



EVENT RULES

1 General

- a. The Event Organisers are 3D Events and Vaughan Robinson via Swim Run Jersey. They may appoint or delegate responsibilities to other third parties for the safe and efficient running of the Event in their sole and absolute discretion.

2 Entries

- a. All entries **MUST** be made fully through Race Nation.
- b. Entry fees are non-refundable unless the Event Organisers cancel the Event without reasonable excuse or materially move the date of the Event.
- c. Incomplete or entries containing false information **MAY** be rejected by the Event Organisers. In particular Participants **MUST** disclose dietary requirements, medical conditions and/or injuries when registering (and ensure they are appropriately updated) which could impact the Event Organisers ability to ensure their or others' safety.
- d. Entries are non-transferrable from any of one person/distance or date to another.
- e. Solely at the discretion of the Event Organisers, substitutions of one team member may be allowed, although the substituted competitor accepts any personalised items already ordered by the Event Organisers may not be appropriate to them.
- f. All Participants and volunteer marshals must be over 18 years of age on the date of the Event, **EXCEPT** that Participants may enter the Experience distance course provided they are over 15 years of age on the date of the Event **AND** a parent or guardian is in attendance at the Event throughout.
- g. Participants should only enter the Event if they are reasonably confident in their ability to complete the proposed course within the advertised time limits. Participants should use their own reasonable judgement during the Event to reassess this point and should alert the nearest marshal if they decide to withdraw or are in any doubt.
- h. Participants **MUST** attend Registration and the Safety Briefing as advertised by the Event Organisers.
- i. Participants acknowledge that by entering they confirm that they are fit and able to complete the proposed course, will follow the organiser's and marshals' instructions, compete with due care and attention to other competitors and third parties and will not hold the Event Organisers (and/or

other organisers, marshals, spectators, associate entities and other competitors) responsible for any financial loss, damage or injuries (including fatal ones) as a result of participating.

3 Course

- a. The event course(s) will be made available to all Participants prior to the Event. While the course will be marked and volunteer marshals will be on the course, it is competitors responsibility to ensure they follow the correct route.
- b. The Event Organisers reserve the right to amend the course.
- c. Competitors MUST follow the official course, which includes swimming (only) between each swim entry and exit points (or as directed by marshals and/or safety cover) and running (or walking) at all other points.
- d. Any changes to the Event course(s) to accommodate (for example but not limited to) changes in weather conditions will be communicated to competitors as soon as reasonably possible.
- e. Participants MUST arrive at each designated check point BEFORE the advertised cut off. Any Participants who arrive AFTER an advertised cut off MUST withdraw from the Event by handing over their race vests. Marshals will offer reasonable assistance to help participants to leave the course.
- f. Participants are responsible for ensuring that their race numbers have been recorded by the check point marshals.

4 Conduct

- a. Participants should read and familiarise themselves with these Event Rules.
- b. Participants should acknowledge they are sharing the course with the general public and should be both courteous and polite at all times.
- c. Gates found open should be left open, gates found closed should be properly closed.
- d. No littering is allowed ANYWHERE on the course. Within reason if you see a piece of litter which you think may have been dropped by another competitor, please pick it up and dispose of it either in a bin or at a check point.
- e. Participants who are racing as part of a team MUST remain within 10m of each other at all times.
- f. Participants should adhere to WADA rules and should not be intoxicated at any time during the race.
- g. Participants should be considerate of their fellow competitors and should offer assistance in an emergency even if this sacrifices their own race.

5 Equipment

- a. Participants MUST wear suitable footwear, carry a reusable cup or bottle and carry a whistle.
- b. Participants MUST wear the race vest and, while swimming, the swim cap (both provided by the Event Organisers).
- c. Participants MAY be required to carry or wear timing or other positioning equipment.

- d. With the exception of the Experience distance course, Participants MUST wear a wetsuit suitable for cold water (10C) conditions. For the Experience distance course a wetsuit is still recommended.
- e. Participants competing solo MUST carry a tow float (a pull buoy does not count) with them at all times (it must be inflated while swimming).
- f. Participants MAY use paddles, pull buoys, fins (not extending more than 15cm beyond their toes) and other floats (not exceeding 100cm by 60cm).
- g. Participants MAY NOT use any powered propulsion devices.
- h. Participants MAY carry any amount of nutrition/hydration with them.
- i. Participants MAY NOT receive any outside assistance including nutrition/hydration EXCEPT from marshals at designated check points OR as otherwise agreed in advance due to medical conditions.
- j. Participants accept full responsibility for any bags left with the Event Organisers.

6 Results

- a. The Event Start Time will be the time(s) recorded by the Event Organisers when the start is sounded.
- b. A competitor's finish time will be the time from the Start Time to the time when they or both they and their team mate have crossed the finish line of the Event distance they entered.
- c. Results, including any team name, gender(s), competitor names and times will be published as soon as reasonably possible after the event. Some results may also feature in articles and reports as deemed necessary by the Event Organisers for the promotion of future events and reporting of the current event.
- d. Any mistakes or omissions should be communicated to the Event Organisers as soon as possible to allow for any revisions.
- e. Any appeals against another team or solo competitor's adherence to these Event Rules must be made as soon as reasonably possible and MUST include:
 - i) the race number of the competitor(s) involved, ii) the rule breached, iii) where the incident(s) took place and iv) details of any witnesses who can corroborate the appeal.
- f. Any team or solo competitor can be withdrawn from the Event at any time if, in the sole discretion of the Event Organisers, their continued participation puts either themselves or others at risk. If one member of a team withdraws then the other team member must do so also.
- g. Any team or solo competitor can be disqualified from the event at any time if, in the sole discretion of the Event Organisers, they have breached these Event Rules.

7 Rights

- a. The Event Organisers assert exclusive right to all official photographs and video (in whatever format they are stored) of the event (even if made freely available) and may use these for the promotion of and reporting of the current and future events.

8 Decisions

- a. Any decisions regarding disqualification or forced withdrawal from the Event will be at the sole discretion of the Event Organisers (taken in conjunction with the Race Director, volunteer marshals and other third parties as the Event Organisers deem appropriate).
- b. Decisions made by the Event Organisers will be final.