participant".

12. In addition to the final cut-off time of 12 hours, the run course has two additional cut-offs at 42km - 6 hours and 63km - 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 Ultraman Event. Cut-off times may be adjusted if course conditions warrant.

13. 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 Ultraman Event. Cut-off times may be adjusted if course conditions warrant.

Crew 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 **Leap Frog 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 and will subject the athlete to time penalties and/or disqualification.

5. No vehicle may follow behind any athlete except in an emergency. In that case, flashing hazard lights 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 (Leap Frog Method) must continue assuming the athlete is in a situation to do so.

6. Flashing hazard lights 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 and will subject the athlete to time penalties and/or disqualification.

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 **Crew member Agreement Form** is signed by the substitute beforehand.

2. Support team members must wear high visibility vests at all times when they are outside of the vehicle.

3. Support team members must exercise extreme caution throughout all stages of the event for their own, and the athletes' protection.

4. 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.

5. Each support team member will be required to (a) provide his/her name, address and phone number and (b) complete a **Crew Member Agreement Form** prior to the start of Stage 1.

6. Two support team members must have valid driver's licenses, so that in the case of an emergency, the second team member can drive the support vehicle.

7. One support team member may be the swim escort and also a member of the land crew. Should the swim escort not be part of the support team beyond the swim leg, they are not counted in the 2/4 team member count.

8. 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.

9. 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 member's athlete.

10. One member must be designated team captain and this person must be able to speak and understand English.

11. The team captain will be the official spokesperson for the athlete and team. As such, they will be responsible for the team and its actions.

12. Costs and arrangements for the procurement, training, outfitting, transportation and housing of the team are the responsibility of the athlete.

13. The team captain or designated representative is required to attend all the prerace briefing sessions. All other team members are encouraged to attend.

14. The team captain and/or athlete 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.

15. 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.

16. No team member may interfere with or obstruct another team or athlete, roadway traffic, or cause any public inconvenience.

17. 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.

18. 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.

19. All handoffs and/or aid of any kind must be given to the athlete while the vehicle is parked off the roadway, with flashing hazard lights on, and the team member is standing on the shoulder of the roadway.

20. Crews are not allowed to stop in designated NO CREW ZONES. Crews should ensure that their athlete is prepared to travel through NO CREW ZONES unassisted, including being prepared to fix flats and minor repairs as required and carry at least one water bottle and nutrition. NO CREW ZONES will be monitored and marshaled by race officials. Violations will result in penalties and possible disqualification depending on the severity of the violation.

21. Any team captain whose athlete is unable to make a cut-off should contact one of the UM team and 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 cut-off 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 Crew captain to notify event officials at the finish line of the athletes' status as soon as possible.

22. 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.

23. The role of the support team is vital to each athlete 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 member's safety and well-being of all is extremely crucial and will be required. Since team members will be the athlete's lifeline providing nutritional, technical, medical and equipment support, the need for adequate preparation and supplies, especially ice and water, should not be underestimated.

24. Crew should read and familiarize themselves with the 'Crew Manual'. This document isn't rules, but is guidelines and suggestions from the UM team and previous crew/athletes that will help you be successful in your role.

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 and will subject the competitor to time penalties and/or disqualification.

3. When the Crew vehicle is passing their athlete, they will not be permitted to slow down and communicate or handoff to their athlete.

4. When the Crew vehicle is stopping, they must pull off as far to the left as possible on the shoulder of the road.

5. Vehicle hazard lights 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:

   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.

   Once the support vehicle catches up to the athlete, 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.

   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.