

SENIOR SUPER SERIES 2022

Technical Guidance for Athletes

RACES

The below guidance applies for the following races:

Llanelli Multisport Festival <i>SP</i>	14 th May
WTCS Leeds <i>SP</i>	11 th June
Mallory Park <i>SS</i>	25 th July
Sunderland Grand Final <i>SP, R</i>	20 th /21 st August
Eton Dorney <i>SP</i>	11 th September

SP – sprint, *SS* – super sprint heats and finals, *R* – mixed team relay

WETSUITS

- World Triathlon Competition Rules pertaining to water temperature and wetsuit use will be enforced. The final decision on whether wetsuits are mandatory, optional or forbidden will be made on the day by the Technical Officials and communicated to all athletes.

HANDLEBARS

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons, including the bridge, must not exceed the foremost line of the brake levers;
- Clip-ons must have a solid factory bridge or be touching each other;
- Brake levers or gear levers must not be attached to the clip-ons. The height difference between the highest point of the handlebar and the lowest inner part of the elbow rest cannot exceed 10cm;
- Water bottles and water bottle holders may not be mounted onto the handlebars or clip-ons.

WHEEL REGULATIONS

Athletes may race using either:

A wheel as defined below:

- A diameter between 70cm maximum and 55cm minimum;
- Both wheels must be of equal diameter;
- Wheels shall have at least 20 metal spokes;
- The maximum rim dimension will be 25mm on each side;
- The rim must be alloy;
- All components must be identifiable and commercially available.

ATHLETE RESPONSIBILITY

Competitors are reminded that it is their responsibility to know the rules of the race they are taking part in, and this extends to ensuring that bike setup conforms to the rules. Compliance with the bike setup rules should be checked well in advance of competition, and not left to the day of the race

UNIFORM

- All uniform regulations as set out in British Triathlon Competition Rules 2.8 apply.
- For domestic Elite Senior events, athletes are asked to wear trisuits that meet the World Triathlon Competition Rules and Guidelines Regarding Authorised Identification, however if this is not possible, as a minimum your trisuit must have your surname printed on it.
- Should a competitor however represent Great Britain in an World Triathlon event then full World Triathlon Competition Rules and Guidelines Regarding Authorised Identification will apply.

FRAMES

Frames must comply with World Triathlon Competition Rule 5.2.c.) (i)

SADDLE POSITION

- There will be a vertical line touching the front-most point of the saddle which will be no less than 5cm for men, and 2cm for women, behind a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.