GWN Athlete Guide 2018

Message From Your Race Director

On behalf of my team welcome to The Great White North Triathlon in Stony Plain, Alberta. You're about to find out why The Great White North Triathlon is one of the largest and oldest triathlons in Canada. We understand the commitment and sacrifice it takes to complete a race of this distance and we are committed to ensuring your race day is as enjoyable as it can be.

Get ready to experience our amazing volunteers and the vibe of the community that supports this race! From pro triathletes to first timers the GWN is happy to have you. We are inclusive of all abilities and hope you have an amazing day out there July 8th.

Without the support of our amazing community partners none of this could be possible, The Town of Stony Plain, Parkland County and Allan Beach Resort…thank you. Our amazing volunteers and incredible athletes deserve a big thanks as well. We can't wait to see you at the finish line, have a great race and stay safe.

Important Address's and Contacts

Stony Plain Heritage Pavilion
5100 41 Avenue, Stony Plain, AB

Allan Beach Resort
53120 Range Rd 13 RR 2 Stn Main, Stony Plain

Freson's Fresh Food Market
4416 48 St, Stony Plain, AB

Michael Brown, Race Director
michael.gwntriathlon@gmail.com

Rules and Regulations

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2018 ATA Competitive Rules.

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep four bike lengths (seven meters) between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; never on the right to avoid an ILLEGAL PASS call. Complete your pass within 20 seconds to avoid a DRAFTING call.

If passed, drop back four bike lengths before attempting to re- pass to avoid an OVERTAKEN or DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals.

Other common violations include:

HELMET CHINSTRAP
Your chinstrap must be securely fastened whenever you are on your bike on race day.
RACE NUMBER
You must wear your bib number only during the run portion of the race. In addition, your bike number must be properly attached to your bike and must be visible.
TATTOOS
Tattoos are to be worn on the left arm and left calf.
LITTERING
Do not throw ANYTHING outside of official aid stations.
UNAUTHORIZED EQUIPMENT
Sorry, absolutely NO communication devices, MP3 players or other audio

devices. (Yes, that means NO cell phones, or Apple iPhones®).

OUTSIDE ASSISTANCE
Non-racers may NOT ride or run alongside you. Remember that even though DRAFTING is not the only violation that incurs a time penalty, you must go to a penalty tent for any violation to have your number marked, and all violations count toward your three strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. We sincerely hope you have a great race and achieve all your goals.

DRAFTING VIOLATION BLUE CARD, STRIKE ONE
- 4-minute penalty at T2 in the penalty tent.

BLOCKING VIOLATION BLUE CARD, STRIKE TWO
- Two (2) minute penalty at T-2

LITTERING VIOLATION BLUE CARD STRIKE THREE
- Two (2) minute penalty at T-2

Any combination of three (3) offences will result in immediate disqualification.

Schedule of Events

Friday July 6thth 208

4:00 pm	- Expo open and package pick up begins
6:30 pm	- Expo and package pick up closes
7:00 pm	- Pasta Party begins
7:00 pm	- Pasta Party hosted by Darren Hailes, Pro Panel and prize giveaways.
8:00pm	- Athlete-briefing session, athletes should attend the briefing to ensure they understand the rules and specifics of the course

Saturday July 7th 2018

12:00 pm	- Expo and package pick up opens
12:00 pm	- Mandatory bike drop off at Hubbles Lake begins - Mandatory Run Bag drop off at Pavilion
4:00 pm	- Expo and package pick up closes.
4:00 pm	- Bike drop off closes

Bike drop off is required at T1 (Allan Beach at Hubbles Lake) on Saturday. Bikes will be secure overnight. The transition area will have security fencing and lighting and will be continuously patrolled by security guards and volunteers.

Race Day Sunday July 8th 2018

5:30 am	- Bus transportation to Hubbles Lake begins from Heritage Pavilion for Half athletes; Olympic starts at 6:15 am, buses will depart every 15 minutes until 7:00 am
5:45 am	- Transition 1 opens
7:15 am	- Transition 1 closes for Half

7:20 am	- Swim warm up closes
7:30 am	- Half Race starts
8:35 am	- Duathlon Starts
9:00 am	- Olympic Starts
9:45 am	- Kids 1km Fun Run takes place
3:30 pm	- Race finishes
3:30 pm	- Award Dinner and Trophy presentation

PERSONAL COMMUNICATION PLAN

Prior to departing for Stony Plain be sure to establish a communications plan with family and friends back home. It is essential that you have a plan for contacting or reuniting with your group following the race.

ATHLETE CHECK-IN

Athlete Check-In hours are Friday, July 6th from 4 pm – 6:30 pm and Saturday July 7th from 12 pm - 4 pm in the Stony Plain Heritage Pavilion. Please note that Athlete Check-In will not be open on race day. If you do not check-in during the designated Athlete Check-In hours you will not be able to race. ALL RACE PACKETS MUST BE PICKED UP BY 4 PM ON SATURDAY JULY 7th. Only the athlete racing can pick up their race package, family or friends CAN NOT pick up your package for you.
Please bring the following items with you to Athlete Check-In:

- Photo Identification
- $20 CAD **(cash only)** to purchase a one-day license if you are not an ATA member.

ATHLETE WRISTBAND

A wristband will be affixed to your wrist at Athlete Check-In. This band will identify you as an official participant and must be worn during race weekend. The wristband is required for medical identification purposes and allows you access to transition area and post-race athlete recovery areas. You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband before the end of the race weekend.

identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

PRE-EVENT SWIM ADVISEMENT

Allan Beach Swimming Policy: Allan Beach is a private area and we are lucky to have such a great arrangement with the community. Due to the size of the race in 2018 there will be **NO PRACTICE SWIM ON SATURDAY JULY 7th**, failure to respect this will result in immediate disqualification.

The Great White North wishes to caution all participants that it does not provide lifeguard services prior to the event, and that all participants who swim prior to race day will do so at their own risk. While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise caution and use common sense if they elect to swim prior to the event and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: underwater obstructions, weeds, water craft and indigenous marine life.

BIKE/RUN GEAR BAGS AND SPECIAL NEEDS BAGS
During Athlete Check-In, athletes will receive three bags:
Blue (Morning Clothes)
Red (Run Gear)
Black (Swim Exit Gear)

MORNING CLOTHES BAG
You will receive a Blue Morning Clothes Bag at Athlete Check-In. Prior to the swim start on race morning; place any items (e.g., dry clothes, car or hotel room key, medication) you may need at the finish line in your Morning Clothes Bag. Leave the bag in the designated drop area at the swim start.

Your bag may be retrieved after the race. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

MANDATORY BIKE CHECK-IN
Mandatory Bicycle Check-In is Saturday July 7th from 12 pm to 4pm at Hubbles Lake.

Please try to car pool and have more than one athlete in each car, parking is VERY limited and we can not have single drivers.

Once you arrive at Allan Beach Resort you **have 15 minutes to drop your bike off** and leave the area. Reminder that there is NO PRACTICE SWIM ON FRIDAY July 6th or SATURDAY JULY 7th due to the size of the field. The impact on the surrounding community is huge on race weekend, please do not loiter at Allan Beach Resort, you have one job and that is to drop off your bike and leave the area immediately.

All bicycles checked in on Saturday and left overnight. Bicycles will not be permitted to enter the transition area on race morning. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once Bike Check-In is over. You will have access to your bicycle beginning at 5:45 a.m. on race morning.

Run Gear Bag Check-In:
Located at Heritage Pavilion 5100 41 Avenue on Saturday July 7th from 12 pm-4 pm. You will receive a Red bag in your race package, **place all your run gear in this bag and bring it to the Pavilion on Saturday afternoon**. Place it in the appropriate line with volunteer guidance and it will be waiting for you at T-2 at the completion of the bike leg.

Black Swim Bag:
You will receive a black swim bag that your wetsuit goggles and cap will go into. Please make sure to write your name on your gear in case it gets mixed up in the confusion. Take an extra second to place all your gear on your bag to ensure it gets back to you after the race. MAKE SURE TO PICK UP YOUR WETSUIT BAG AFTER THE RACE!!! Lost and found will be at the Pavilion until Noon Monday July 9th. All other items will be shipped at the owner's expense.

RACE DAY PARKING and SHUTTLE BUS SERVICE
Athletes will utilize the complimentary shuttle bus service from T-2 to the swim start at Hubbles Lake on race day. First bus at 5:45 am. Athletes should park at the Heritage Pavilion located at T-2. Athletes can drive to Hubbles Lake but parking is VERY limited and not guaranteed. CARS CANNOT BE LEFT AT ALLAN BEACH RESORT OR ON RR 13 AFTER THE SWIM IS OVER. ANY CARS LEFT OVER WILL BE TOWED AT THE OWNERS EXPENSE. Spectator Parking: Personal vehicles will be allowed into Allan Beach on race day if space permits. Spectators who want to view the swim start should park at the top of Allan Beach on the South side of the entrance. Please note some spectators might get caught behind as we put the safety of the cyclist first.

RACE MORNING PROCEDURE

Triathlons

Transition opens at 5:45 am on race morning. Remember to bring your timing chip, swim cap, goggles, and wetsuit. Bike technicians and pumps will be available in the transition area race morning. Please do not wear your bib number in the swim. The number will not hold up for the duration of the race if it gets wet. Please make sure your tattoos are on **BEFORE** you get to transition.
If you have misplaced any of these items, please see the transition area director for a replacement. The transition area closes at 7:15 am. All athletes must be out of transition and headed to the swim before this time. All Olympic athletes will be permitted to stay in transition until 8:30 am

Duathlon

Transition opens at the pavilion at 7:30 am, please do not arrive before this time as we will be loading Olympic athletes onto the buses. Athletes must wear their race number for the entire race. The Duathlon will start at 8:35 am SHARP.

Aquabike

All times are the same as the Half Distance race.

AID STATIONS
Aid stations are approximately every 15-20 kilometers on the bike and a 1.5 km apart on the run. The general offerings are as follows:

BIKE
Gatorade
Water
Powerbar Gels
Powerbar Bars

RUN
Gatorade
Water
Coke
Powerbar Gels
Fruit
Pretzels

RACE TIMING and CUT-OFFS
The Half Distance race will officially end 8 hours after the swim start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

Swim Cut-Off
The Half swim officially closes at 8:40 am, one hour and ten minutes after

the half swim start. Any athlete who has not crossed the timing mat at the swim exit by 8:40 am may not be permitted to continue in the race. Athletes must be out of transition and starting the bike course by 8:50 am or you may not be permitted to continue. The Olympic cut off is 9:50 am, fifty minutes after the swim start. You must have crossed the mat by 9:50 am to continue with the race.

Duathlon run #1 10km Cut off
You will have one hour and twenty-five minutes to finish the first run, if you are not on the bike course by 10:00 am you will not be permitted to continue.

Bike Cut-Off
The official bike cut off is 5.5 hours after the swim start; this will be 1:00 pm on race day. Athletes must be out of transition by 1:10 pm to be allowed to continue the race. Olympic has the same cut off time.

Run Cut-Off
The race will officially end at 3:30 pm, that being said we believe every athlete should have the honor of finishing the race and we will keep the finish line chute up as long as possible. Olympic has the same cut off time.

Aquabike Run Finish

You will rack your bike and exit transition normally. You will then walk or run to the finish arch in the lane provided.

BICYCLE & GEAR RECOVERY
Mandatory bike and gear recovery is from 1 pm to 4 pm. All bags will be placed together for you to pick up. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If you are unable to personally claim your bike and gear, a family member or friend may use your Bike Check-Out ticket that will be provided in your race packet. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself. **DO NOT FORGET YOUR WETSUIT!!!**

Pasta Party

If you said you were coming to the athlete dinner your tickets will be in your athlete package, the dinner starts at 7:00 pm sharp on Friday July 6th 2018. After the athlete dinner there will be a quick race overview and a question and answer period.

Awards Presentation

All athletes will receive a post-race meal and refreshments with their wristband. A quick awards ceremony will take place at 3:30

COMPETITOR RESPONSIBILITIES

You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim and leave it on until after you finish the run. You may apply Vaseline around your ankle; it will not affect the timing chip. If you drop out or are pulled from the race at any time, turn in your chip to a race official. Failure to do so may disqualify you from participating in future events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip.

NO CHIP = NO TIME

Swim Course Summary

The One (1) loop swim (2000m Half, 1500m Oly) will take place at Hubbles Lake and will be a beach start. The water temperature will be between 64F and 68F and wetsuits are recommended.

Swim Course Rules and Instructions

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices of any kind are allowed.
- No Aqua socks (neoprene booties) unless the water temperature is 65.0 Degrees Fahrenheit or colder.
- Swim goggles or facemasks may be worn
- No individual paddlers or escorts allowed, the course will be Adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Special provisions are made for physically challenged athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

Swim to Bike Transition

After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike.

Personal nutrients are permitted if carried on you or your bike.

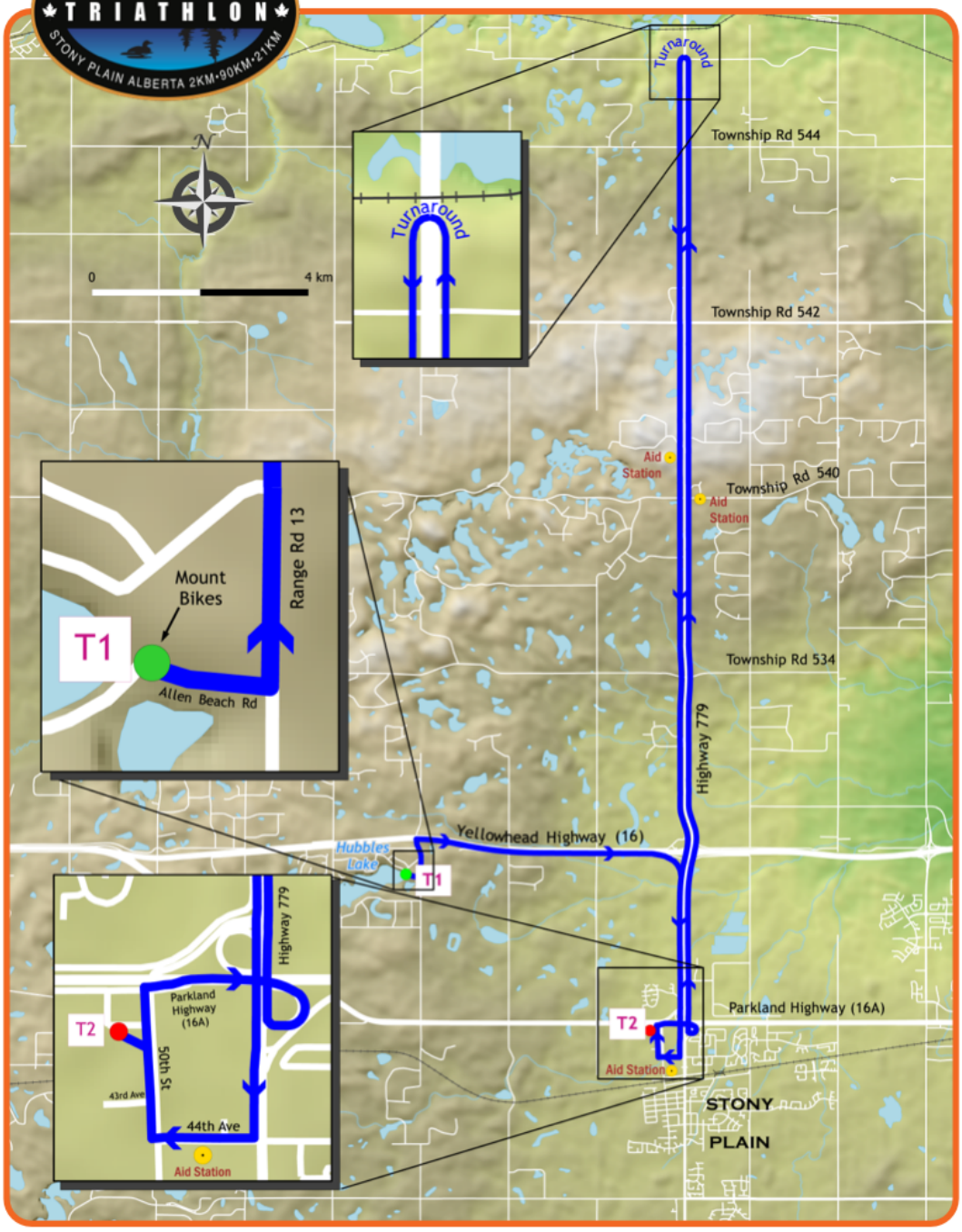
Please inform family and friends to stay off the bike and run course.

NOTE: Any athlete electing not to race must notify timing desk immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys and aquatic crafts that line the course.

Bike Course Summary

triathlon Bike

Long Course: 2 laps
Olympic Course: 1 lap



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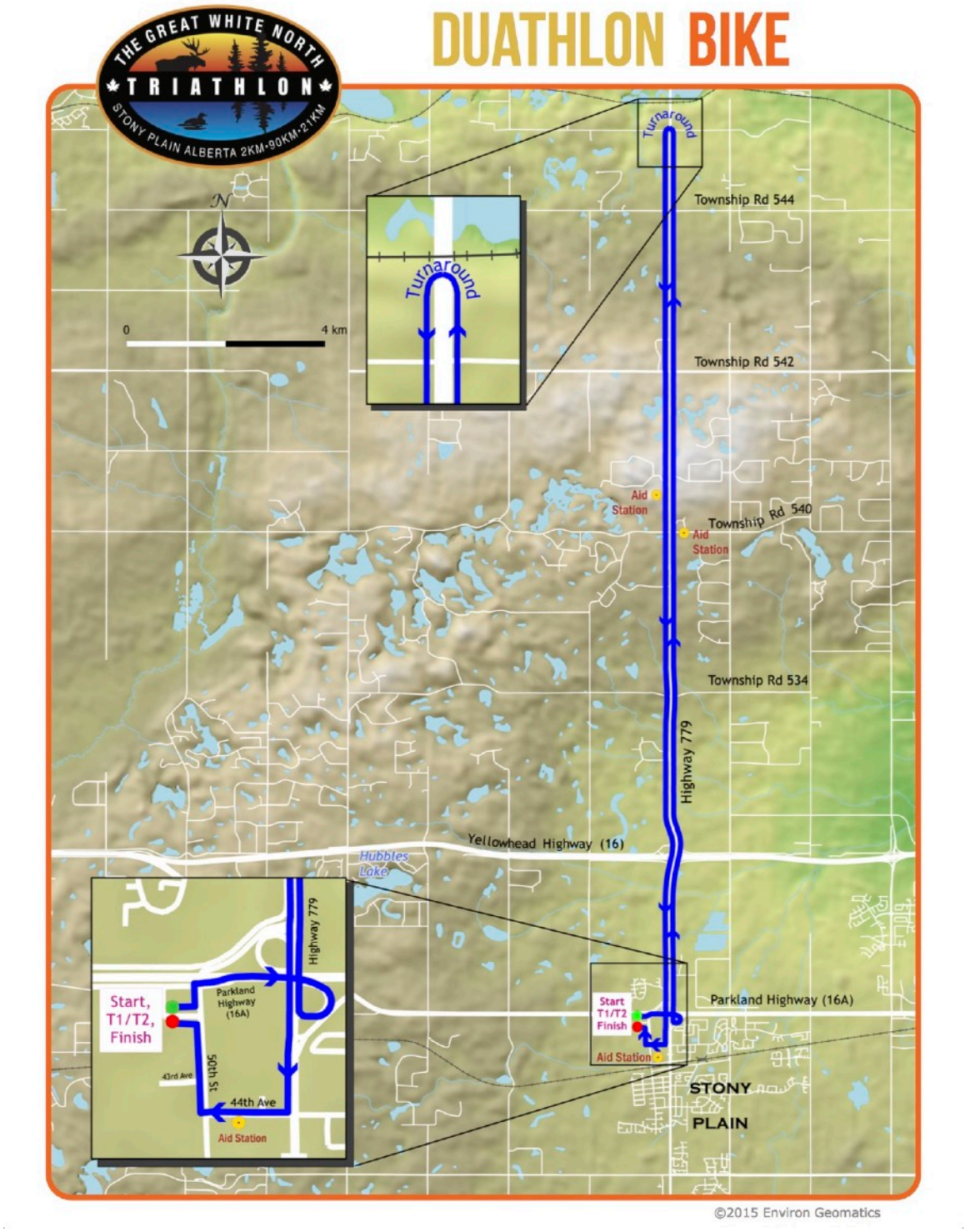


The half/Aquabike is 2 laps (90km) the Olympic (50km) and duathlon (40km) are 1 lap

1. Position Rules.

• Absolutely **NO DRAFTING** of another bike or any other vehicle is allowed.

• Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a drafting violation.

• A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.

• Overtaking athletes may pass on the left for up to 20 seconds but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a drafting violation. Athletes may not back out of the 7-meter draft zone once it is entered (drafting violation).

• Overtaken athletes must immediately fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an overtaken violation.

• Overtaken athletes who remain within 7 meters (~4 bike lengths) for more than 20 seconds will be given a drafting violation.

• Athletes must ride single file on the far-right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.

• Athletes who impede the forward progress of other athletes will be given a blocking violation.

• Athletes committing rule violations will be notified "on the spot" by an official.

• Do not attempt to discuss the penalty with the official.

• The official will: i. Call out your race number and/or notify you that you have received either a RED CARD for drafting or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.

ii. Instruct you to report to the next penalty box in T-2 where you serve a four (4) minute or two (2) minute penalty

• The athlete will: i. Report to the Penalty Box and report the offense, if you were shown a RED CARD or a YELLOW CARD. If you fail to report to the Penalty Box, you will be disqualified.

ii. Have race numbers marked by the PB Official with a "D" for drafting or a "P" for all other penalties.

iii. Register, via the sign-in sheet.

iv. Remain in the Penalty Box for the time indicated in the table below, for each drafting violation (RED CARD):

1st Offense 4 Mins in Penalty Tent 2nd Offense DQ

v. Be disqualified if you receive any combination of three penalties. If you

are disqualified, you may finish the bike course but may not start the run.
vi. Be disqualified for not reporting to the Penalty Box.

2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

3. No tandems, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

5. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

6. No athlete shall endanger himself or another participant. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

7. Shoes may be attached to pedals

8. Athletes must wear the GWN issued bib number at all times while on the course. The bib number must be placed low on the BACK of athlete's jersey where it is clearly visible. Race belts may be worn.

9. Athletes must wear a bike helmet number on the front of their helmet.

10. Athletes must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.

11. CSA-approved helmet is required during the entire bike portion including in and out of transition area. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.

12. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

13. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item will result in a penalty.

14. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

15. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

16. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes.

17. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.

18. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

19. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

20. MEDICAL SUPPORT. If you need minor medical assistance, Sag Wagons will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag Wagons will take you to the next aid station. At every bike and run aid station, there will be rest

areas. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. Cyclists still on the course after 1:00 p.m. will be disqualified and will not be permitted to continue in the event.

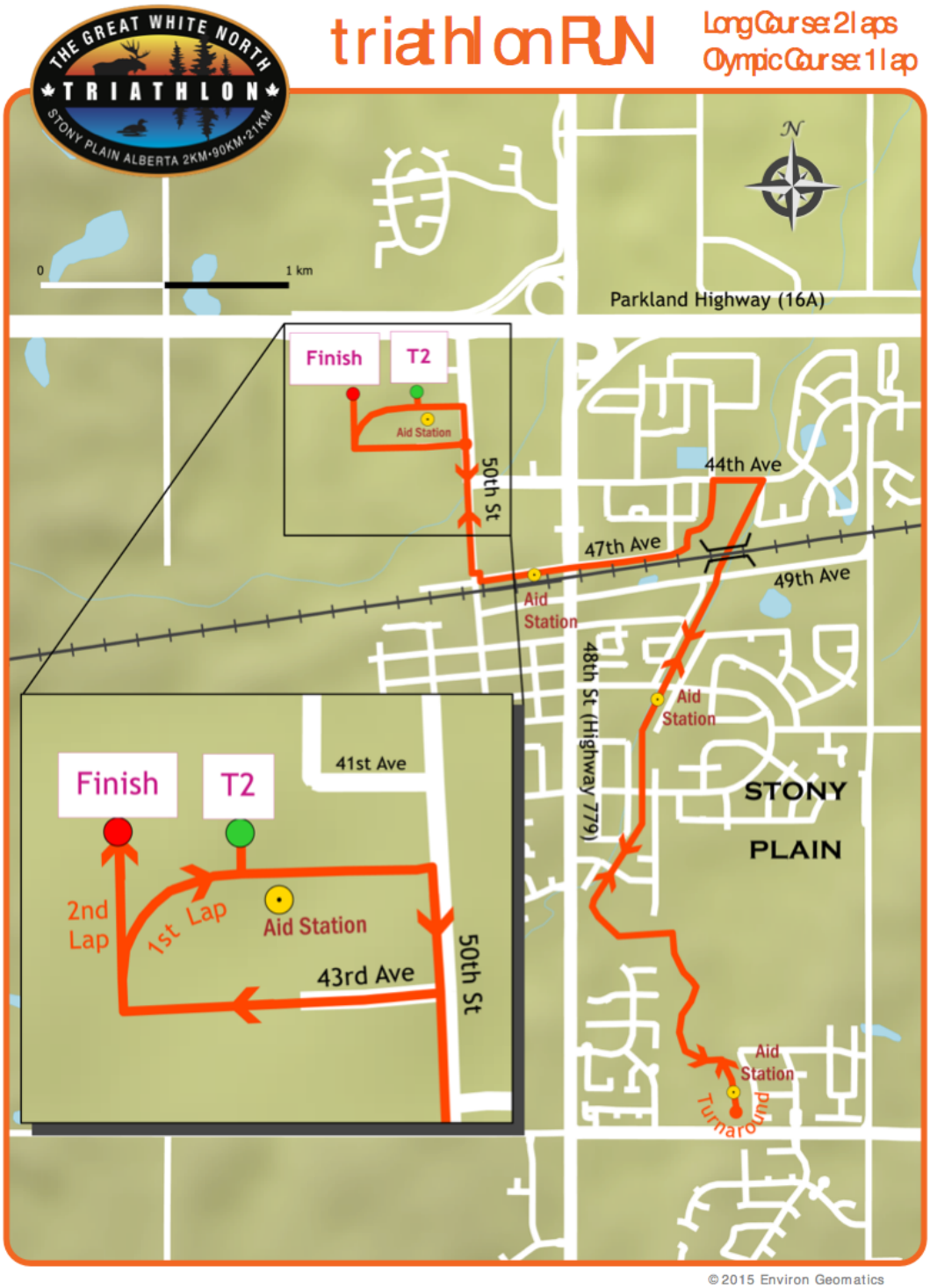
*Note: Bike aid stations are located approximately every 15-20 km's. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course.

A penalty will be assessed for discarding litter outside the designated drop zone.

Note:

Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day but are limited in number. Please be self-sufficient.

Run Course Summary



The half is 2 laps (21.2km) the Olympic is 1 lap (10.6km) and the duathlon is one 10km lap followed by on 5km lap.

Run Course Rules and Instructions

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their GWN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.
3. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.
4. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED.
This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non- participant escort runners will result in disqualification.
Friends, family, members, coaches or supporters of any type may not drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.
5. Athletes are expected to follow the directions and instructions of all race officials and public authorities. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. A shirt or racing top must be worn at all times.
6. The run course will officially close at 3:30 p.m.

Race Rules

FINISH LINE POLICY
Friends and/or family members are permitted to cross the finish line and enter the finish chute with participating athletes. Please be courteous of other racers finishing as not to take up the whole finish chute.

EVENT SANCTION AND RULES Triathlon Alberta (ATA) has sanctioned the 2018 Great White North Triathlon.
Athletes should be aware of the serious consequences of violating ATA Competitive Rule 3.5 - Unregistered Participants, which states:
a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in ATA and barred from participation in any sanctioned event for a period of up to one year.
b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in Triathlon Canada and barred from participation in any sanctioned event for a period of up to one year.
Anyone who violates this rule may be banned for life from any Great White North event. Violating this rule puts insurance coverage for the event at risk.

***NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, AND GWN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.**

RULES APPLYING TO ALL SEGMENTS OF RACE

It is the athlete's responsibility to know all aspects of the swim bike and run.

1. Participants are expected to follow directions and instructions of all course marshals and public authorities.

2. Race officials shall have authority to disqualify any contestant.

3. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically

incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.

4. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any GWN event in the future.