



## START TIMES & WAVES

Athletes are designated into waves based on the order of sequential registration. Athletes are required to start in their designated wave. Athletes are not permitted to start in any other wave under any circumstances. Athletes found to be in violation of this protocol will be disqualified from the day's competition.

### Individuals Division

- Race number bibs are given to Individual participants and must be displayed on the front of their body.
- All participants are given a wristband with their registration pick-up. Athletes are required to wear the wristband to start each day's event and it **SHOULD NOT BE REMOVED** over the course of the weekend. Under no circumstance will athletes be allowed to start an event without wearing their wristband.
  - If you lose or need to replace your wristband, go to the registration desk before the start of the day's event and resign the waiver of liability. A new wristband will be given to you.
- Individual Heat Waves start before the Team Heat Waves.
  - Friday's Wave Heats are determined based on the order of sequential registration. Athletes' respective starting Wave Heat will be posted prior to the start of each day's event.
  - The Wave Heats for each subsequent day are determined based on the finishing order from the prior day. See the notice board prior to the start to confirm your Wave Heat.
- It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials.
  - In the event that an athlete runs off-course, they must return to the original point of deviation before resuming the competition along the designated course.
  - Any athlete that gains advantage by circumventing the course (as designed by race officials), whether intentionally or unintentionally, will be disqualified from the day's competition.
- Individuals must attempt to complete all obstacles.
  - Failure to successfully complete an obstacle will incur a 20 burpee penalty. Chest must touch the ground during the burpee.
- Individuals must complete a compulsory 2<sup>nd</sup> lap of Saturday's Sun Life Island Challenge.

- Individual participants' finishing times are aggregated over the three days. The quickest aggregate time over the weekend determines the Male & Female Elite Division winners.
- Individuals Division participants are also still eligible for the Bermuda Triple Challenge Weekend's Grand Prize as determined by BTC points.
  - Individual participants' finishing times will be converted into BTC points and aggregated with the individual's charitable funds raised.

## Team Division

- All participants must display their team's number somewhere visible on their bodies with the provided permanent markers.
- All participants are given a wristband with their registration pick-up. Participants are required to wear the wristband to start the events and it **SHOULD NOT BE REMOVED** over the course of the weekend. Under no circumstance will athletes be allowed to start an event without wearing their wristband.
  - If you lose or need to replace your wristband, go to the registration desk before the start of the challenge and resign the waiver of liability. A new wristband will be given to you.
- Team Heat Waves start after the Individuals Heat Waves.
  - Wave Heats are determined based on order of sequential registration. Teams' respective starting Wave Heat will be posted in the registration area prior to the start of each day's Challenge.
- It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials.
  - In the event that an athlete runs off-course, they must return to the original point of deviation before resuming the competition along the designated course.
  - Any team member that gains advantage by circumventing the course (as designed by race officials), whether intentionally or unintentionally, will disqualify the team from day's competition.
- Teams are encouraged to complete all obstacles. Assisting team members as well as other teams is allowed.
  - Failure to attempt or complete an obstacle will incur a 20 burpee penalty.
- All team members **MUST** finish together within an arm's reach of one another.
  - If all team members do not finish together their day's Challenge Points will be disallowed.
- Teams' finishing times will be converted into BTC points and aggregated over the weekend along with their Team's charitable funds raised.

# BTC Points

- The Bermuda Triple Challenge Grand Prize is awarded to the Individual or Team with the highest BTC Point total.
- **Challenge Points** are awarded based on how quickly Individuals and Teams complete the course.
  - The quicker the course is completed, the greater the points.
    - The Finishing Target Times for an equivalent 2,000 points at each challenge are:
      - Argus Urban Foot Race – 20 minutes
      - Sun Life Island Challenge – 40 minutes per lap (Team Division optional 2<sup>nd</sup> lap)
      - Chubb Royal Challenge – 35 minutes
    - Each four second time differential from the Target Time results in a one point variance.
- **Charity Points** The greater the fundraising effort, the more points are received, one point for each dollar raised on behalf of the Bermuda Triple Challenge's supporting charities who marshal the courses and help make the Bermuda Triple Challenge weekend possible.
  - All charitable donations must be handed into race officials before the start of Sunday's Chubb Royal Challenge for counting towards individuals' and teams' Charity Points total. Donations will be accepted after the start of Sunday's Chubb Royal Challenge, but they will not be counted towards individuals' or teams' Charity Points.
- Challenge Points and Charity Points from the weekend are then aggregated to determine the highest 'BTC Points' scoring team or individual and Bermuda Triple Challenge Grand Prize winner.