



45 Kms. Competencia Contra Reloj Road Time Trial



TIME TRIAL COMPETITION RULES 45KM

A- ROUTE

1. The course starts from Central Vallarta (Km 15+500 Puerto Morelos – Leona Vicario), with turnaround at the town of Leona Vicario, Km 21+450 (in the central park of the town) and back to Central Vallarta, Km 43+190.

B- CIRCUIT

2. Start and Finish at the same point.
3. As it is a road with little traffic flow, it will be open to normal traffic. On entering, traffic will be advised to take extra precaution.

C- STARTING ORDER

4. 200 competitors or less; riders will start at 60 seconds intervals
5. 201 competitors or more; riders will start at 30 second intervals
6. **The starting order will be based upon the following:**
 - a. Age category
 - b. Female
 - c. Male
 - d. Road bicycle or hybrid.
 - e. TT bicycle (triathlon or Time Trial).
 - f. The 15 fastest competitors of 2012, will start at the end.

D- REGISTRATION

8. Since all participants will compete in specific age and bike categories, registrations are NON-TRANSFERABLE. A participant competing in name of another will be disqualified.

E- BICYCLE RESTRICCIONS ACCORDING TO CATEGORY:

9. The following Bicycles will be considered as **Triathlon or TT bicycles**:
 - a. Any bicycle built for triathlon, TT or road bikes, with triathlon handlebars or aerobars (including 650C y 700C wheels).
 - b. Road bikes with wheels with less than 12 spokes and/or 30mm rims or more.
10. The following bicycles are considered as **Road Bikes**;
 - a. Any bicycle built as road bike (including 650C y 700C wheels). **WITHOUT AERO BARS**
 - b. Road bicycles with more than 13 spokes and/or rims smaller than 30mm.
 - c. Road, MTB or Hybrid bicycles with straight handlebars R26, R29, 650C or 700C wheels
 - d. MTB bicycles or Hybrids with aerobars
 - e. MTB bicycles or hybrids with slick or knob tires
11. The following bicycles are considered **illegal Bikes** and are not allowed to compete:
 - a. Road or triathlon bicycles with wheels smaller than 650C.
 - b. Mountain bikes with 24" wheels or smaller
 - c. Bicycles without front and/or back gears
 - d. Bicycles with pedal brakes or no brakes

12. FAILURE TO COMPLY WITH THESE RESTRICTIONS WILL BE PENALIZED WITH 5 MINUTES

F- START

13. All bicycles will be checked 5 minutes before lining up to start. The liability waiver will also be verified. If rules are not met, there **will be a penalty of 5 minutes**
14. The start line may not be exceeded until the start signal is given.
15. Use of helmet is mandatory. The lack of a helmet will lead to disqualification.
16. The competitor must start from a standing position with one foot on the pavement
17. The use of iPods, recorders, CD players, radios, cell phones and/or any other device that includes headphones or speakers is prohibited. The use of these devices will lead to disqualification.

G- TIMES

18. Participants will be flagged off in 60 seconds intervals (or 30 seconds in the case of more than 201 competitors). If the competitor is late to the starting time, will be placed at the end of the starting list and **will be penalized with 10 minutes.**
19. Countdown will be out loud and done by a Time Keeper.
20. Starting announce will be: "5-4-3-2-1-START" (word "START" will be the starting signal). **starting before will apply 2 minute penalization**
21. The competition will be concluded at the moment the front Wheel passes the finish line.
22. Timing will be manual (+/- 2 seconds margin of error), at the place of start and finish.

H- COMPETITION PROCEDURES

23. Judges will be located at strategic points along the route to verify compliance with the competition rules and accounting for the competitors and their times.
24. The road will be open to traffic. Competitors and any assistance vehicle must at all times stay at the right of the lane, respecting normal traffic rules.
25. Drafting is not allowed.
26. If one competitor overtakes another, must pass as wide as possible (at least one 4ft, but staying on the right side of the road) and no shelter may be given or received.
27. Competitors may not help each other or push each other
28. penalization for points 25, 26 y 27 will be 3 minutes, relapsing means disqualification.
29. Hydration during and at the end of the time trial is responsibility of the competitor

I- PROTECCION AND SUPPORT VEHICULOS

30. It is up to each competitor to be accompanied or no by a support vehicle
31. Only one support vehicle is allowed per competitor
32. Support vehicles may be a automobile, pick-up or motorbike
33. For security reason, only 2 people are allowed on a motorbike. The organizing committee can locate a judge in one of the support vehicles if considered necessary.
34. Radio communication between competitors and support vehicles is NOT allowed
35. It is not allowed to provide beverages or food to the competitors from the support vehicles
36. For security reasons the support vehicle has to be at least 10 meters behind the competitor
37. It is strictly forbidden for the support vehicles to ride aside or in front of the competitor. This will lead to disqualification
38. Penalization for points 34, 35, 36 and 37 will be disqualification.
39. All support vehicles must drive with their intermittent lights on
40. In case a vehicle is reached by another competitor, the vehicle must stop 50 meters before reached by the cyclist and let him/her pass by including any help vehicle and stay behind them until back in position
41. A support vehicle may not obstruct any other competitor or place itself in between 2 competitors until there is at least 60 meters between competitors
42. Support vehicles may offer support in case of mechanic problems, flat tires or accidents
43. Competitors and support vehicles may carry spare parts and the support vehicle may help in case of a flat tire

J- DISQUALIFICATIONS AND PENALTIES

44. A competitor which starts before his time will receive a penalty of 3 minutes
45. Not complying with any rule on 2 occasions will lead to disqualification.
46. Rules should be respected as well by the competitor as the spectators. In case of not complying with the rules or offensive behavior, the organizing committee has the power to disqualify any competitor it sees fit

K- SUSPENSION OF COMPETITION

47. In case of bad weather or any conditions that the organizing committee sees as reason for cancelation, the competition will be postponed to a later date. The decision to postpone may be taken on the day of the race.

L- ANNEXES

48. Map of the circuit: <http://goo.gl/maps/9Jl6K>