

General

- Register on-line from the website
- Ensure you indicate if you need a rented bike (50 LE)
- Pay your fees (50LE) to your School Contact
- Get pledges and sponsorships before the Tri day; use the form from the website
- Sign in on the day to collect your number and tri package, and submit your pledges and sponsorships

*****Adult participants should come in their swim gear ready to start***

Swimming

- You must wear a swim cap and proper swim gear
- Swimming will be width of pool and not length

Biking

*****you must be able to ride a bike to enter; this is not for non-riders***

- You must wear a helmet
- Personal bikes will be marked with a color sticker and your number which will be given to you at **Sign In**; place this on your bike before the challenge begins
- After each lap, call out your number so your “counter” marks your lap

Running

- After each lap, call out your number so your “counter” marks your lap

Individual Challenge

- If you have different shoes for biking and running, submit your running shoes at **Sign In**, they will be at the biking station with your number
- At the swimming pool place your biking clothes and shoes in your numbered basket, with your personal helmet (if you have one)
- Run to biking station, select a rental bike or collect your personal bike, and a helmet, if needed
- After completing your biking laps, place your bike in the bike station and continue to the track to run your laps
- After running your laps, immediately go to the middle of the track to record your time

Team Challenge

- After completing the swim challenge, the swimmer will “touch” the bikers hand in the determined transition area on pool deck
- The biker will run to the biking area to retrieve their bike and ride their laps
- After completing the biking laps, the biker will place their bike in the bike station and “touch” the runners hand in the determined transition area near the track
- Runners will run their laps to the finish line and immediately go to the middle of the track to record their time

Good Luck!