NAPA VALLEY FALL TRIATHLON

OCTOBER 24, 2026

2026 ATHLETE GUIDE

Message from
ALPHA WIN

Dear Alphaletes,

Alpha Win welcomes you to the Alpha Win Napa Valley Fall Triathlon at Lake Berryessa in beautiful Napa Valley, California. We look forward to finishing our 2026 California triathlon season on a high note together with you.

Whether you have raced with us before, or this is your first time, it is our mission is to get you to the finish line with a smile and a sense of fulfillment. By completing an Alpha Win triathlon, duathlon, or aqua bike, you will have tested your limits and accomplished a phenomenal feat that most people only dream to attain. We aim to deliver the best service and experience to help you achieve your goal.

Alpha Win Napa Valley would not be possible without the help and support of the Bureau of Reclamation, the Napa County Roads Department, the California Highway Patrol (CHP), the Napa County Sheriff's Office, AMR West, Cal Fire, and of course, our awesome volunteers.

We are proud to continue offering A Distance For Everyone® at some of the most beautiful destinations across the country, including Napa Valley Spring and Napa Valley Fall. In all, we will produce 10 races and host approximately 10,000 athletes this year, demonstrating our unending passion for the sport and our commitment to providing a fun and safe race for all.

We hope you, your family, and friends enjoy your Alpha Win experience. We look forward to having you join us again in 2026 and beyond!

Sincerely,
The Alpha Win Team

48 HOUR SALE FOR NEXT YEAR!

HUGE SAVINGS

WHEN YOU REGISTER

FOR NAPA VALLEY FALL 2027

Alpha Long Course	ONLY $239
Alpha Olympic	ONLY $115
Alpha Sprint	ONLY $77

Sunday & Monday, October 25-26, 2026

Register at Alpha.Win

Getting to know

Alpha Win Triathlon Series

WHO ARE WE?

Alpha Win was formed in 2020 as a successor to HITS Endurance, and produces more than a dozen events annually in three states; New York, California and Florida, bringing endurance sport to the doorstep of athletes around the country. With the mantra "A Distance For Everyone®," Alpha Win prides itself on catering to athletes of every level, from the first-time competitor to the elite athlete. With its family-friendly feel and beautiful locations, Alpha Win provides a destination racing series that anyone can enjoy.

Thomas (Tommy) Z Struzzieri – Owner, CEO and Race Director Alpha Win

Tommy's interest in endurance sports started at an early age, going to watch his father race and joining in on some early morning track workouts. He fell in love with endurance sports and was named a USA Triathlon All-American age group triathlete at 12 years old. Throughout high school, he began to focus on running and despite several large-scale injuries, ran Division 1 Track and Cross Country at Syracuse University.

In 2020 Tommy took the reins of the family endurance business from his father, rebranding HITS Endurance to Alpha Win, bringing the company into the new decade with a new energy and vigor. With the mantra "A Distance For Everyone®," Alpha Win prides itself on offering competitive opportunities for everyone, from the beginner athlete to the seasoned veteran, and everyone in between.

Tommy is a USAT-certified race director and has served as a Board Member on the USAT Multisport Committee. His races have been selected multiple times to host USAT Championship Events, including the USAT New York State Championship at Alpha Win Lake George in 2022 and 2025, USAT Military and First Responders National Championships at Alpha Win Palm Springs in 2023 and 2024, and USAT California State Championship at Alpha Win Napa Valley Spring in 2024.

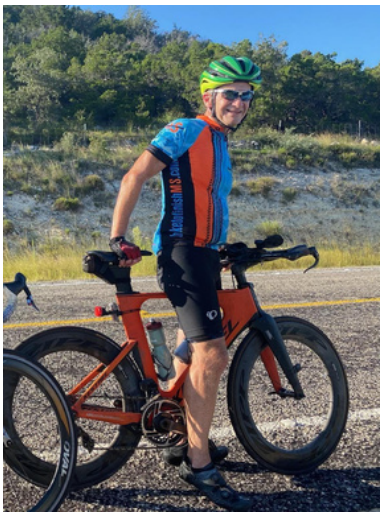
Tommy continues to train in track and road racing, driving himself to be successful both personally and professionally, applying his passion and dedication for endurance sports into all aspects of Alpha Win.

Getting to know

Alpha Win Triathlon Series

Thomas (Tom) G. Struzzieri – Founder HITS Endurance, Assistant Race Director Alpha Win

In 1977, Tom founded what would become the largest equestrian show jumping company in the world, HITS Horse Shows. With the approach of "Grass Roots to Grand Prix," Tom changed equestrian sport by offering competitive opportunities for riders at all levels, from first-time competitors to seasoned Olympians. HITS Horse Shows were chosen to host multiple international championships including Nations Cup, World Cup and Olympic Qualifying events.



In 2011, Tom combined his passion for events with his personal interest in a healthy active lifestyle and founded HITS Endurance, the predecessor to Alpha Win. He mirrored the competitive format from his equestrian success and brought it to triathlon, where he offered as many as five race distances in a weekend, from an Open introductory race to a 140.6 distance. Under his son's direction, HITS Endurance, now Alpha Win, carries on this approach, reaching a broad range of athletes at more than a dozen races across the country.

Some of the original races and locations from HITS Endurance remain, such as the Sarasota (FL) triathlon, but his son has added his own flair to the races and added some amazing locations such as Napa Valley and June Lake (CA) and Lake George (NY).

Tom continues his active lifestyle, running or biking most every day. He has completed bicycle rides across the United States, Spain, South America, and Vietnam.

Where will we go next?

Alpha Win is confident you will enjoy every aspect of your race experience, from the course, to the location, to the staff and the smile that will greet you at the finish line. With over 40 years of experience producing major athletic participation events, the Alpha Win team ensures high-quality endurance events with a focus on its participants. Alpha Win offers "A Distance For Everyone®," because there is an Athlete in Everyone. Let Alpha Win be your next race.

ALPHA
USE DISCOUNT CODE: R-ALPHAWIN
XTERRA
WETSUITS

Schedule of Events

Friday, October 23, 2026 – Race Site at Putah Canyon Recreation Area

- 2:00 - 6:00 pm Packet and Timing Chip Pick-Up for all distances*
- 3:00 pm Athlete Meeting for all distance athletes

*Avoid the line on race day! It is ***HIGHLY RECOMMENDED*** that athletes pick up their packets on Friday.

Saturday, October 24, 2026 – Race Site at Putah Canyon Recreation Area

- 7 – 9:30 am: Additional Packet and Timing Chip Pick-Up for all athletes
- 7 – 9:30 am: Bike and Gear Drop-Off for all distance athletes
- 8:00 am: Packet Pick-Up closed to Long Course athletes
- 8:40 am: Transition area closed to Long Course distance athletes
- 8:50 am: Athlete Meeting for Long Course distance athletes
- 9:00 am: Packet Pick-Up closed to Sprint athletes
- **9:00 am: Long Course wave start**
- 9:30 am: Packet Pick-Up closed to Olympic athletes
- 9:40 am: Transition area closed to Sprint athletes
- 9:50 am: Athlete Meeting for Sprint distance athletes
- **10:00 am: Sprint Male wave start**
- **10:03 am: Sprint Female wave start**
- **10:08 am: Sprint Duathlon wave start**
- 10:30 am: Transition area closed to Olympic distance athletes
- 10:40 am: Athlete Meeting for Olympic distance athletes
- **10:50 am: Olympic Male wave start**
- **10:53 am: Olympic Female wave start**
- 12:15 pm: Sprint distance Awards Ceremony**
- 12:30 pm: Packet and Timing Chip Pick-Up for Open distance athletes
- 12:30 pm: Bike and Gear Drop-Off for Open distance athletes
- 1:20 pm: Athlete Meeting for Open distance athletes
- **1:30 pm: Alpha Open race starts**
- 2:20 pm: Olympic distance Awards Ceremony**
- 3:00 pm: Alpha Open Awards Ceremony**
- 4:15 pm: Long Course distance Awards**
- 5:30 pm: Transition area closed to all distance athletes

***** PLEASE NOTE:** *Athletes MUST be present at their Awards Ceremony to receive an award. Unclaimed awards may be shipped if request is made within two weeks after the event. Athlete is responsible for a $10 shipping and handling fee.*

Race Site Address
Putah Canyon Recreation Area (formerly Chaparral Cove), 7600 Knoxville Road, Napa, California 94558

PLEASE NOTE: All participants, volunteers and spectators must park in the campgrounds on the west side of Knoxville Rd. Campers in spaces 78-100 will not be permitted to enter or exit the race site between 7:00 AM --12:00 PM on Saturday, October 24.

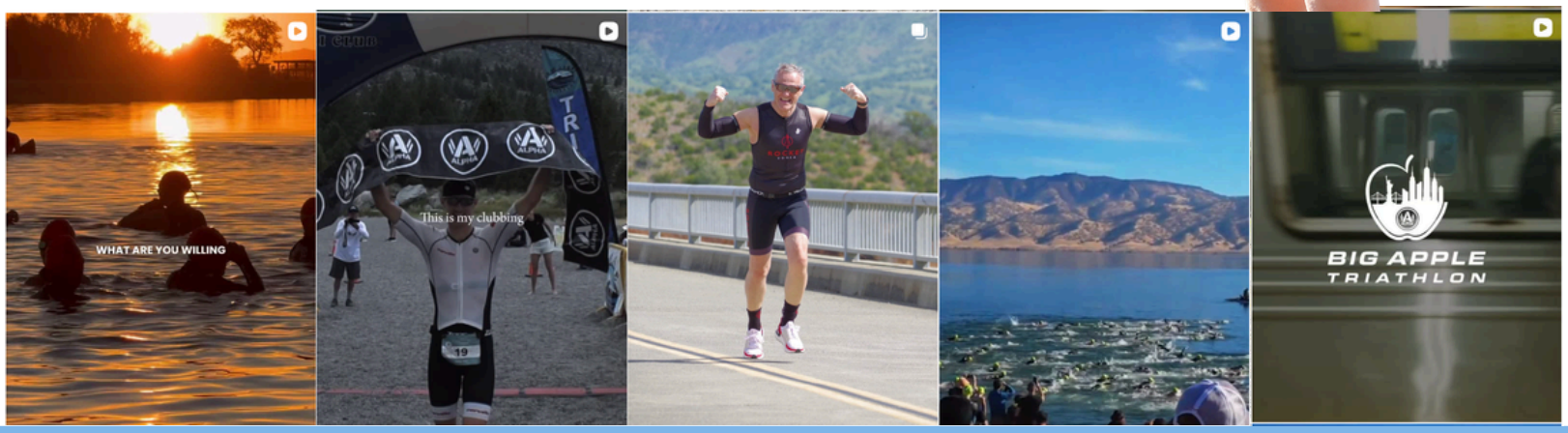
Connect on Social Media

Share your race day experience with us, connect with fellow athletes, and become a part of our vibrant online community!

Follow & share your race day photos @AlphaWinRacing

Follow & Tag us at @AlphaWinRacing

Follow Big Apple Triathlon @BigApple Triathlon



LAKE BERRYESSA

ALPHA OPEN:
Swim: 100 meters (one loop)

1) Beach start at Lake Berryessa's Chaparral Cove
2) Swim one loop in counter-clockwise direction
3) Exit water to T1

ALPHA SPRINT:
Swim: 750 meters (one loop)

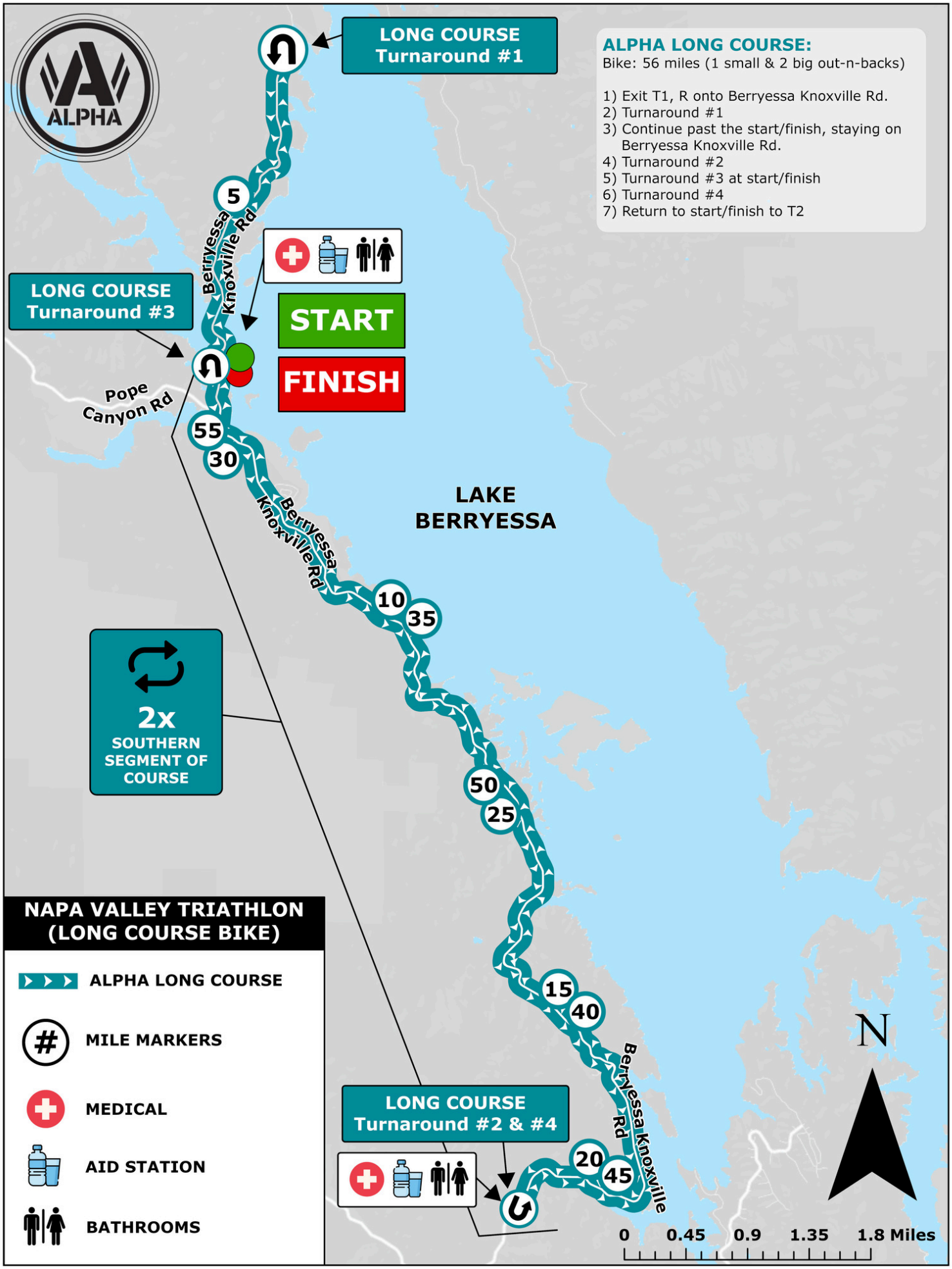
1) Beach start at Lake Berryessa's Chaparral Cove
2) Swim one loop in counter-clockwise direction
3) Exit water to T1

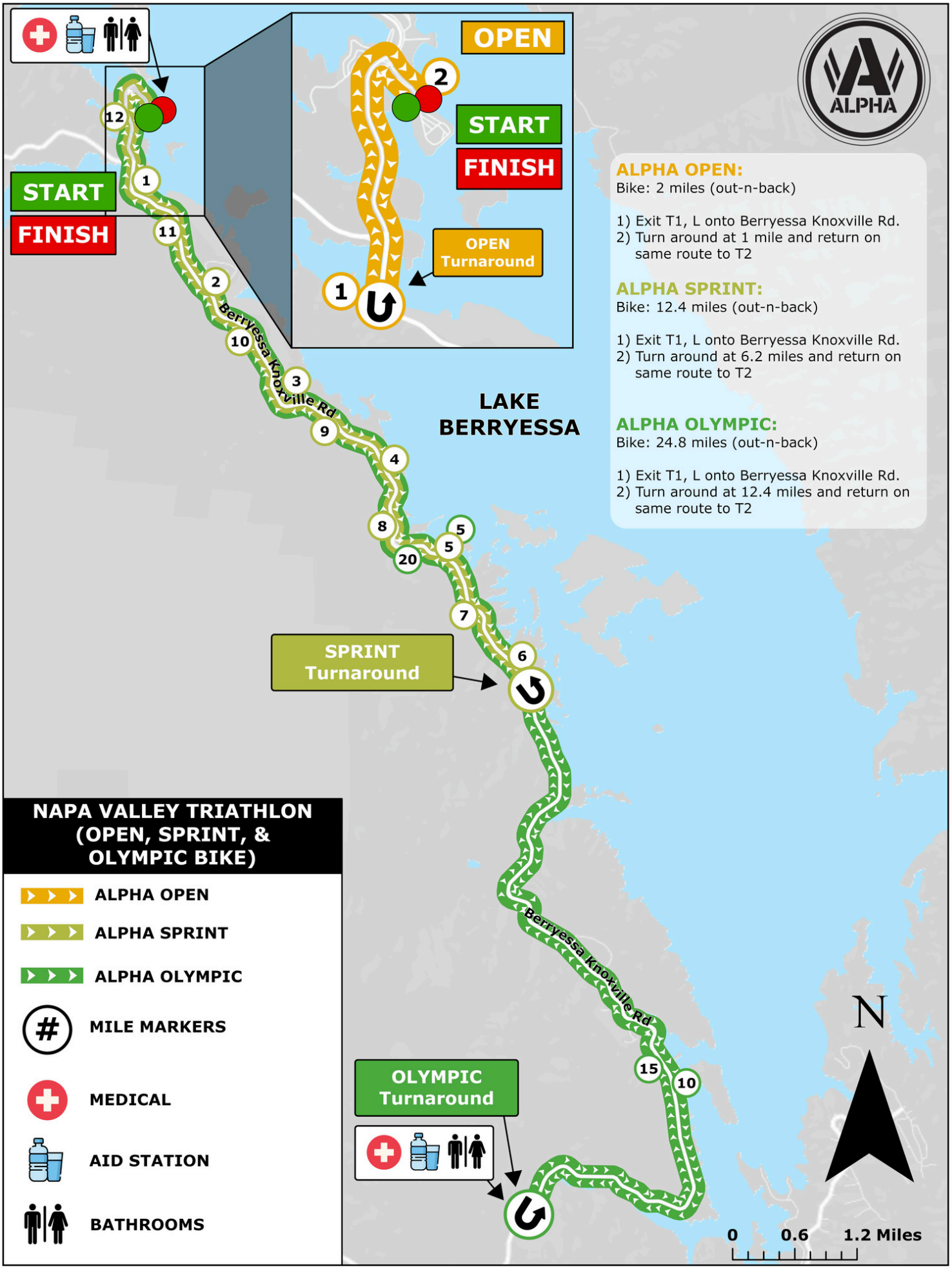
ALPHA OLYMPIC:
Swim: 1,500 meters (two loops)

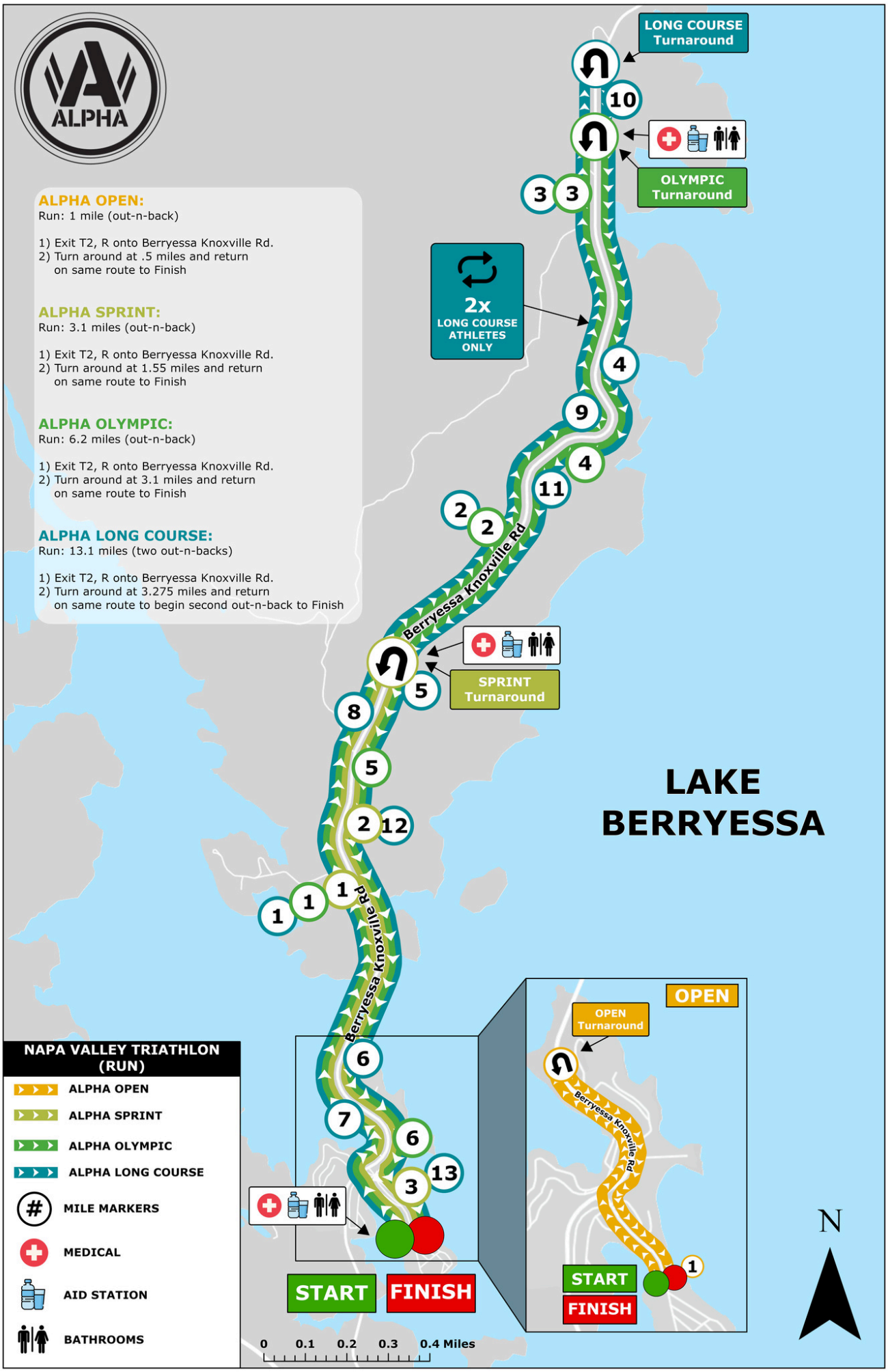
1) Beach start at Lake Berryessa's Chaparral Cove
2) Swim two loops in counter-clockwise direction
3) Exit water to T1

ALPHA LONG COURSE:
Swim: 1.2 miles (two loops)

1) Beach start at Lake Berryessa's Chaparral Cove
2) Swim two loops in counter-clockwise direction
3) Exit water to T1


ALPHA
LONG COURSE
Turnaround #1
ALPHA LONG COURSE:
Bike: 56 miles (1 small & 2 big out-n-backs)
1) Exit T1, R onto Berryessa Knoxville Rd.
2) Turnaround #1
3) Continue past the start/finish, staying on Berryessa Knoxville Rd.
4) Turnaround #2
5) Turnaround #3 at start/finish
6) Turnaround #4
7) Return to start/finish to T2
5
Berryessa Knoxville Rd
START
FINISH
LONG COURSE
Turnaround #3
Pope Canyon Rd
55
30
LAKE BERRYESSA
Berryessa Knoxville Rd
10
35
2x
SOUTHERN SEGMENT OF COURSE
50
25
15
40
Berryessa Knoxville Rd
LONG COURSE
Turnaround #2 & #4
20
45
N
0
0.45
0.9
1.35
1.8 Miles
NAPA VALLEY TRIATHLON
(LONG COURSE BIKE)
ALPHA LONG COURSE
MILE MARKERS
MEDICAL
AID STATION
BATHROOMS


OPEN
START
FINISH
OPEN Turnaround
START
FINISH
LAKE BERRYESSA
Berryessa Knoxville Rd
SPRINT Turnaround
OLYMPIC Turnaround
ALPHA
ALPHA OPEN:
Bike: 2 miles (out-n-back)
1) Exit T1, L onto Berryessa Knoxville Rd.
2) Turn around at 1 mile and return on same route to T2
ALPHA SPRINT:
Bike: 12.4 miles (out-n-back)
1) Exit T1, L onto Berryessa Knoxville Rd.
2) Turn around at 6.2 miles and return on same route to T2
ALPHA OLYMPIC:
Bike: 24.8 miles (out-n-back)
1) Exit T1, L onto Berryessa Knoxville Rd.
2) Turn around at 12.4 miles and return on same route to T2
NAPA VALLEY TRIATHLON (OPEN, SPRINT, & OLYMPIC BIKE)
ALPHA OPEN
ALPHA SPRINT
ALPHA OLYMPIC
MILE MARKERS
MEDICAL
AID STATION
BATHROOMS
N
0
0.6
1.2 Miles


ALPHA
ALPHA OPEN:
Run: 1 mile (out-n-back)
1) Exit T2, R onto Berryessa Knoxville Rd.
2) Turn around at .5 miles and return on same route to Finish
ALPHA SPRINT:
Run: 3.1 miles (out-n-back)
1) Exit T2, R onto Berryessa Knoxville Rd.
2) Turn around at 1.55 miles and return on same route to Finish
ALPHA OLYMPIC:
Run: 6.2 miles (out-n-back)
1) Exit T2, R onto Berryessa Knoxville Rd.
2) Turn around at 3.1 miles and return on same route to Finish
ALPHA LONG COURSE:
Run: 13.1 miles (two out-n-backs)
1) Exit T2, R onto Berryessa Knoxville Rd.
2) Turn around at 3.275 miles and return on same route to begin second out-n-back to Finish
LONG COURSE Turnaround
OLYMPIC Turnaround
2x LONG COURSE ATHLETES ONLY
SPRINT Turnaround
Berryessa Knoxville Rd
LAKE BERRYESSA
OPEN
OPEN Turnaround
START
FINISH
NAPA VALLEY TRIATHLON (RUN)
ALPHA OPEN
ALPHA SPRINT
ALPHA OLYMPIC
ALPHA LONG COURSE
MILE MARKERS
MEDICAL
AID STATION
BATHROOMS
0 0.1 0.2 0.3 0.4 Miles
N

Sponsors & Affiliates

Race Information

Race Site – Putah Canyon (formerly Chaparral Cove) | 7600 Knoxville Rd. | Napa, California 94558

PACKET PICK-UP

- **Friday, October 23** 2:00-6:00 pm (all distances) at race site
- **Saturday, October 24** 7:00-9:30 am (Long Course, Olympic, and Sprint distances) at race site
  12:30-1:15 pm (Open distance) at race site

Avoid the line on race day! It is **HIGHLY RECOMMENDED** that athletes pick up their packets on Friday. Athletes must pick up their **OWN** packets, and there will be no exceptions to this policy. **ALL ATHLETES MUST PRESENT PHOTO ID TO PICK UP. Please Note: All Relay Team members must be present and check in together.**

ATHLETE CHECK-IN

Please bring the following items with you to athlete check-in:

• Photo Identification, i.e. driver's license, passport, or any government-issued identification
• USAT card to show proof of current USAT membership. **PLEASE NOTE:** If you are not a USAT member or you forget your card, you will be required to sign the USAT waiver and purchase a USAT one day license.
• Official Military Identification
• If you are a professional athlete, you are required to submit your USAT Pro Card at check-in.

Packet pick-up prior to race day is highly recommended – the last thing you want to do on race day morning is wait in line for your packet!

ATHLETE MEETINGS

It is **HIGHLY RECOMMENDED** that all athletes attend their athlete meeting. Athlete Meetings will take place as follows:

• All distances: 3:00 pm Friday, October 23 at Packet Pick-Up at race site
• Long Course distance: 8:50 am Saturday, October 24 at race start
• Sprint distance: 9:50 am Saturday, October 24 at race start
• Olympic distance: 10:20 am Saturday, October 24 at race start

ATHLETE WRISTBANDS & TRANSITION AREA ACCESS

At athlete check-in you will be presented with a wristband in your race packet. You must wear your wristband for access to all weekend functions at Alpha Win - Napa Valley Fall. You will not have access to the Transition Area before, during or after your race without this wristband.

PARKING

On race day, all participants, volunteers and spectators must park in the campground area on the west side of Knoxville Rd. No vehicles will be permitted to enter or exit the race site between 9 AM and 5 PM on Saturday, October 24.

BIKE & GEAR CHECK-IN

Bike and gear check-in is scheduled for all distances from 7:00 am to 9:30 am on Saturday, October 24. The Transition Area will close at 8:40 am to all Long Course distance athletes, 9:40 am to all Sprint distance athletes, and 10:10 am to all Olympic distance athletes. Security will be provided.

TRANSITION

Athletes in all distances will need to provide their own transition bags and will be allowed to set up their transition area during bike and gear check in.

Race Information

WETSUIT POLICY
Alpha Win will follow USA Triathlon Competition Rules regarding wet suits for age group participants. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however, that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. They must be removed from age group and overall competition and cannot be sent to USAT for rankings. Alpha Win will record times for these participants but will not post the names and times in final race results. Participants may not wear wet suits at water temperatures equal to or greater than 84 degrees Fahrenheit.

Roads
No roads will be closed; all roads are open to traffic. While on the bike course, you must stay to the right on the shoulder at all times. At every intersection, you must sit up, slow down, look for traffic, and obey the traffic control or as directed by law enforcement.

Timing Chips
Athletes will receive a timing chip at check-in and will be responsible for wearing the chip at all times while racing. Fasten it to your ankle, facing outward, under your wetsuit with the Velcro strap provided before the swim and leave it on until after you finish the run. If you lose your timing chip at any time during the race, please notify a timing official and you can receive a new one at transition. Volunteers will help you remove the chip at the finish line. If you do not start the race, you are responsible for returning the chip to timing. If you drop out or are pulled from the race at any time, turn in your chip to a race official. Failure to do so may disqualify you from participating in future Alpha Win events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed $25 for its replacement.
NO CHIP = NO TIME.

Race Timing & Cut-Offs - Individual cut-offs for each distance and segment of the races are as follows:

Swim Cut-off:	**Alpha Sprint**	10:30/10:33 am	(Maximum time 30 minutes)
	Alpha Olympic	11:50/11:53 am	(Maximum time 1 hour)
	Alpha Long Course	10:10/10:13 am	(Maximum time 1 hour 10 minutes)
Bike Cut-off:	**Alpha Sprint**	12:00/12:03 pm	(Maximum time 2 hours)
	Alpha Olympic	2:20/2:23 pm	(Maximum time 3 hours, 30 minutes)
	Alpha Long Course	2:10/2:13 pm	(Maximum time 5 hours, 10 minutes)
Run Cut-off:	**Alpha Sprint**	1:00/1:03 pm	(Maximum time 3 hours)
	Alpha Olympic	3:50/3:53 pm	(Maximum time 5 hours)
	Alpha Long Course	5:30/5:33 pm	(Maximum time 8 hours, 30 minutes)

AID STATIONS
There will be aid stations approximately every 10 - 20 miles on the bike courses for the Long Course Distance. There will be aid stations approximately every 1 - 1.5 miles on the run courses of the Sprint, Olympic, and Long Course Distances.

Each bike aid station will offer: Water, Sunscreen, Vaseline, Gatorade, and Gels.

Each run aid station will offer: Water, Saltines, Vaseline, Sunscreen, Orange Slices, Gummy Bears, Gatorade and Gels.

BICYCLE & GEAR RECOVERY
Mandatory bike and gear recovery for all distance athletes is before 5:30 pm on race day. In the event of an emergency, your emergency contact person will be contacted and allowed to claim your bike and gear from transition. Any bikes or gear left in the transition area after the transition area closes will be considered lost and found. You must have your athlete wristband on in order to claim your bike and gear.

DOG POLICY - ALPHA WIN TRIATHLON SERIES ADHERES TO A STRICT NO DOGS POLICY.

LOST & FOUND
If you lose any equipment during the race weekend, please see the Alpha Win staff at the on-site administration tent to claim it. Alpha Win is not responsible for equipment left behind at the race site.

COLD WEATHER POLICY
Some events are held in areas of the country and at times of the year when weather conditions are cold, resulting in low water temperatures and/or low air temperatures. The best way for athletes to be prepared for this is to check the local weather forecast on the day prior to and on the morning of the race and to have the proper attire available to be able to race safely in cold conditions, including jackets, gloves, tights and shoe coverings.

Alpha has also implemented the following policy:

1. If the water temperature is below 59 degrees Fahrenheit, the race director will consider shortening the swim distance; if the water temperature is below 54 degrees Fahrenheit, the swim will be cancelled.
2. If the air temperature is below 41 degrees Fahrenheit regardless of water temperature, the swim will be cancelled or the race may be delayed until air temperatures rise above 41 degrees Fahrenheit

EVENT SANCTION & RULES - All Alpha Win events are sanctioned by USA Triathlon (USAT) and will enforce all USAT rules and conduct guidelines. Doping and drafting are strictly prohibited at all distances at every Alpha Win event. Race Marshals will be present on course penalizing athletes who do not abide by the rules. Please visit UsaTriathlon.org to view a complete set of the competitive rules.

FINISH LINE POLICY - Per USAT rules, Alpha Win will not allow friends and/or family members of athletes to cross the finish line or enter the finish chute with participating athletes at any distance in order to ensure the safety of all participants, volunteers and spectators. Time and space will be provided at the finish line for celebration. Athletes who choose not to respect this policy will receive an automatic disqualification.

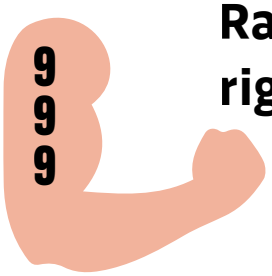
HEADPHONES / EAR BUD POLICY - Per USAT rules, the use of headphones, ear buds, iPods, MP3 players or any other listening device is strictly prohibited during all Alpha Win races. Athletes are welcome to use these devices in transition areas only, but will not be allowed to use them on the swim, bike and/or run courses of any distance. Athletes who choose not to respect this policy will receive an automatic disqualification.

Race Information

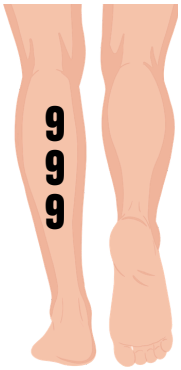
Athletes must wear race materials in accordance with the following diagram.
Failure to wear required race materials may result in disqualification.

Bike stickers go on the front of your helmet and around your seat post.

Run bibs need to be pinned <u>on the front</u> of your outermost layer, or fastened to a racebelt <u>facing front</u>.



Race tattoos must be worn on your right arm (biceps) and left leg (calf).

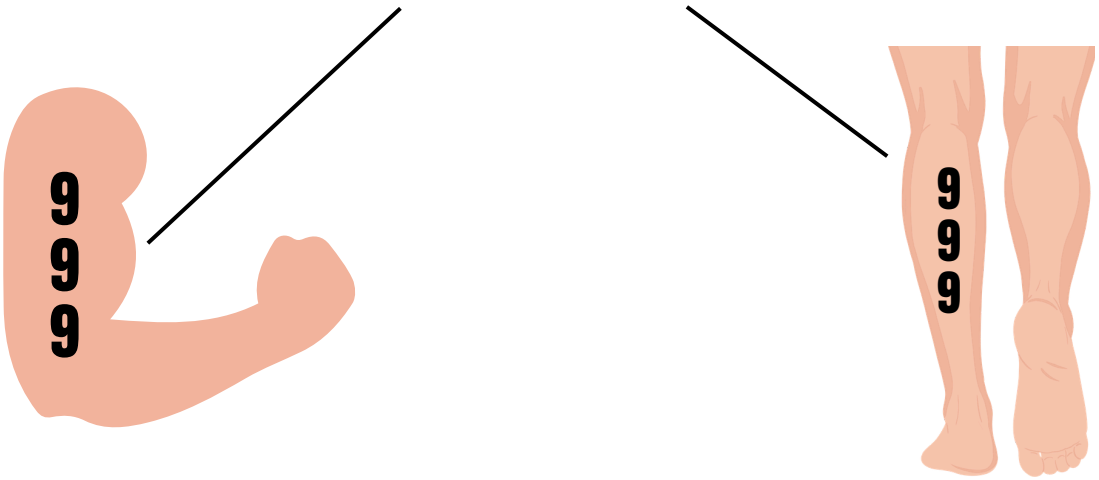


Wristbands need to be worn on either wrist <u>at all times</u> for access in and out of transition.

NOTE for Relay Teams – Wristband is worn by the biker, race tattoos by the swimmer, and run bib by the runner <u>at all times</u>.

HOW DO I PUT ON MY RACE TATTOOS?

Race tattoos must be worn on your right arm (biceps) and left leg (calf).



To put on a race tattoo, <u>peel off the plastic covering</u> and line it up facedown with where you want to place it on your clean dry skin.

Press the tattoo against your skin and using a damp paper towel or sponge, wet the back thoroughly, ensuring the paper does not move or slide during application.

After 30 seconds, gently peel off the paper and let the tattoo air dry for a few minutes. You're ready to race!

RELAY TEAMS

Relay teams may consist of two or three athletes to a team. Each team will receive one packet. All relay team members must be present at packet pick-up to to pick up the team packet, or the relay member present must have a copy of all relay members' IDs. All members of the team will receive a finisher shirt at packet pick-up as well.

Within the race packet, athletes will find the timing chip for the team. This timing chip must be handed off between relay members in the transition area. There will be one spot in transition for the entire relay team, which is where the chip will be handed off. **The timing chip must be handed off to the next relay participant in transition before they head out to complete their portion of the race.**

For instance, for a three-person relay team, the biker will be waiting at their designated spot when the swimmer enters transition in order to receive the timing chip before heading out to complete their portion. Similarly, the runner will then be waiting at the same spot in transition when the biker returns in order to transfer the chip to their own ankle before leaving for their portion of the race.

Timing chips may be worn on either ankle and must be worn in order to receive a time. After handing off the timing chip, relay members who have completed their portion of the race are welcome to leave transition and spectate their team at the finish line. All relay members will receive a finisher medal at the finish line. When your runner crosses the finish line, kindly let a volunteer know you are part of a relay team so they may distribute medals to the remaining members of your team.

Also within their packet, athletes will find the same materials as individual athletes. **The wristband must be worn by the biker** and the bike stickers on their bike, the swim cap and race tattoos by the swimmer, and the running bib by the runner on the front of their body.

AQUABIKE

The Aquabike offers athletes the option to race only the swim and bike portions of their chosen distance. The finish line for Aquabike athletes is the Bike In Tower at the Transition Area. Once athletes enter the Transition Area after their bike ride and their final time is recorded, athletes are welcome to come to the finish line for their photo and to receive their finisher medal.

DUATHLON

The Duathlon category is available for the Sprint distance only, and features a 1 mile run in place of the swim leg, offering athletes a run-bike-run option. Duathlon athletes will attend the Sprint Pre-Race Meeting down at the beach 10 minutes prior to the Sprint Triathlon race start time, before following the race director back to the transition area. Duathlon athletes will then start their 1 mile run from the Run Out Tower of Transition. They will return and enter via the same Tower in Transition before joining triathletes on the bike portion of the event and competing as normal for the duration of the race.

Local Triathlon Clubs

GOOD LUCK TO ALL OF OUR LOCAL TRIATHLON CLUBS COMPETING THIS WEEKEND!

Interested in joining our club partnership program? Learn more at alpha.win/clubs for discounts & more.

GOLDEN GATE TRIATHLON CLUB EST. 1991

SVTC SILICON VALLEY TRIATHLON CLUB

SAN FRANCISCO TRIATHLON CLUB

OAKLAND TRIATHLON CLUB EST. 2013

TCM TRISQUAD

Rules

USAT GENERAL RULES OF CONDUCT PENALTIES

3.1 Preparation and Training. No person shall participate in a triathlon or other multi-sport events unless such
person:

a. is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition, and

b. is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

3.2 Age Group Competition.

a. All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.

b. Clydesdale/Athena Categories. The official minimum weight standard for this category is 220 pounds for men, 165 pounds for women, to be monitored by the local race director.

3.3 General Conduct - At or during an event, or while at the event site, all participants must:

a. Act in compliance with these Competitive Rules;

b. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;

c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;

d. Refrain from the use of abusive language or conduct

e. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

3.4 Race Conduct - All participants in USA Triathlon sanctioned events must adhere to the rules in this **Section 3.4:**

a. **ENTIRE COURSE.** Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l). In the event the Head Referee makes such a determination, the penalty shall be disqualification.

b. UNSPORTSMANLIKE CONDUCT. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.

c. OBSTRUCTION. Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.

d. UNAUTHORIZED ASSISTANCE. No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by USA Triathlon. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.

e. RE-ENTRY. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l), in which case the penalty shall be disqualification.

f. RACE NUMBERS. Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.

g. UNFAIR ADVANTAGE. No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.

h. ABANDONED EQUIPMENT. No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.

i**. UNAUTHORIZED ACCESSORIES**. No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Any violation of this Section shall result in a variable time penalty.

j. GLASS CONTAINERS. No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section 3.4(l), in which case the penalty shall be disqualification.

k. UNAUTHORIZED EQUIPMENT. No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.

l. ENDANGERMENT. No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.

m. WAVE STARTS. When the beginning of any event is commenced by starting designated “waves” or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an open or elite wave in an event with age group waves shall be ineligible for age group awards and USAT national rankings.

n. INDECENT EXPOSURE. Public nudity at any time during the event is prohibited. Any violation of this section shall result in variable time penalty.

3.5 Unregistered Participants.
a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.
b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year. Any second violation of this Section shall result in a lifetime suspension or ban from membership in USA Triathlon.

3.6 Penalties and Prohibited Conduct - Penalties, including disqualification and suspension, may be imposed upon race participants and/or members of USA Triathlon who violate any of these Competitive Rules or who solicit, encourage, or assist a violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or USA Triathlon. The following penalties may be imposed for a violation of these Rules:
a. Assessment of a time penalty
b. Disqualification
c. Written reprimand or censure
d. Monetary fines
e. Suspension from membership in USA Triathlon (including retroactive suspension), and
f. Permanent expulsion from USA Triathlon

3.7 Time Penalties.
a. In General. A time penalty may be imposed for a violation of any Section of these Rules in which a time penalty is expressly authorized. In the event that a participant is assessed a time penalty, the applicable time period shall be added to that participant's aggregate finishing time in calculating official race results. Except as otherwise provided in Section 3.7B of these rules, time penalties shall be cumulative and a participant may be assessed more than one time penalty for violations of the same rule.
b. Variable Time Penalties. A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event, as defined by the length of the cycling course. The variable time penalty for each of the distance categories shall be the following:

Distance Category	**First Offense**	**Second Offense**	**Third Offense**
Youth Events	1 minute	2 minutes	Disqualification
Short/Intermediate -- Cycle Course less than 50k	2 minutes	4 minutes	Disqualification
Long -- Cycle Course greater than 50-100k	4 minutes	8 minutes	Disqualification

3.7A. Time Penalties for Elites. A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event. The variable time penalty for each of the distance categories shall be the following:

Distance Category	**Time Penalty**
Short/Intermediate Cycle Course less than 50k	1 minute
Long Cycle Course 50-100k	2 minutes

a. First Violation – Time Penalty. A variable time penalty shall be imposed for the first violation of these Rules in which a time penalty is expressly authorized.
b. Second Violation. For a second violation of these Rules the athlete shall be disqualified from the event and shall be required to immediately withdraw from the race and vacate the course. Any athlete who fails to withdraw from a race and continues on the course after being disqualified shall be suspended from membership in USA Triathlon and barred from participation in any USA Triathlon sanctioned event for a period of one year.

3.7B Assessment of Time Penalties/Conduct of Athletes. All variable time penalties imposed under **Section 3.7A shall be assessed in accordance with this Section.** Except as otherwise provided herein, any violation of or failure to comply with this Section 3.7B shall result in disqualification.
a. First Violation – Stop and Go System. Unless a Penalty Area System is being used pursuant to subsection (b), an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall safely pull over to the side of the bicycle course and shall come to a complete stop, placing both feet on the ground. An athlete charged with a violation while in transition or on the run course shall come to a complete stop. The race official shall properly mark the athlete's race numbers and the athlete shall remain stopped under the direction of the race official for a period of time equal to the applicable variable time penalty. When the official indicates that the time penalty has expired, the athlete may continue with the race.
b. First Violation – Penalty Area System. Notwithstanding subsection (a), if a Penalty Area is being used in the event, an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall (1) safely decrease speed while maintaining a straight line of movement, (2) come to a complete stop, and (3) place both feet flat on the ground while completely stopped. The race official shall properly mark the athlete's race numbers and allow the athlete to continue with the race. After completing the bicycle course and properly securing the bicycle, the penalized athlete shall immediately report to the designated penalty box or penalty area, which shall be located within or adjacent to the transition area (the "Penalty Area"). The penalized athlete shall remain in the Penalty Area for a cumulative amount of time equal to the variable time penalty assessed against the athlete. After such time has expired as determined by race officials, the athlete may exit the Penalty Area and continue with the race. Any time served in the Penalty Area shall become incorporated into the athlete's official time for the event. An athlete charged with a violation while in transition or on the run course shall be directed by the official to serve the penalty either in place or at the Penalty Area.

c. Penalty marking. For any first violation, the race official shall apply a visible diagonal mark across the face of each race number worn by the penalized athlete. For any second violation, or for any violation which results in disqualification, the race official will apply a second visible diagonal mark across all the athlete's race numbers resulting in an X shaped mark.
d. Penalty Area Conduct. While in the Penalty Area, no athlete shall dress, undress, change uniforms, or adjust any race equipment. Running shoes may be worn into, but shall not be carried into the Penalty Area. While in the Penalty Area, no athlete shall accept any form of aid or assistance, including food, drink, or equipment, from any other person, including race officials. Any violation of this Section shall result in disqualification.

3.8 Acts Warranting Suspension - In addition to other penalties which may be imposed at the discretion of USA Triathlon, the following acts may be grounds for suspension for a period of time designated by USA Triathlon:
a. A flagrant or willful violation of the Competitive Rules;
b. Gross or continued unsportsmanlike conduct;
c. Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
d. Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to USA Triathlon, the Board of Hearings and Appeals, or race officials;
e. Intentionally participating in an event despite failure to register;
f. Repetitive or recurring violations of the Competitive Rules;
g. Failure to notify a race official after withdrawing from a race;
h. Violation of the Medical Control Rules as set forth in Article VIII;
i. Refusal to abide by the final determination by USA Triathlon of any matter relating to these Rules or the sport of triathlon;
and
j. Any act which disgraces or brings discredit to the sport of triathlon.

3.9 Effect of Suspension. Any person suspended from membership in USA Triathlon shall be ineligible to participate in any USA Triathlon sanctioned event and shall be disqualified from any USA Triathlon sanctioned event during the suspension period and until such time as that person has applied for and received written notice of reinstatement from USA Triathlon.
3.10 Reinstatement. Any person who has been suspended must apply in writing to USA Triathlon for reinstatement after or immediately preceding expiration of the suspension period.
3.11 Notice of Disciplinary Actions. Any person reprimanded, censured, suspended, or expelled from USA Triathlon shall be entitled to receive reasonable notice of such disciplinary action.
3.12 Acts of Agents. The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules.

Rules
Continued

CLYDESDALE / ATHENA ATHLETES - Sprint, Olympic, & Long Course distances within the Alpha Win Triathlon Series are open to Athletes wishing to compete in the Clydesdale/Athena Category. There will be two categories with the same start and cutoff times:
• Clydesdale (Men 220lbs+)
• Athena (Women 165lbs+)

MILITARY ATHLETES - All active and retired military personnel receive 15% off registration for all Alpha Win events. There will be two categories (male and female) with the same start and cutoff times.

PHYSICALLY CHALLENGED ATHLETES - All distances within the Alpha Win are open to Physically Challenged Athletes. Categories will be co-ed and scored the same with the same start and cutoff times, as well as the same awards.

DIVISIONS - Divisions for Alpha Win Series will be based on five year age groups for both male and female athletes starting at age 17 and under and continuing until 85+. In addition to the five year age group scoring for the Alpha Win Championship, each of the events within the Alpha Win Series will follow USAT age group breakouts for sanctioned rankings.

USAT ATHLETE EXCESS MEDICAL POLICY - The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage. If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:
• Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross, Blue Shield, Aetna, traveler's insurance, etc.).
• Athlete completes a medical claim form.
• For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email Sanction@UsaTriathlon.org for a copy of the form.
• Athletes will pay a deductible. All claimants will pay anywhere from $250 USD (two-hundred and fifty U.S. dollars) to $1,000 USD (one thousand U.S. dollars) out of pocket and possibly more fo uncovered expenses.
Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event. Please email questions to Sanction@UsaTriathlon.org.

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