

BHIVE Duathlon Rules and Regulations

**Be friendly and polite to locals when you are cycling or running*

**Follow Traffic rules at all time (traffic is not closed). Safety first*

** No Littering (Leave no trace)*

Day 1: 21st Sept 2025

Bike racking time

6am to 6:30am

6:45AM - Sprint Distance Race Start

7:15 AM - Olympic Distance Race Start

Duathlon

7AM: Sprint Duathlon

7:15AM: Olympic Duathlon

Briefing (15mins before race start time)

- Participants must attend the compulsory race briefing
- Participants must have their body marked (both upper arms) prior to race start
- Participants must rack their bicycles during the allocated times. Participants failing to adhere to this rule are prohibited from starting the race
- The bibs must be worn throughout the entire race of biking and running

Swimming

- 375mtr out and back i.e. 750mtr per lap.
- Sprint will do one lap and Olympic will do two laps
- All swimmers are required to wear proper swimming attire during the entire swim course.
- All swimmers must wear bright swim caps
- Swim goggles may be worn
- Fins, paddles, , snorkels and life jackets are not allowed
- Personal Tow floats are allowed (optional)
- Wetsuits are allowed
- Support crews are not allowed. Any assistance, other than medical aid received during the swim will result in immediate disqualification
- No persons other than the participants and officials are permitted in the swim course
- Swimmers in difficulty shall signal by raising an arm to the escorting boats/canoes for assistance. Participant will have 20secs to start the swim after the support
- Once assistance is rendered and time taken is more than 20secs, the competitor must retire from the competition
- Swim cut off time will be

Sprint: 40mins

Olympic Distace - 1hr 10mins

Duathlon Run

Sprint: 2.5km run will be 1.25km out and back

Olympic: 5km run will be 2.5km out and back

Running route will be same before and after the bike. Only distance changes

Cycling

- 20km loop – Sprint will do one lap and Olympic will do two laps
- Support vehicles or pacers are not allowed at any time

- All athletes must obey traffic rules while on the cycling course
- No bare torso is allowed at any time
- Wearing of headphones is not allowed at any time
- TT/Tri bikes and Aero bars are allowed
- Drafting is not allowed at any time (the draft zone is 12 metres from front wheel to front wheel or 6 bike lengths)
- Helmets must be worn from the moment the bike is removed from the rack, until after it is replaced after the cycle leg.
- *Cycling cutoff time is*

1:30hr for Sprint

2:00hr for Olympic

Running

- 2.5km out and back i.e. 5km for Sprint
- 5km out and back i.e. 10km for olympic
- Runners must wear their race numbers clearly visible at the front of their adorned apparel at all times
- Support vehicles or pacers are not allowed
- Runners must run on the designated path for the entire route
- No bare torso is allowed at any time
- Wearing headphones is not allowed at any time
- Run Cut off time is

Sprint: 45mins

Olympic: 1hr 30mins

Total race cut off time will be

Sprint: 3hrs

Olympic: 4hr 40mins

Transition Area Regulations

- The transition area will be open for all participants' access on race morning
- Only participants, officials and other personnel with the proper authorisation are permitted to enter the transition area
- Coaches, private support staff and spectators are not allowed to enter the transition area
- changing tents (men and women) will be there next to transition area
- Participants are not allowed to ride their bicycle in the transition zone. Participants must push their bike to and from their bike rack until after the "mount" or "dismount" line at the exit of the transition area.
- Participants must wear their cycling helmet clipped below the chin prior to removing their bicycle from the bike rack, and until such time as they deposit it back on the rack after the cycle leg

Transition 1 – Swim to Bike (for TRI) Run to Bike (for Duathlon)

- There will be no Transition Bags provided by the Organiser. Participants must prepare their own transition gear and place items properly within their allocated area
- The participants must pack and place their swim accessories (goggles, swim cap) properly within their allocated area before leaving T1
- Participants will have access to the transition area to collect their belongings after they finish.

Transition 2 – Bike to Run

- Cycling in the transition area is not allowed. Participants must dismount from their bicycle before the Dismount LineⓄ and push their bicycle into the transition area
- For the transition from bike to run, participants must take their run equipment from their allocated area and pack away their bike clothes by themselves without any assistance
- Participants will have access to the transition area to collect their belongings after they finish

Aid Stations

What will be there in Aid Stations?

- Water
- Fast&up reload
- Banana
- Chikkis

Bike Course:

- It is recommended to stop-look and take turns
- One aid station at start/finish area
- Participants have to stop and take water or any other stuff on aid stations
- No 'on the move' support will be provided

Run Course

- One aid station at start/finish area
- One aid station every 1.25km

Running Event

7am: 21km run starts

7:15am: 10km starts

7:30am 5km starts

Running

- 2.5km out and back for 5km
- 5km out and back for 10km
- 21km will do two laps of 10km

- Runners must wear their race numbers clearly visible at the front of their adorned apparel at all times
- Support vehicles or pacers are not allowed
- Runners must run on the designated path for the entire route.

Traffic is not close.

- No bare torso is allowed at any time
- Wearing headphones is not allowed at any time
- Run Cut off time is

5km: 45mins

10km: 1hr 30mins

21km: 3hr 30mins

Aid Stations – Every 1.2km

What will be there in Aid Stations?

- Water
- Fast&up reload
- Banana
- Chikkis
- Salts