



2009 ARMED FORCES MEN'S AND WOMEN'S TRIATHLON CHAMPIONSHIP

1. **COMPETITION RULES:** Current USA Triathlon Rules, as amended by the Armed Forces Sports Council (AFSC), if applicable. Drafting is Legal, ITU rules in regards to bicycles and equipment.
2. **COURSE DISTANCES:** Olympic Distance: 1500M swim; 40K bike; and 10k run.
3. **SCORING:** Men and women teams will be separated. Team standings are determined by adding the raw times of the top eight of 12 designated open male finishers, and the top four of 6 designated open female finishers from each team. The team with the lowest total time wins. Team points and awards are only awarded to official service team members.
4. **UNIFORMS:** Advertising is not allowed on service competition uniforms.

5. **SCHEDULE OF EVENTS:**

Day One		Teams Arrive
Day Two	1200	Team Photo
	1400	Course Review/Rules Meeting
	1730	Informal Ice-Breaker

Note: Team members attending the Informal Ice-Breaker are required to wear their service polo shirt with slacks (color determined by Service). Male personnel cannot wear earrings.

Day Three 1000-1200 Bike Repair/Assistance

Day Four 0800 Opening Ceremony (Optional) – However, the National Anthem must be played prior to the start of competition. All five Service flags must be displayed if flags are posted.

0900	Transition Area Open
1030	Competition Commences
1330	Awards Ceremony

Awards Ceremony - (Immediately following the final race) Service teams are required to wear like-Service issued team apparel or competitive uniforms at the awards ceremony. Individual athletes who do not comply will not receive awards or be selected to the Armed Forces team. If the Awards Ceremony is conducted in conjunction with the Informal Ice Breaker, then all Service Members must comply with Ice Breaker dress policy.

Day Five Teams Depart

Note: Times of events may change as determined by the competition organizers.

6. TEAM STANDINGS: See paragraph 3.

7. AWARDS:

A. Individual: Awards are given to the top three finishers in the men's and women's divisions.

B. Team Award: Individuals awards are given to each member of the first place and second place Men's and women's teams (to include the OIC).

8. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP: Team points and awards will only be awarded to official Service Team members. Roster not to exceed 22 individuals:

- 12 Men (Open)
- 2 Men (Masters 40 plus-Optional)
- 6 Women (Open)
- 1 Woman (Master 35 plus-Optional)
- 1 OIC

(Master age determined as of 31 Dec)

Note: The Host project Officer is authorized to open the Armed Forces Triathlon Championship to other military members and civilians (as course conditions allow). Only official Service team members are considered for higher level competition. The Host installation is responsible for coordinating housing, transportation and messing for official service teams. Only official Service team members, host staff, Service Representatives and select VIP's are authorized to attend the Informal Banquet/Ice-Breaker.

9. TEAM COMPOSITION - CISM: As follows or as dictated by host country invitation:

6 Men Competitors (Open)

6 Women Competitors (Open)

1 Certified Athletic Trainer

1 International referee

1 Technical Committee Member

1 Team Captain

1 Chief of Mission

3 Men Masters (as determined by all team finishers at Armed Forces Championship)

2 Women Masters (as determined by all team finishers at Armed Forces Championship)

TOTAL: 22

Number of Officials to be taken depends on the request by Host Country in their official invite. (Master age determined as of 31 Dec)

10. FORMS AND ROSTERS: All Higher Level Advancement forms and Service Team Rosters for the Armed Forces Championship must be turned into the Host Project Officer at the Organizational Meeting.

11. ALCOHOL POLICY: There will be no alcohol consumption at the sports venue by personnel involved in the Armed Forces Sports competition, including sports staff, until all competition for the day has been completed to include the award ceremony on the final day. The venue is defined as the playing area and the assigned seating/spectator area. More restrictive installation policies in regards to alcohol will take precedence.