



# ***Race Briefing***

**TRY-A-TRI & SUPER SPRINT**

**SUNDAY 28<sup>th</sup> April 2019, 10:00am**



**WHERE PEOPLE FEEL BETTER**

## Main Event Sponsor

Thanks to Aura Leisure, Letterkenny for their continued support and to Aine and her staff for all of their help in running the event.



Aura Leisure Complex  
Letterkenny

P: 074 910 6422

W: [auraleisure.ie/location/letterkenny/](http://auraleisure.ie/location/letterkenny/)

## Triathlon Ireland

This race is a fully sanctioned Triathlon Ireland event.



*Please continue to support all of our club sponsors –  
our thanks to all for your support throughout the year*



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## 1.0 Event Timetable

(Aura Leisure Centre, Letterkenny, Co Donegal)

### Saturday 27<sup>th</sup> April 2019

16:00 – 18:00 Registration in Aura Leisure Centre

### Sunday 28<sup>th</sup> April 2019

8.00 am – 9.30 am	<b>Registration</b> - N.B. closing time will be strictly adhered to!
8.00 am	Transition opens to competitors
9.30 am	Transition closed.
9.40 am	Race Briefing at registration area (hall/concourse past reception)
10:00 am	Race Start
1:30 am	Presentation of Prizes

## 2.0 GENERAL INFORMATION

- The pre-race briefing is at the registration area at 9:40am. It is **compulsory** that **all competitors attend** the briefing. It will run approx 5-10 minutes.
- Ensure you have your photographic **Triathlon Ireland license** with you for inspection at registration or your **one day license** along with photographic ID.
- **Competitor swim Waves will be displayed at registration – Please make sure you familiarise yourself with your / wave / swim lane.**
- Shower facilities available after the race in the Leisure Complex (access through the main hall).
- There will be refreshments for all competitors in the Leisure Centre after the race.
- The Awards Presentation will be at 1:30 pm or earlier if possible.
- We will display results and category winners on a display board in the Leisure Centre by 2.00pm

## 3.0 RACE RULES AND REGULATIONS

### TI Full and One Day License

**Important notice to all competitors: If you are not a Full, Student or Junior Triathlon Ireland member, you are required to purchase a one day licence (€15). To purchase a one day licence:-**

Go to the following link to purchase a One Day License (deadline 9pm, Wed April 24<sup>th</sup>)

<http://www.triathlonireland.com/one-day-licence.html>

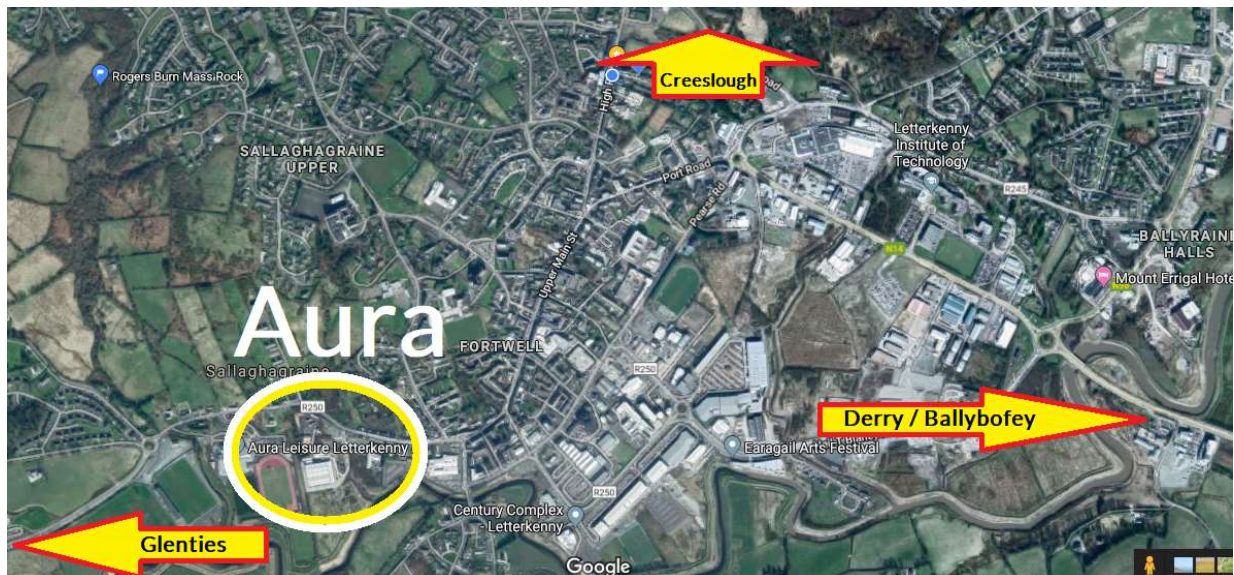
**No License, No Race, No Exceptions**

## 4.0 DIRECTIONS

Follow directions to Letterkenny, at the Polestar Roundabout take the 1<sup>st</sup> exit left (signposted Glenties) at the next roundabout take the 1<sup>st</sup> exit left stay in the left lane, at the fork in the road stay left (signposted Churchill), stay in the right lane, take 3<sup>rd</sup> exit on the mini roundabout (sign posted Churchill/Glenties), take 1<sup>st</sup> exit left on the next mini roundabout (signposted Churchill), continue out this road for about 500m, Aura Leisure Centre is located on the left hand side of the road.

Aura Letterkenny Complex,  
Sallaghagrane,  
Letterkenny,  
Co. Donegal  
+353 74 910 6422

Location Map: <https://www.auraleisure.ie/location/letterkenny/>



## 5.0 PARKING

Competitors are asked to use the parking facilities of St. Eunan's GAA grounds. (Take first exit at the roundabout after the Aura Leisure Complex)

## 6.0 EQUIPMENT

Race numbers should be worn front and back, during the bike and run legs. For those with number belts, the number should be worn on the rear during the cycle and on the front during the run. The race number should not be cut, folded or hidden.

Electronic timing chips will be used. You will receive a Velcro strap and electronic chip. Attach the chip to your Velcro strap, and put the strap around your lower left leg just above your ankle. This will record all your split times for each discipline. Detailed results will be available after the presentations, and on both the 24/7 Triathlon Club and Triathlon Ireland websites. Timing Company "Core Timing" (<http://coretiming.ie>)

Helmets and your bike should be in good repair and roadworthy. (helmet Clasps, brakes, handle bar ends **must** be inserted – taping will not be accepted!)

## 7.0 SWIM

There will be two swim categories :

- Super sprint which is 400 metres / 16 lengths
- Try-a-Tri which is 200 meters / 8 lengths

You will be allocated a wave and lane for the swim based on the estimated swim times we received via your entry, the idea being that you are racing your peers. These will be displayed at registration so please familiarise for yourself.

### 7.1 Super sprint 400 meters

The swim is 16 lengths of the pool and there are designated lane counters who will tell you when you have completed the 16 lengths. You will be given a coloured swim hat at poolside which you must wear as it will be used by the lane counters to identify you and count your lengths. Once you have completed the swim leave your swim hat with the counter then exit the pool via a side door into transition one (T1).

### 7.2 Try-a-Tri 200 meters

This swim is 8 lengths of the pool and there are designated lane counters who will tell you when you have completed the 8 lengths. You will be given a coloured swim hat at poolside which you must wear as it will be used by the lane counters to identify you and count your lengths. Once you have completed the swim leave your swim hat with the counter then exit the pool via a side door into transition one (T1).

During the swim tumble turns are **not** allowed.

There will be plenty of time given for everyone to finish their swim leg and the pool will be waist deep at all times.

## 8.0 CYCLE

You must ensure your helmet is fastened BEFORE you touch your bike in transition after the first run. Your helmet must remain fastened UNTIL your bike is racked after the cycle. This will be strictly enforced by marshals and race referees.

Do not mount your cycle until you have left transition and reached the designated mount line on the road. You must have your race number showing on your back during the cycle.

The cycle route will have marshals and/or Gardai at all major junctions.

The course will also have directional marker signs on all junctions.

The cycle course has a turnaround point, you must cycle the full distance and your number will be noted at the turnaround. The cycle course is not on closed roads and all the usual rules of the road apply.

## 8.1 DRAFTING

There will be draft busters on the course. If a draft buster feels you are drafting they will take note of your race number. All penalties will be displayed in the Leisure Centre along with the results, you will have 15 mins to appeal your penalty to the race organiser.

## 8.2 WHAT IS DRAFTING

Competitors are not allowed to draft, i.e. take shelter behind or beside another competitor during the cycle. You must maintain a gap of 10 meters on the flat unless you are gaining on the competitor in front of you. As stated above, if the draft buster feels you are drafting they will take note of your race number.

## 9.0 RUN

The run course is an out and back course, the route will be clearly signed with directional markers as well as kilometer markers. Race numbers must be visible to the front of the competitor.

## 10.0 REGISTRATION AND BIKE DROP OFF

Please ensure you have registered for the race at Aura Leisure Complex and picked up your race pack prior to going to the transition area. **You will not be permitted to leave your bike in or around transition prior to registration. (This is for your own property's safety and security).** Your race pack will contain race stickers, one for your bike, one/two for your helmet, race number and timing chip. Ensure the relevant stickers are placed on you bike and helmet before proceeding to the transition area.

Again, **Swim Waves** will be displayed at registration area

## 11.0 TRANSITION AREA CONDUCT

Transition will be open to competitors from 8.00 am.

No boxes or bags to be left in transition.

Bike racks will be marked according to the wave you are in. There will be plenty of room for all bikes and equipment.

The transition area will be the same length for every competitor no matter where his or her cycle is situated i.e. race neutral.

After the Swim you must put on your helmet and fasten it before removing your bike from the rack. (Swim to Bike is known as Transition 1)

After the cycle you must rack your bike and only then unfasten and remove your helmet. (Bike to Run is known as Transition 2)

Only competitors are allowed in the transition area. Coaches, friends and family must stay out of this area.

The torso must be covered during all sections of the race.

*A full list of the Rules of Triathlon are available through the TI website [clicking here](#).*

<b>12.0 DISCIPLINE</b>
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It is the competitor's responsibility to be well prepared for the race. They should be in good general health and shall be responsible for knowing and following the prescribed course.

The competitor must know and follow the competition rules for Triathlon as set out by Triathlon Ireland. ([www.triathlonireland.com](http://www.triathlonireland.com))

Any competitor who retires during the race should inform the Race Director and return to the transition area to return their chip.

There shall be no pacing by your coach, family or friends etc during the race.

ABUSIVE OR UNRULY CONDUCT TOWARDS OTHER COMPETITOR'S OR THE MARSHALS WILL NOT BE TOLERATED. ANYONE GUILTY OF THIS TYPE OF CONDUCT WILL FACE IMMEDIATE DISQUALIFICATION AND A REPORT WILL BE FORWARDED TO TRIATHLON IRELAND.

*...Finally, on behalf of the Letterkenny 24/7 Triathlon Club, the organisers, thank you for entering the Letterkenny Try-a-Tri and Super Sprint 201 and have an enjoyable and safe race!*