

Sunday, 16th December 2018

Triathlon General Information (Sprint + Super Sprint)

In association with:



What do I need to do before the event?

Read this pre-event pack thoroughly

This pack contains all the details of what you need to do before race day, along with what will happen on the day itself. It is important that you read it thoroughly.

Collect your race number on 14th or 15th December

In order to take part on race day, you need to complete pre-event registration.

We will:

1. Issue you with your race number
2. Allocate you a swim start time
3. Ask you to sign an indemnity form

You can complete the registration process during any of the following timeslots:

Date	Time	Location
Friday 14th December	4pm - 6pm	Swimsea Beach Resort
Saturday 15th December	4pm - 6pm	Swimsea Beach Resort

**Please note that we will not be taking registrations on the day of the event.
If you have not collected your race number before the event, you cannot take part.**

Bike Hire

If you have hired a bike you need to collect it from us on [Saturday 15th December between 4pm - 6pm](#) from Swimsea Beach Resort.

If you have not paid a deposit online then please bring along Rs 2000 deposit, refundable on return of the bike in the condition in which it was hired.

Kit list

It is mandatory that all participants wear a cycle helmet whilst completing the cycling segment of the event. We will be spot checking all cyclists on the day, and if you do not have a helmet you will be disqualified from the event.

For their own safety cyclists are advised to use lights so they

are extra visible to other road users

We suggest that you bring with you the following items:

A towel - to dry yourself off between the swim and the cycle

Medication

Sun screen

Change of clothes

Money to buy refreshments after the event

Bike lights

We advise all cyclists and runners to wear shoes

Race Day Details - 16th December

Arrival Time

All event participants must arrive at Swimsea Beach Resort by 6.30am.

The roads to and from Swimsea will be closed after this time.

Parking

Please park in the designated parking area, and if you have invited friends along to watch the event, then please also ask them to do the same.

We need to keep the area next to Swimsea Beach Resort free of cars, along with the access road, in order to keep the route safe for event participants, and we ask for your assistance in doing so.

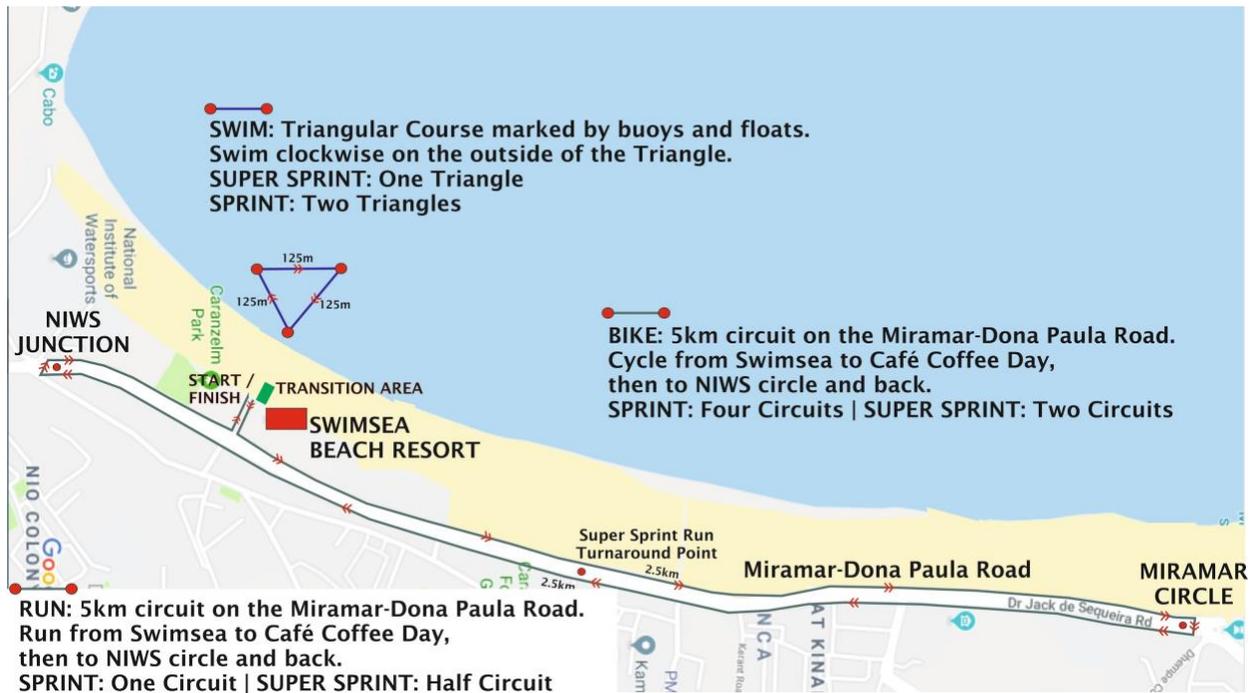
Setting up your race day kit

Bicycles will be racked outside Swimsea Beach Resort, in a designated area. The transition area is on the right hand side under the pine trees as you come out of the sea and walk/run to Swimsea beach resort.

We recommend that you change between your swimming and cycling gear in the Transition area (where the bikes are racked). Remember that **your total time includes any changing time** - the clock isn't stopped! :-)

We suggest that if you are also changing shoes between the cycle and the run, that you leave your running shoes next to your bicycle, so when you drop your bike off after the cycling stage, you can put them straight on.

The Route



The Swim

Swimmers will enter the water all at once. The Swim route is triangular. You must complete **ONE** triangle (375m) for the Super Sprint and **TWO** triangles (750m) for Sprint. All swimmers must complete the route in a **CLOCKWISE** direction.

Please ensure you are wearing appropriate swimwear (trunks, jammers, trisuits, one piece swimsuit, no bikinis or shorts).

The Cycle

One **Circuit** is: Turn left out of Swimsea, cycle to Miramar circle turnaround, cycle back to NIWS junction, turnaround and cycle back to Swimsea Beach Resort.

Sprint (20km): Complete 4 **Circuits**

Super Sprint (10km): Complete 2 **Circuits**

The Run

Sprint (5km): Turn left out of Swimsea, run to Miramar circle turnaround, run back to NIWS junction, turnaround and run back to Swimsea Beach Resort.

Super Sprint (2.5km): Turn left out of Swimsea, run to Super Sprint turnaround, run back to NIWS junction, turnaround and run back to Swimsea Beach Resort.

The Finish

Run over the finish line and ensure that the marshalls have recorded your race number and time. Get some refreshments and wait to see if you've won!

Water Stations

There will be four water stations:

1. Transition area
2. Miramar circle turnaround point
3. NIWS junction turnaround point
4. Super Sprint Run Turnaround Point

When you take water, please either leave the empty paper cup at the water station, or throw it to the left hand side of the road as soon as possible after the drinks station. Our volunteers will collect this later, and we don't want to have to pick up cups from the middle of the road or collect cups along the whole route length.

Competing as a team

If you are doing the event as a team, you need to tag your teammates at the following locations:

Swim to Cycle - Tag at the edge of the transition area. The swimmer must come out of the sea to the transition area to tag.

Cycle to Run - Tag at the transition area.

Cut Off Time for Finishing

The cut off time for completing the event shall be 2 hours. We anticipate the cut off time will be around 9am.

After the event

Food & Drink

We will provide water and some fruit at the end of the event for the athletes. There will be a food stand at the event selling food and drink.

The Award Ceremony

The award ceremony will get underway as soon as possible. Get some refreshments and stick around to find out who the winners are and congratulate them!

Returning Hire Bikes

Please return your hire bike to the Help Desk before leaving the event. We will refund the deposit to you after checking the condition of the bike.