



READ CAREFULLY: THESE RULES ARE MORE DETAILED THAN THOSE IN THE APPLICATION AND INCORPORATE CURRENT TRIATHLON COMPETITIVE RULES BY REFERENCE.

Rules & Regulations

SWIM

1. Each participant must wear the official swim cap (provided) and a swimsuit at all times.
2. No fins, paddles, snorkels, or other artificial propulsion and/or flotation devices, except escort craft are permitted.
3. Wetsuit or tri-suit may be used.
4. Goggles or face mask may be used.
5. It is mandatory that each participant be accompanied by one swim escort on a non-motorized escort craft at least 6 feet in length.
6. Unaccompanied and unofficial swimmers are not allowed on the course and will be removed by event officials.
7. Substitution of escorts may be allowed as long as event officials are notified in advance, the substitute signs a waiver, and it is not unsafe to do so.
8. Participant may receive food or drink from swim escort. (As a minimum, carrying of water by the swim escort is highly recommended).
9. Participant may not receive forward motion or an unfair advantage from any person or craft. This includes drafting off another swimmer or escort.
10. Participant may rest and receive aid on the escort craft; however, no forward advantage may be gained by such action.
11. Each escort and swimmer must closely accompany one another at all times.
12. Each escort must display official number on front of shirt.
13. In an emergency, any participant/escort needing assistance should wave an arm overhead as a signal for help.
14. Swim course will be closed 6 hours after the start of Stage 1, however it will be very difficult to reach Betwys – y -coed within the 12 hour cutoff time should the swim exceed 6 hours.

TRANSITION

1. Team vehicles will not be allowed in the transition and must be parked in designated areas.
2. Team captains must check in with designated event officials no later than 6.45a.m.
3. No team member or participant may interfere with another team or participant or his/her equipment while it is in the transition area.
4. Bike equipment checks, including helmets and mirrors, may be performed by event personnel as part of the transition process.

COURSE

1. Each course should be clearly marked, however it is the participant's responsibility, with the help of the support team, for keeping on it. It is suggested that each support team and participant familiarize themselves with the land course by driving it prior to the start of Stage I.
2. No participant will receive any time adjustments for any stop made during the completion of any stage or any portion thereof. This includes, among others, rest or repair stops, check-ins, medical assistance, stops required by event officials or other stops dictated by public authorities.
3. Traffic lights will NOT be controlled nor will any public roadway be closed during any portion of any stage. **ALL TRAFFIC SIGNS AND SIGNALS MUST BE OBEYED!**

BIKE

1. No tandem, motorized or recumbent bike is allowed. Additionally, no device designed exclusively to reduce air resistance is permitted on any bike.
2. Disk wheels or wheel covers may not be used; however, tri-spoke wheels are permitted.
3. A back-up bike or spare frame may be carried in the support vehicle; such equipment may only be used if the primary bike has a mechanical failure to such an extent that it cannot be used. A race official must be notified of any bike change no later than the end of that day's stage. Any spare bike must have passed the inspection process prior to registration on Wednesday. The completed inspection forms for each bike/frame must be on file with the race officials. Riding an uninspected bike for any reason may result in disqualification. You may only switch bikes once during the entire event. No switching back and forth is permitted. With the exception of the frame (or back-up bike), all other bike parts may be interchanged while on the bike course.
4. No accompanying riders are permitted on the bike course.

5. All aspects of the bicycle must be safe to the rider, other participants, team members, officials and the general public.
6. Each participant must have certain aspects of his/her bike inspected prior to the start of Stage I. These aspects include, but may not be limited to brakes, handlebars, headset, helmet, rear view mirror, tires and wheels. Any equipment unable to meet minimum standards may not be used until the problem is corrected. All repair costs are the responsibility of the rider and must be paid upon completion of the work.
7. During the bike portion of Stage I and for all of Stage II, drafting or pacing of any kind, including off any motor vehicle is not permitted.
8. Each participant must conform to all traffic laws and is responsible for all consequences of any infraction.
9. Each participant must wear an official number while on the bike course; it must be clearly visible and placed on the lower back of the rider.
10. Frame numbers must be displayed in a highly visible position on the bike while the rider is on the course.
11. Each participant must wear a properly fastened hard-shell helmet that meets or exceeds British standard
12. Participants may only make forward progress while accompanied by their bike. Push-offs of any kind is not permitted.
13. No participant may wear any device which interferes with normal hearing (i.e. electronic headsets, radios, MP3 players and the like).
14. Side by side riding is not permitted. Likewise any propulsive action by the head or hands is prohibited.
15. Riders on the course after sunset or who finish after the 11 hour mark on Stage I & II must have an operational headlamp on the bike and reflective materials on the front and back of his/her person. Failure to do so will result in a time penalty.
16. The bike course for Stages I/II will be closed 12 hours after the start of each stage.

RUN

1. Each participant must run or walk the entire course. Crawling will result in disqualification
2. Each participant must wear the official number while on the run course; it must be worn and clearly visible from the front of the runner.
3. Pacing among official participants is allowed, but no participant may be paced by more than one non-participant at a time. All pacers must be on foot. No pacer may do any headwind blocking.
4. Skates, bicycles, skateboards, rollerblades and the like may not be used by team members or pacers on the run course.
5. Participants must run on the side walk or shoulder of the highway, except when crossing the highway or within 1 mile of the finish line.
6. Participants and team members must exercise extreme caution when crossing the highway.
7. No runner or pacer may use any device which interferes with normal hearing (headsets, radio, headphones, etc.)
8. Any runner (and pacer) on the run course after sunset must have reflective materials on the front and rear of his/her shoes, shirt, and shorts.
9. Run course will be CLOSED 12 hours after the start of Stage III.

SUPPORT TEAM

1. Each support team shall consist of at least two adult members at all times. Substitutes may be made only if the Team Agreement is signed beforehand.
2. Except in the case of an emergency, no team may have responsibility for more than one participant.
3. One team member must have a valid driver's license.
4. One member can be the swim escort and may also be a member of the land team.
5. Each member will be required to (a) provide his/her name, address, and phone number, and (b) sign the *Team Agreement* prior to the start of Stage I.
6. No member may use any illegal substances during the event and its related activities. The use of alcohol during any portion of any stage is prohibited.
7. One member must be designated Team Captain and this person must be able to speak and understand English.
8. The Team Captain will be the official spokesperson for the participant and team. As such s/he will be responsible for the team and its actions.
9. Costs and arrangements for procurement, training, outfitting, transportation, and housing of the team are the responsibility of each participant.
10. Each Team Captain or designated team representative is required to attend the Pre-Event Briefing; all other members are encouraged to attend.
11. Each Team Captain must check in at all start/finish lines. The swim escort must check in and out at the start/finish lines of the swim course.
12. Any team captain whose participant is unable to make a cutoff may be required to pick up such person and check in with officials at the finish line.
13. Members must obey all event regulations, traffic laws, and public ordinances, as well as follow the directions and instructions of all event officials and public authorities.
14. Except as noted, members may be on the course only in their capacity as such. No member may utilize a non-motorized wheeled vehicle (including a bicycle) on the course, except in an emergency. Except as a run pacer, being on a team is not an opportunity to swim, bike, or run during any stage.
15. No member may interfere with or obstruct another team or participant, any roadway, traffic, or cause any public inconvenience.
16. No member of any support team may hand or give any aid to any participant while inside a vehicle, whether moving or stationary, unless the participant has dropped out, been pulled from the course, been required to enter the vehicle by event officials, or finished the stage, AND is inside the vehicle.
17. Unless the participant is inside the vehicle, all hand offs and/or aid of any kind must be given to the participant while the vehicle is parked off the highway with the emergency flashers on, and the team member is on the shoulder off the roadway.

18. Disqualified participant must be brought to the finish line as soon as possible after disqualification to be checked in. If this cannot be done, it is the responsibility of the designated Team Captain to notify finish line officials of the participant's status as soon as possible.
19. Event officials assume no responsibility for the health, safety, and welfare of any participant and/or support team member while they are participating in any portion of the event. If a situation or emergency should arise which requires care or attention by medical personnel, the support team should transport the person affected to the nearest medical facility or call designated personnel to request help if transport is not possible or advisable.
20. The role of the support team is literally vital to each participant and the safety of the event. The utmost care, concern and courtesy must be given to all, including the general public. The proper conduct and concern of the team and its individual members for the safety and well-being of all is extremely crucial and will be required. Since team members will be the participant's lifeline, providing nutritional, technical, medical and equipment support, the need for adequate preparation and supplies, especially ice and water, should not be underestimated!

SUPPORT VEHICLE

1. Each participant must have **NO MORE THAN ONE** accompanying motor vehicle during all portions of the land course.
2. Each vehicle must clearly display official event signage in the areas designated.
3. No vehicle may provide draft or pace for any participant.
4. No vehicle may follow any participant except in an emergency. In that case, emergency flashers must be on at all times.
5. The "leapfrog" method of support is required at all other times. **THIS IS EXTREMELY IMPORTANT.**
6. Emergency flashers must be on when a support vehicle is pulled over to give aid, or traveling slower than 15 mph under the speed limit.
7. No vehicle may travel alongside a participant except to pass them. **THIS IS EXTREMELY IMPORTANT.**



General Guidelines

(See *Rules & Regulations* for more details)

1. AGE GROUPS

For the purpose of age group standings, the finishing field will be subdivided into ten-year groups. Separate divisions for men and women will be provided in all cases. All participants must have reached their twentieth (20th) birthday by the start of Stage 1. Age group prizes will be at the discretion of the organizers.

2. AID STATIONS

Since the use of support teams is required throughout, aid stations will not be provided to participants by event officials. Water and limited toilet facilities will be available at the start and finish lines of each stage.

3. AWARDS

Each finisher will receive a distinctive award. Additionally, the first overall finishers (male and female) and the first three men and women finishers in each division may receive individual recognition at the Awards Presentation. The right to limit or expand the awards, based on the number of entries and finishers in each division, is reserved. All awards will be presented at the Awards Dinner on Tuesday night.

4. CATEGORIES

All participants, whether officially registered by a national governing body as amateur, elite or professional will participate in the age group category.

5. CHECK-IN PROCEDURE

At the beginning and end of each stage or segment thereof, each participant and team captain must check in with the event Registrar who will be located adjacent to the respective start/finish lines. In addition, at the start of the swim, the escort must check-in with the participants for numbering purposes. Failure to follow this procedure may preclude further present or future participation in the event.

6. CONTINGENCIES

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will be taken: (1) postponement, (2) course modification, (3) cancellation. If it will be unsafe to conduct the swim as scheduled, this portion of Stage I may be postponed until the morning following the end of Stage III. If the event or any portion of it is postponed, modified, or cancelled, there will be no refunds.

7. COURSE

The sole responsibility for following the prescribed course rests with each participant. No time credits or adjustment in finishing results shall be made for participants who fail to follow the proper course for any reason whatsoever. **Time penalties or disqualification may result from failure to follow the proper course.** Every effort will be made to mark each intersection on the course and detailed course descriptions and route maps will be made available to each athlete and support team.

8. CREDIT CARDS

Provision for payment of retail items by credit card is available. However it is suggested that you make plans to have sufficient travelers' checks or cash available to pay for costs directly related to the event. Personal checks may be acceptable with proper identification.

9. CUTOFF TIMES

For safety reasons, the following cutoff times have been established: **Swim = 6 - hours, Stages I, II, III = 12 hours each** (Total = 36 hours). **Any participant who does not reach the designated finish line before a cutoff time will be disqualified and may be requested to leave the course at that point;** s/he may be allowed to continue unofficially in the next stage. However, only those participants who have made each day's 12 hour cutoff and completed all portions of the course will be designated finishers. Only finishers will be eligible to receive any finisher awards. Cutoff times may be modified if course conditions warrant.

10. DISQUALIFICATION

Participants not making a cutoff or not beginning and finishing any portion of any stage will be automatically disqualified. Participants or team members not adhering to the regulations and guidelines of the event are also subject to disqualification. Disqualified persons may be allowed to continue unofficially in the event, depending on the nature of the infraction, but none will be eligible to receive any finisher or any age group awards. Those allowed to continue do so at their own risk.

11. DISTANCES

Stage I (Day 1): 6.2 mile (10 km) out and back lake swim (Bala) + 90 mile (145 km) bike from Bala west to Betwys - y - Coed

Stage II (Day 2): 171.4 mile (276 km) bike from Betwys - y -Coed south

Stage III (Day 3): 52.4 mile (84 km) run from Betwys - y - Coed via Llanberis pass back to Betwys - y - Coed.

All distances are approximate and subject to modification (See *Course Description* section for further details).

12. DRAFTING

This is an individual endurance event; therefore, drafting of any type during any portion of any stage (including the swim) is prohibited by any participant.

13. EVENT STANDARDS

Where applicable and not otherwise modified by more stringent event standards, the Competitive Rules, as published by British Triathlon and contained in its current Triathlon Competition Guide, are hereby based and incorporated by reference and govern the event.

15. FILMING Filming of the event will not be permitted whether for personal or commercial use unless prior written authorization is obtained from event officials. Such authorization may be withheld if the filming is in conflict with the granting of other film rights

16. LANGUAGE

Each participant must be able to either (1) speak and understand English or (2) provide a team member who can act as a translator between the participant, other team members, and event officials. All Team Captains must be able to speak and understand English.

17. LIMITATION OF ENTRIES

The starting field will be limited to forty (35) individual participants and entry will be by invitation only.

18. MASSAGE

Massage therapy will be available at the end of each stage. By payment of the entry fee, each athlete is entitled to a massage at the end of each stage (3 massages total). This service is primarily for participants, but may also be available for team members if the athlete chooses to forego a massage at the end of a stage. No credits will be given for unused massages and massages must be done at the finish line of each stage.

19. MEALS

Five meals are planned in connection with the event. These are the on Friday the day before the start of Stage I (participant attendance is required), continental breakfasts prior to the starts of Stage II and Stage III, and the Awards Party held the day after Stage III is over. Since the pre-event briefing is part of the first morning breakfast, and is in the same location, team members are encouraged to attend the breakfast to have an opportunity to meet one another and the event personnel. It is also hoped that all participants, their guests, and team members will attend the Awards Dinner and the Presentation which follows. Each athlete will be provided three (3) tickets to the First Day Breakfast, continental breakfasts and Awards Dinner in order that his/her support team members are included.

20. MEDICAL STUDIES & SUPPORT

Medical support will be provided to participants by event Doctor. Accordingly, it is the responsibility of each support team to provide and/or seek professional help should the need arise. Emergency medical contacts and information will be provided to each support team. Independent medical studies may be conducted in conjunction with the event. Participation will be voluntary. No Intravenous fluids are allowed to be administered between stages. If an IV is necessary in order to complete the event, the athlete may continue, but will then be considered a participant and not an official finisher.

21. NO-FEED ZONES

For safety reasons, certain short portions of the land course will be designated No-Feed Zones. These are areas where the support team is not allowed to accompany the participant. Only in case of an emergency will support be permitted to stop in these designated zones.

22. NUMBERING

Swim: During the check-in process, the escort will be given a number to be worn on the front of his/her shirt or hat. **Bike:** Each participant will be given two jersey numbers; one to be worn on the lower back each day, and a frame number to be placed on the bike frame. **Run:** Each participant will be given one number to be worn on the front. **Teams:** Each Team Captain will be given two numbers to be affixed to the outside lower left of the front and back windshields of the team vehicle. Numbers identify official participants and teams, must be clearly visible at all times, and worn as directed by event officials. No alteration of any numbers is permitted.

23. PACING

Pacing among official participants is allowed only during Stage III and then only under the following conditions: (a) a participant may be paced by only one designated non-participant at a time, (b) all pacers must be on foot while pacing, and (c) any pacer who is not an official participant must clearly display signage provided by event officials. Pacing with any wheeled vehicle (whether motorized or not) is not permitted during any portion of the event.

24. PARKING

Since parking will be limited in all staging areas and prohibited at all start and finish lines, affected persons should plan accordingly. In every case, all event-related vehicles must be parked legally and safely off any highway and in such a manner that does not obstruct the normal flow of traffic or create a hazard to anyone.

26. PENALTIES

Specific penalties will be levied for infractions and/or misconduct. Such penalties will normally consist of time penalties assessed against the participant at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions. In general, penalties will conform to those established by British Triathlon and detailed in its current *Competition Guide*. The time penalties for Ultra Distance races consist of 6 minutes for the 1st infraction and 12 minutes for the 2nd penalty. The third penalty equals disqualification from the event. These penalties are cumulative for all three days. Copies of this booklet will be available as part of the registration process. The Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation of the race. The Race Director has ultimate authority in regards to all rules, their interpretation, and their enforcement. All entrants in the race, and their support crews, willingly acknowledge this fact, as well as all other race rules by attending the race in any capacity.

27. PERSONAL PROPERTY

It is strongly suggested that all personal property be adequately and indelibly identified with the owner's name and event number prior to the start of Stage I. Event officials assume no responsibility for the theft, loss, or destruction of any personal property of any participant or support team member.

28. PLANNING

The absolute necessity of proper planning cannot be emphasized enough. In addition to making the necessary travel plans, it is crucial that each participant properly inform, train, organize and prepare each team member. This includes providing them with copies of pertinent event information and also keeping them updated on any changes. Waiting to accomplish this on the day before this event is not advisable. First time participants should (a) plan to drive the entire land course before registering, and (b) Participants who are utilizing local residents as team members are urged to be in contact with them as early as possible to make all the necessary arrangements, including automobile, lodging, and food; this is especially true for swim escorts and escort craft. No one will be permitted to begin any stage without a complete team and the required equipment.

29. PROHIBITED AID, EQUIPMENT, SUBSTANCES

No participant will be permitted to use fins, paddles, snorkels, or any flotation device (except as noted) during the swim; likewise, no swim escort will be permitted to use any sail craft or any escort craft less than six feet in length. In addition, during the bike segments, no participant may use disk wheels or any device designed exclusively to reduce air resistance. No participant may use any device that (1) interferes with normal hearing (headsets, etc) or (2) provides any independent means of forward motion. No team may utilize more than one support vehicle, and such vehicle may not exceed six (6) feet in width (campers, large vans and trucks, etc. are prohibited). No participant or team member may use any illegal or otherwise banned substance at any time during any portion of the event. The event is to be drug-free throughout. (See the *Rules & Regulations* section in this kit for more information.

30. PROTESTS

The Team Captain will be the person responsible for submitting any official protest on behalf of the participant and/or team member(s) as the result of misconduct by another participant and/or team. Such protest must be in writing and filed within 30 minutes following the withdrawal of the participant or his/her completion of the swim or stage in which the incident is alleged, whichever occurs first. Protest forms will be provided by event officials.

31. REFUNDS

For those applicants who are not issued invitations, the full entry fee, less the £200 administrative fee, will be returned.

32. REGISTRATION

Registration will be on the Friday preceding the start of Stage I, and all invitees wishing to participate must register in person on that day. To pick up registration materials, each invitee is required to present identification with photo, and complete information about his/her team, including names, contact information, and a signed individual *Team Agreement* for each member, vehicle model/make/license number. Materials will only be issued to those completing the registration process, and only those persons will be allowed to begin Stage I.

33. RELAY TEAMS

The ULTRAMAN UK has included the relay division for the foreseeable future due to the amount of interest in relay teams.

34. RETURNED CHECKS

Checks submitted in connection with the application must clear the applicant's bank before an invitation will be considered to have been officially issued. A service fee of twenty-five pounds (£25.00) will be charged each time any check issued in connection with the event is returned as unpaid.

35. RESTRICTED AREAS

Certain areas of the course will have restricted access. These areas will be designated at all start and finish lines and the swim-bike transition, as well as the No-Feed Zones. Other areas may be included, so it is important that the directions of event officials be followed carefully and graciously.

36. SAFETY

SAFETY IS THE PRIMARY CONCERN and support teams are required throughout. However, this event is extremely strenuous and requires tremendous individual endurance and stamina. The risk of accident, injury, sickness, and even death, may be present throughout all three stages. Proper training, well-maintained and appropriate equipment, good judgment, respect, common sense and courtesy will be crucial in making this a safe and successful event. If an emergency situation necessitates or causes a rule infraction, event officials may make allowances in the interest of promoting safety.

38. SPECIAL REQUIRED EQUIPMENT

Participants will be required to wear/utilize the following special equipment: swim caps and numbers as provided by event officials, a properly fastened ANSI or SNELL approved hard shell helmet, lights will be required on bicycles due to the early sunsets in early September. Swim escorts must (a) wear shirts to affix numbers issued by officials (tank tops are recommended) and (b) utilize an escort craft which must be non-motorized and a minimum of 6 feet in length.

39. STARTING PROCEDURES

At two minutes, one minute, and 30 seconds prior to the start of each stage, announcements to that effect will be made. 10 seconds prior to the start, a countdown will begin. A starting signal will then be given. Prompt starts are a tradition and will be adhered to. It is each participant's responsibility to be ready to start at the designated times. No time allowance will be made for anyone not starting as scheduled.

40. STORAGE

Storage of participant's event-related equipment is the responsibility of each participant and Team Captain. Provision for storage by event officials, before, during, or after the event will not be made.

41. SUPPORT TEAMS

Due to the length and nature of the event, it is mandatory that a support team of at least two (2) adult persons and NO MORE THAN ONE vehicle/automobile accompany each participant throughout all stages of the event. No one will be allowed to participate without having this team. Each participant is responsible for securing, organizing, and training this team. Each team member, including the swim escort, will be required to (a) provide his/her name, address, and phone number and (b) sign the individual *Team Agreement*. In addition to these two requirements, the team member who is designated Team Captain will act as the official spokesperson for the participant and team and will be required to attend the pre-event briefing (other members are also encouraged to attend). For safety and simplicity, no support team or any team member may utilize a non-motorized wheeled vehicle (including a bicycle) except in an emergency. NOTE: the entry fee will include three (3) shirts for team members well as 3 tickets for the All meals provided by the event:

42. SUPPORT VEHICLE

Each participant must arrange and pay for an automobile to be used as a team vehicle throughout the event. Such vehicle may not be wider than six (6) feet but must be large enough to accommodate all equipment, team members, the participant, and his/her needs. For safety reasons, the use of campers, large vans, and trucks is prohibited. No team may have more than one vehicle on the course at a time. NOTE: Mini-vans are recommended.

43. SWIM ESCORT AND ESCORT CRAFT

It is mandatory that each participant be accompanied by an escort and escort craft at all times during the swim portion of Stage I. The escort is considered a member of the support team and will be required to complete the *Team Agreement* prior to the start of Stage I and display the designated official number while on the course. A non-motorized escort craft is required (a kayak or one-man canoe is recommended), but craft utilizing sails or being less than six (6) feet in length may not be used. No participant will be allowed to start the swim and/or continue in the swim without a proper escort and acceptable craft. Swim escorts must be in excellent condition and able to escort the swimmer from start to finish.

44. TEAM ASSISTANCE

A participant needs a complete support team or additional team members, including a swim escort and/or escort craft, some assistance may be available from the ultraman uk. Such assistance may only be available if advance arrangements are made

by completing the Team Assistance Form or contacting the Event Director directly by telephone at (01536 510118). See the *Acceptance Kit* for further information and instructions.

45. TEAMWORK

Although this event will be one of individual endurance, no one would be able to finish it without the cooperation inherent in good teamwork. Each support team will be required to provide for their participant's needs and must not hinder or interfere with another team or person at any time. On the other hand, the underlying philosophy of this event is to encourage and promote the spirit of camaraderie with respect for all. Therefore, honesty, good judgment and sportsmanlike conduct are all integral parts of the event and will be expected of everyone at all times.

46. TRADEMARK AND EVENT LOGOS

The event name and logos are registered marks which may not be used or reproduced in any manner without prior written consent from the Race Director. A logo licensing fee of £500 will also be charged. Such marks, as well as selected sponsor logos, may be required to be worn and/or displayed by participants and team members during certain portions of the event. Notification of such requirements, if any, will be made as part of the registration process. Participants may make copies of pertinent written materials in connection with preparations for the event; however, such copies are for personal use only and may only be distributed to bona fide team members who may not reproduce them in any manner thereafter.

47. TRAVEL AND ACCOMODATIONS

All travel arrangements – air, ground, hotel accommodations and meals are the responsibility of each participant. It is important that plans for travel and accommodations be made well in advance of arrival in Wales. As the event takes place over The last school holiday weekend, bookings (especially for support vehicle) must be made well in advance due to the busy holiday weekend.

48. WETSUITS

Protective suits, such as tri-, body-, and wetsuits, including those containing neoprene, will be permitted to be used during the swim to protect against exposure and marine organisms.

