

Ishigaki Triathlon Local Rules Quiz

(Answer each question and submit this form at Registration on April 15th, Saturday)

One form per athlete and relay team

***YOU MUST ANSWER ALL CORRECT TO RACE.**

Q1. Ishigaki Triathlon is a draft-illegal race. The bicycle draft zone will be X meters long measured from the leading edge of the front wheel. A maximum of 20 seconds will be allowed to pass through the zone of another athlete. What is X?

- A) 5m B) 7m C) 10m D) 12m

Q2. When you start bike portion, you must fasten your helmet strap:

- A) before you unrack your bike.
 B) after you rack your bike and while you are on your bike.
 C) after you rack your bike and within 100meter after you mount your bike.

Q3. When to wear a helmet

- A) I do not need to wear a helmet during bike familiarization.
 B) I must wear a helmet when I am on my bike but I don't have to fasten the strap.
 C) I don't have to wear a helmet during bike familiarization if the weather is hot.
 D) I must always wear a helmet for both bike familiarization and race.

Q4. DNS and DNF

- A) If I decide to race or continue to race, the race organizer cannot stop me.
 B) The race organizer has a right to stop me to race if I am not in healthy condition or under the influence of alcohol.
 C) If I am less than 50 meters to swim finish, I can continue to swim even if marine rescue indicates me to DNF.
 D) If I have a flat tire during bike, the time limit will be extended by 10 minutes.

Q5. Where are the dangerous spots on bike course?

- A) The right turn after Southern gate bridge (just after the bike start) downhill and the curve around 11km point
 B) The right turn after Southern gate bridge downhill and 21km point before uphill
 C) The right turn after Southern gate bridge downhill and the left turn after 31km point downhill
 D) The right turn after Southern gate bridge downhill and the crossing in front of City Hall (1km to bike finish)

Q6. Which answer is correct about Swim?

- A) Wetsuits are mandatory only if water temperature is 20 degree Celsius or below.
 B) If I am not confident to swim, I can ask to apply skip system before swim starts and I can start to race from bike portion.
 C) If I need help, I wave both hands to send a rescue signal.
 D) I can rest on course loop and buoys and also hold on to them to proceed.

| | | | | | | |
|----------|-----|-----|-----|-----|-----|-----|
| Question | Q 1 | Q 2 | Q 3 | Q 4 | Q 5 | Q 6 |
| Answer | | | | | | |

Bib number _____ Name _____

*Bib number is printed on the envelope label *for relay team, print representative name