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 Registration No: PV 120429

## Pro-Am Tri Series 2022 Rules and Regulations

### General

ProAm Tri Series consists of 3 different races:

	Category	Swim	Run	Bike	Run
<b>Aquathlon</b>	Adult Solo (Men, Women)	600 M	5 Km		
	Adult Relay (Men, Women, Mixed)	600 M	5 Km		
	Teen 13 to 17	300 M	2 Km		
	Kids 8 - 12	100 M	800 M		

<b>Duathlon</b>	Adult Solo (Men, Women)		2.5 km	20 km	5 km
	Adult Relay (Men, Women, Mixed)		2.5 km	20 km	5 km
	Teen 13 to 17		1 km	12 km	1 Km
	Kids 8 - 12		400 m	4 km	400 M

<b>Triathlon</b>	Adult Solo (Men, Women)	600 M		20 km	5 km
	Adult Relay (Men, Women, Mixed)	600 M		20 km	5 km
	Teen 13 to 17	300 M		8 km	2 Km
	Kids 8 - 12	100 M		5 km	400 M

- ProAm Tri Series 2022 races are organized in accordance with the organizers' race rules adapted from ITU race regulations.
- The organizers reserve the right to amend the rules and regulations without prior notification.
- The organizers reserve the right to amend the racecourse for safety or operational reasons. Athletes will be notified of such changes in advance.
- Completion of the race entry form is evidence of the participants' agreement to abide by the relevant rules and regulations.
- Whilst every reasonable precaution will be taken by the organizers to ensure the participants' safety, participants partake in this event voluntarily at their own risk and the organizers shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.

- Any disputes arising from the participation in the ProAm Tri Series 2022 races shall be referred to arbitration and to be conducted in Colombo under the law of Sri Lanka.
- At any point of time, for reason whatsoever beyond the control of the Organizers, the Organizers reserve the right to change the racecourse, reschedule or cancel the event/s without any refund of registration fees.
- The organizers may publish any photographs, motion pictures, recordings, or any other record of this race and its participants on their social media platforms or promotion of events. Athletes give the organizers explicit approval to use such material unless athlete requests otherwise.
- For safety or any other reasons, the organizers may place caps on race entries.
- Once the registration form has been duly processed, there will be no fee refund for those who fail to turn up for the race and/or withdraw from it.
- Individual race entries are non-transferable.
- The organizers will not be responsible for any disputes arising from incomplete or wrong entry details given by the participants.
- On-the-spot entries will not be entertained.
- The race registration will only be confirmed when full payment of the race registration fee has been made.
- The Waiver included in the Registration must be dated and signed by all participants.
- All participants should pick up their Race Kits, that include a race bib and a swim cap, at the place and on the date and time defined by the organiser. Participants must show to organizers an NIC or all official documents showing Names and date of Birth. Race Kits will be not delivered on the Race Day. Participants who do not collect their Race Kit will not be allowed to race on race day.
- All participants must attend to race briefing scheduled on the Race Day.
- Categories:
  - Adults : Male, Female, Male relay, Female rely, Mixed Relay
  - Teens: 13-17
  - Kids: 8-12
- Individual ranking :
  - For each participants for each race,
  - For participants taking part to all the 3 events based on cumulated times.

## Race schedule

- For each race, the organizer will provide a race schedule that will indicate timing for:
  - Athletes Briefing
  - Warmup
  - Starting Waves
  - Last athlete crossing the finish line (cut-off time)
  - After Race and Award Ceremony

## Swim capability and Swim Warmup (for Aquathlon and Sprint Triathlon)

- All participants must be able to swim non-stop.
- At the time of registration, the athlete (adult category only) must produce timing for their fastest 400m swim. This will enable the organizers to seed the athletes accordingly for the race start.
- The participants will not have access to the pool for warm up on race Day.

## Swimming

- The swim leg will take place in two 25m swimming pools (“snake” configuration or per waves).
- Proper swimming attire must be worn.
- All swimmers must wear the swim caps provided by the organizers.
- Swim goggles may be worn.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
- Wetsuits are not allowed.
- Support crews are not allowed.
- Swimmers in difficulty shall signal to the Safety Crew standing around the swimming pools.

## Transition Area

- Organizers will arrange the transition area with adequate space for each athlete and it is the responsibility of the athlete to respect fellow athletes and officials. The transition area will be used for transitioning from one discipline to the other (swim to bike or run, bike to run).
- Only athletes are allowed in the transition area and under no circumstances anyone else will be allowed. While organizers will take necessary precautions to provide safety of athletes’ belongings, please note that organizers are not responsible for any case of theft or losses in the transition area.

## Cycling

- Bicycle: bicycle should be in good condition. Technical officials will inspect the bicycle as to its roadworthiness and safety. If any defects are noted on bicycles until those defects are fixed, such bicycles will not be allowed to be used in the race.
- Traffic Laws. All participants must obey all traffic laws while on the cycling course and other rules imposed by the Organizers.
- Endangerment. No cyclist shall endanger himself or another participant. Any cyclist, who intentionally presents a danger to any participant or who, in the judgment of the Organizers, appears to present a danger to any participant shall be disqualified.

- Accidents. All participants shall exercise extreme caution and shall decrease speed if necessary in passing the site of any cycling accident. Any violation of this section shall result in disqualification.
- Mounting and Dismounting on the bicycle. An athlete must mount on the bicycle only after passing the marked mount line and dismounting from the bicycle at the marked dismount line. Athletes violating this rule may be penalized or disqualified if the offence is serious. It should be the responsibility of the athletes to ensure the safety of fellow athletes.
- Helmets are compulsory. No helmet, no race! Helmets must be undamaged and unaltered, which meets or exceeds the safety standards. The organizers will not make any exceptions under any circumstances. An athlete must wear helmet before removing the bicycle from the bike rack and remove the helmet only after mounting the bicycle on the rack.
- This is a non-drafting race and as such athletes must maintain a gap of at least 12m between bikes measured from front wheel to front wheel.
- Littering on the bike course will result in disqualification.

## Running

- Runners must wear their race numbers at the front of their adorned apparel at all times during the run.
- Support vehicles or pacers are not allowed.
- Runners must run on the designated path for the entire route. Failure to do so may result in disqualification.
- No Running with bare torso.
- Wearing headphones is not allowed at all times.
- Your safety and the safety of the public is our utmost concern. Please be considerate and be respectful of other road users at all times. .
- Littering on the course will result in disqualification.

## Medical Advisory

- The sports of Aquathlon, Duathlon and Sprint Triathlon are physically demanding. You must be physically fit to race and it shall be the responsibility of the athlete to ensure that they are in good health and have sought medical advice of a medical professional before registering for the race.
- Participants are advised against the consumption of alcohol or stimulants or any kind of drugs prior to taking part in the race.
- Participants are to ensure that they are well-rested and well-hydrated on day of race.
- Participants are advised to dress lightly.
- Should any participant feel unwell in the course of race, he or she should stop and inform a volunteer who will ensure medical attention of appropriately qualified medical professional.
- Participants shall provide the name and contact number of a person in case of an emergency. This must be someone who is not a participant in the event, who can be contacted in an emergency and available during and after event. The emergency contact should be someone who can make decision on behalf of the athlete in case the athlete is incapacitated.