

Triathlon 2015

Saturday 19th September

Portarlinton Leisure Centre

Portarlinton, County Laois

19th September 2015



Race Licence

Insurance for Competitors – Message from Triathlon Ireland

“Can you please ensure anyone who wishes to race under a Triathlon Ireland racing licence (Full, Student or Junior membership only) provides their 2015 TI membership card to you at registration with a photo attached to the card.

If they produce any other card, this does not cover them for racing, so they must purchase a one day licence. Please note that if a competitor does not hold a race licence they must pre-purchase a one day licence through the TI website, by 12am the Thursday prior to the event.

ODLs can only be purchased on the day for aquathlons/duathlons and children's events (15 and under).

- Aquathlons & Duathlons €10*
- Children's events (under 16s) €3*

The above must be strictly adhered to for insurance purposes - if somebody does not provide their membership card or have purchased a one day licence through Triathlon Ireland, they are not covered by the TI insurance.

Event Timetable			
	Date	Time	Venue/Location
Site set-up	18/19 th September	7am	Portarlinton Leisure Centre
Race sign on and registration	19 th September	8am	Portarlinton Leisure Centre
Marshal/stewards etc sign-on	19 th September	7am	Portarlinton Leisure Centre
Marshal/stewards etc briefing	19 th September	9:30am	Portarlinton Leisure Centre
Marshal/stewards etc in place	19 th September	9:45am	Pool/Cycle Route/Run Route
Competitor race briefing	19 th September	9:45am	Portarlinton Leisure

			Centre
Event start	19 th September	10am	Portarlinton Leisure Centre
Cut off time for swim	19 th September	30 min per wave	-
Cut off times for bike	19 th September	1.5 hrs	-
Cut off times for run	19 th September	1hr	-
Event finish - this is the time when the organisers are no longer responsible for athletes in recovery area, transition or run courses.	19 th September	2pm	-
Prize Giving	19 th September	1/2pm	Portarlinton 19 th Leisure Centre

RACE BRIEFING

Distances

Try a tri – 200m, 10X 25m Pool Lengths, 21km Cycle, 5km Run.

Sprint & relay – 750m 30 X 25m Pool Lengths, 21Km Cycle, 5Km Run.

Car Parking

There will be no parking available in the Portarlinton Leisure Centre Car Park as this must be kept free for Gym members. The Gym will be open from 9am onwards. Also there will be no parking allowed in the immediate vicinity of the Leisure Centre as these are the roads that will be used for both the cycle and the run. There is free parking very close to the venue. There will be marshals around on the morning of the race directing people towards this parking. Please do not cause an obstruction in the immediate vicinity of the Leisure Centre. It is in your own interest.

Registration Process

Registration to take place from 8am in the foyer of Portarlinton Leisure Centre. As this is a pool swim and we only have the facilities for a limited time we urge you to give yourself plenty of time. Registrastion closes at 9:30 sharp. **TI Membership cards will be checked at registration and one-day licences must be presented where required.** All competitors will be required to sign the disclaimer. Competitors with any medical conditions and/or disabilities will be required to inform us at the time of registration.

Race Start

The race will start at 10:00 with Wave 1 in the pool. Waves will have a 30 Minute cut off.

Rules and Regulations

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. This document is available on the Triathlon Ireland website:

www.triathlonireland.com and we would ask that all athletes refer to section

3.8 – ‘General rules for competitors.’

Appeals/Protests

A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance.

NOTE ON MARSHALS

Ignoring the instructions of marshals will result in disqualification. Marshals are there to make sure you have a safe race – so listen to them and be courteous at all times. They have your best interests at heart. It may not seem that way at the time but they genuinely do.

Verbally abusing a marshal will result in immediate disqualification. The only reason you are able to participate in this race is because a marshal has volunteered his/her time to enable the race to be run. Don't forget this when the adrenaline is pumping and all you want to do is keep going .

The Routes

Swim Plan

PLEASE NOTE: THESE TIMES ARE JUST INDICATIVE AND ALL ATHLETES MUST MONITOR PROGRESS OF PREVIOUS WAVES AS WAVES STARTS MAY BE BROUGHT FORWARD IF EVENTS ARE BEING COMPLETED FASTER THAN ANTICIPATED/PLANNED.

The swim will take place in Portarlinton Leisure Centre in a 25m pool.

Wave 1 of the race will start at 10:00hrs.

Each wave will start as soon as the previous wave finishes. 5 lanes will be in use with 6/7 athletes per lane.

There will be 2 lane counters per lane.

The athletes will be seeded based on the times they supplied during online registration.

However this seeding was not just based on swim times. A combination of swim time and run time was used to come up with the optimum mix of waves.

Water Safety

This is a 25m pool with 5 lanes. We plan to accommodate 100 athletes in 3Waves. The swim cut off time for the race will be 30 minutes. Swimmers who have not completed the distance in this time will have their times calculated on the distance covered. Wetsuits or other buoyancy aids are not allowed. **No Diving or Tumble Turns are allowed.**

General Safety

The Portarlinton Leisure Centre will have its full complement of life guards on site. These life guards are well trained in all life saving and first aid techniques. Each lane will have 2 lane counters per lane. These lane counters are members of Trilogy Triathlon Club and can easily spot if any swimmer is in difficulty.

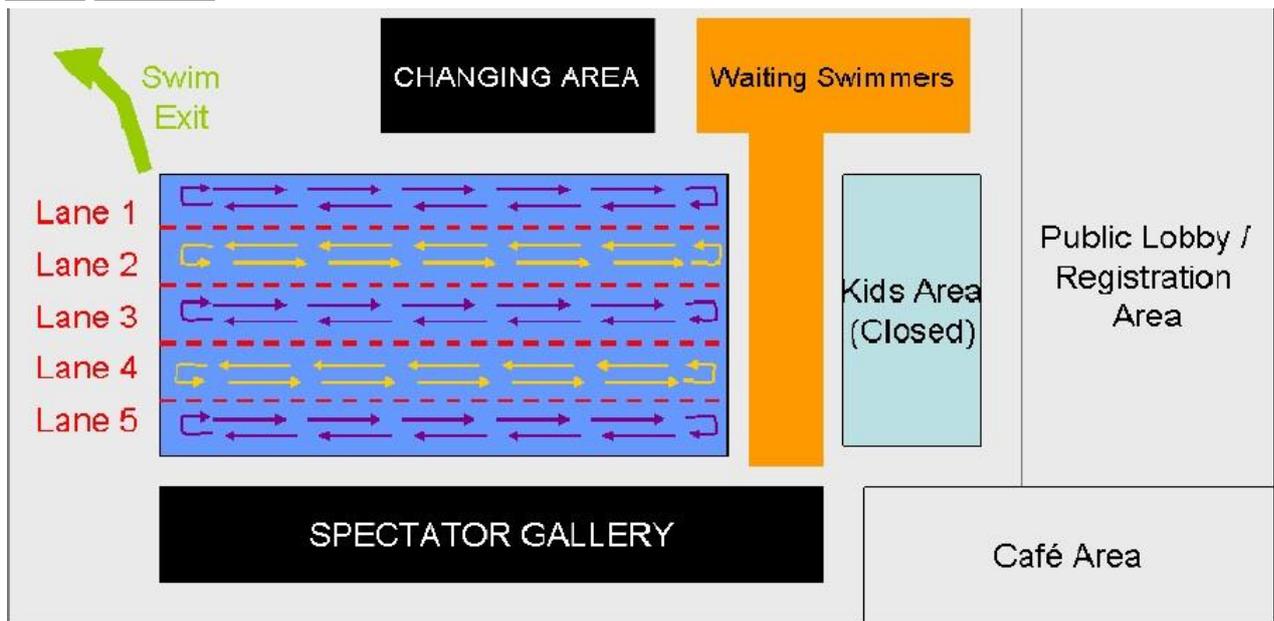
Swimmer Identification

Each swimmer will wear his/her own swim hat. In the event of two swimmers in the same lane having the same coloured swim hat, the lane counters will allocate a different coloured hat to the first swimmer. This is for swimmer identification. The lane counters will then use a specific form for each wave to count the lengths covered by each swimmer (as noted by colour of swim hat) as the race progresses. The Swimmer will receive a 'pat on the head' from the lane counter with two lengths to go. Swimmers will be advised to let faster athletes pass at the pool end wall.

Retiring Swimmers

Athletes who retire early will have their timing chips removed by the Water Safety Officer. They are free to finish the course but will not receive an official time.

Pool Layout



Transition Area

The transition Area will be in the Astro Turf pitch beside Portarlington Leisure Centre. **THERE IS NO NUDITY ALLOWED IN TRANSITION. So use your towels to cover yourselves if you are changing clothes. Take your time .**

Transition will open at 08:00hrs on the morning and will close at 09:30hrs SHARP.

The race brief for the Sprint entrants will take place at 09:45 in the reception area of the Portarlington Leisure Centre. Attendance is compulsory!!!!!!

You will not be permitted to re-enter transition until after your swim.

Bike racks will be identified by 'Waves'. It is the responsibility of each competitor to remember where their bike is located.

It is the athlete's responsibility to have a road worthy bike and wear a hard shell helmet. When an athlete is entering the transition area to set up, he/she will be required to demonstrate that their bikes are roadworthy e.g. by spinning wheels and pulling brakes.

Marshals will be on hand to provide directions to the competitors.

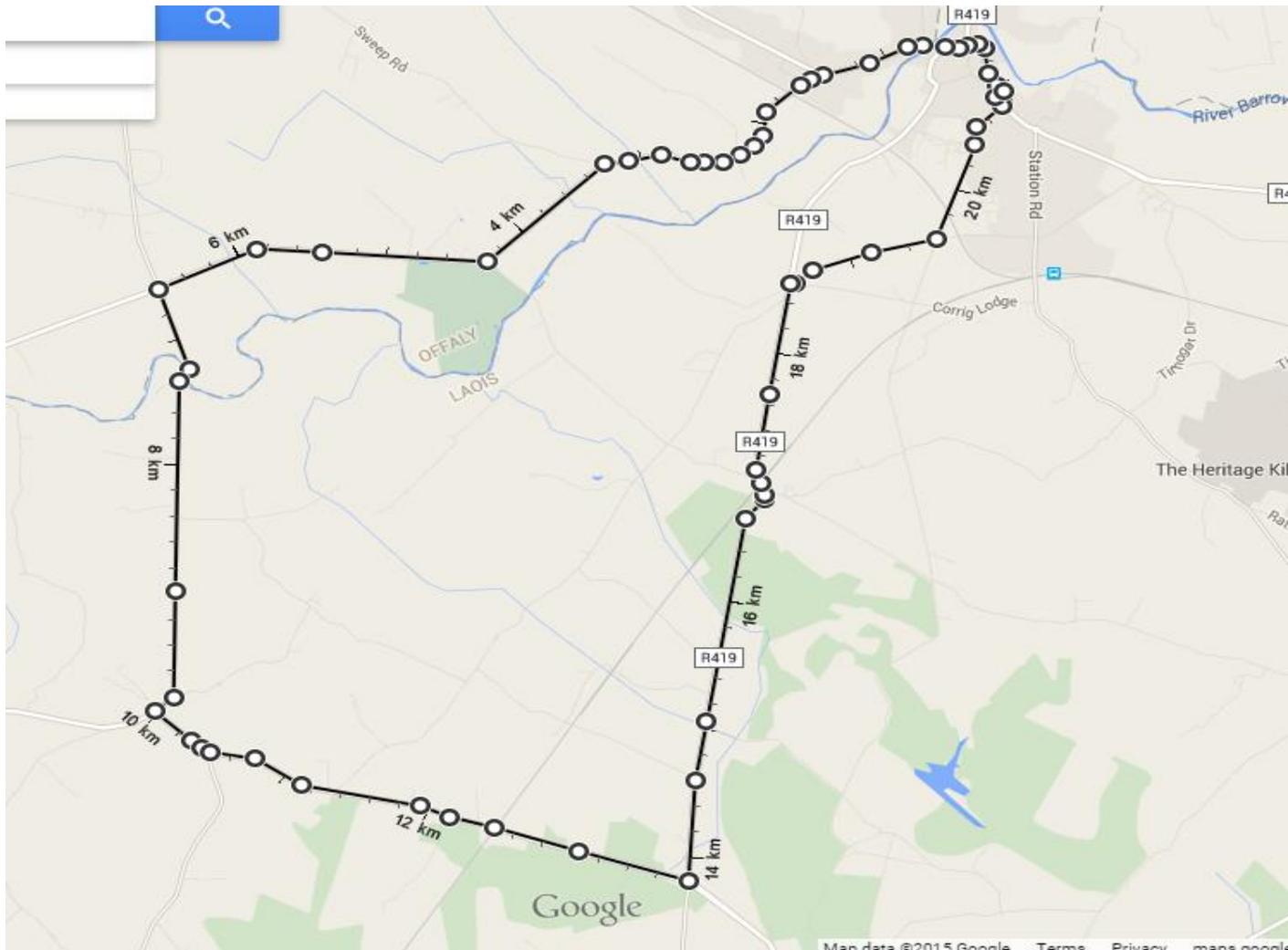
DO NOT REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR HELMET IS ON AND FASTENED.

No ear phones of any description are allowed on the bike route.

Marshals will alert competitors to dangers. Adhere to marshals at all times. It is in the interest of YOUR safety.

Bike Course

Competitors will exit the transition area and mount their bike after crossing the timing mat. All athletes must fasten their helmets before touching their bikes.



The following describes the route of the cycle:

- Athletes will mount their bike and leave the town via the R420
- Turn onto the R423 for Mountmellick
- Turn left onto L1015 at Garryhinch for Emo
- Turn left at T junction and soon after (20M) merge onto the R422
- Turn left onto R419 at kennels cross and head back to Portarlinton
- Turn Right onto L3158 at Black Hall Bridge
- Turn left onto L3157 and straight back into town

The cycle is 21k and provides a better surface than any shorter option.

Please remember, the cycle course is on open roads – while safety marshals will encourage traffic to slow down, we cannot stop traffic at junctions for you. If a marshal instructs you to stop, then please stop. Likewise, you must approach all roads and junctions with caution – we do not want any accidents on the cycle course.

On your return to Portarlinton, you will be directed by our marshals back to Transition. Please remember to rack your bike only in your allocated space – failure to do so may impede another competitor's progress through transition, and may lead to you being penalised.

Be careful when you dismount as the legs will be tired and your coordination may not be as good as you think.

On returning to transition do not remove or unfasten your helmet until your bike is back on the rack.

Drafting is Prohibited

Drafting rules will apply. There will be an official Triathlon Ireland Draft Buster on a Motorbike to ensure that no one will be able to break this rule unnoticed.

Drafting occurs when a cyclist is in a position to potentially gain an advantage by closely following another athlete. It is prohibited in age-group racing because it can offer a time advantage and it is dangerous.

The draft zone is a rectangle which has the lead cyclist's front wheel at its front and centre. In all race distances up to and including Standard (Olympic) the draft zone will be 12m long. As a following cyclist you cannot enter the draft zone unless performing an overtaking manoeuvre which must be completed within 20 seconds. The overtake is deemed to have been completed once your front wheel gets ahead of the other cyclist who is now obliged to drop back out of the draft zone within 5 seconds. It is common to see athletes responding once they have been overtaken and immediately trying to retake their lead. This usually leads to the formation of a '2 up' time trial scenario whereby both competitors are cheating and breaching safety rules.

Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.

A competitor who does not clearly avoid violating the drafting rules may receive a penalty.

The draft zone of one competitor may not overlap the draft zone of another competitor.

A competitor is overtaken when the front wheel of another competitor's bicycle is ahead of theirs. It is then his/her responsibility to drop out of the draft zone, either sideways or by dropping back. Failure to drop back the required 12 meters will be deemed to be drafting.

Side by side riding is not allowed.

It is not allowed to gain unfair advantage of officials' escort vehicles or vehicles being used by media etc. Minimum bicycle/vehicle separation will be 35 meters long by 5 meters wide.

A competitor may enter a bicycle draft zone (subject to official's judgement) in the following circumstances:

- If the competitor enters the draft zone and progresses through it within 20 seconds.

For safety reasons drafting will not be enforced: ○ At

the exit or entrance of a transition area. ○

Approaching or leaving roundabouts for 20m.

- At turnaround points.
- At an acute turn.
- If race officials exclude a section of the course because of narrow lanes, construction works, detours or for other safety reasons.

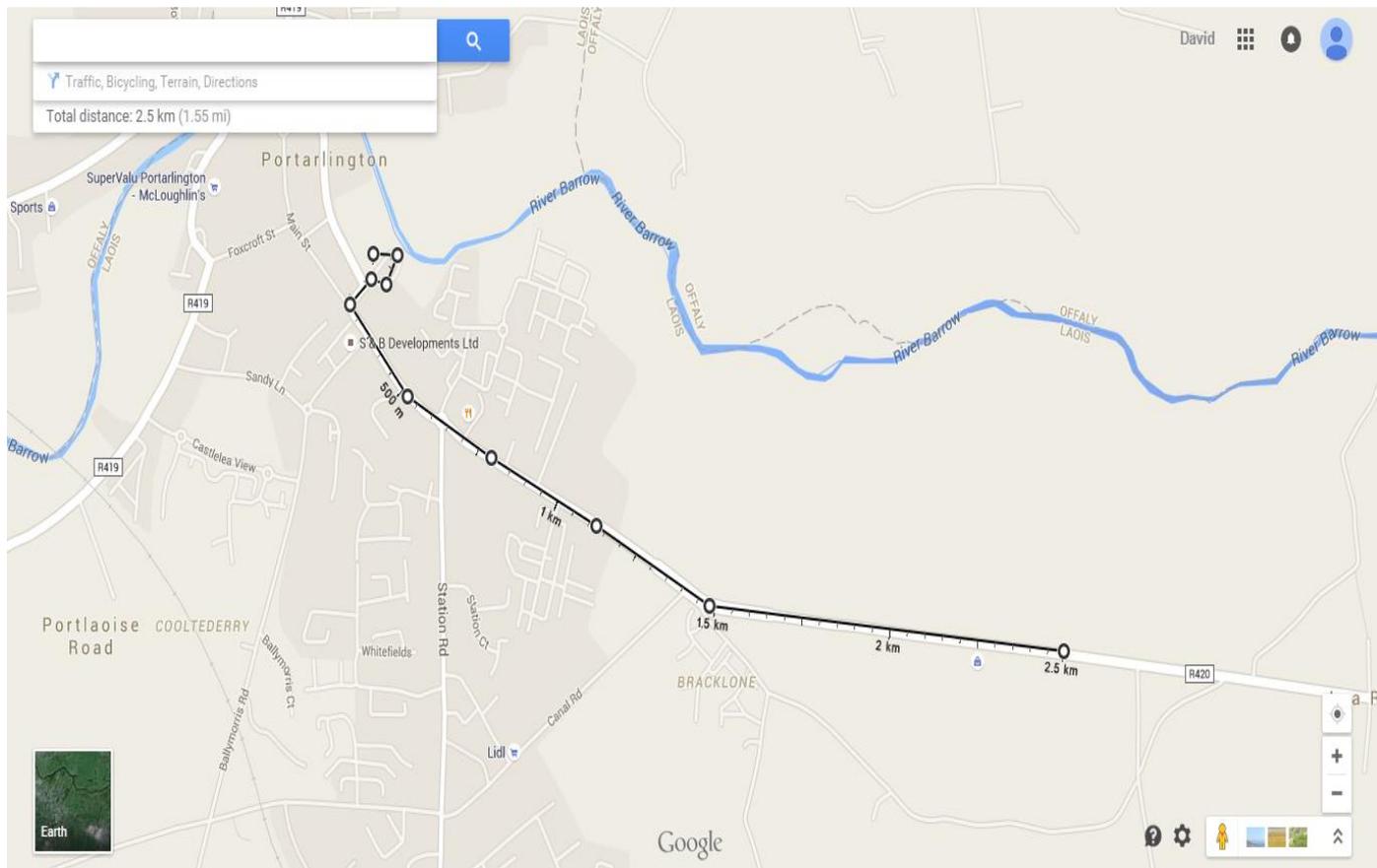
Marshals can instruct cyclists to "pull back" without giving penalties but also note that it is not necessary to give warnings of drafting, if marshals deem an offence to be worthy of a penalty

1st Penalty is 1 minute.

2nd Penalty is immediate disqualification.

If you are shown a yellow card or asked to stop by a marshal, you must stop, dismount your bike, raise both wheels off the ground and proceed when Draft Marshall signals. Failure to dismount will result in a red card and immediate disqualification. You will be permitted to continue the cycle but will receive no time. Draft Marshall will record your race number. If cyclists are found drafting as a group they will all be dismounted and signalled to continue at 15 second intervals at Marshals discretion and/or penalised/disqualified.

Run Route



The run course is an out and back course. It is on footpath all the way. There is only one housing estate entrance for athletes to negotiate and we will have 2 marshals on this junction. It is then straight out to the turn around point and back to the leisure centre, there will be a marshal at the turn around point and a water station.

No ear phones of any description are allowed on the run route.

The Finish

The finish line will be located near the grounds of the Leisure Centre. Finishers will receive a breakdown of their times for each of the legs, for their overall race, and their finishing position. While waiting for these results, competitors can use the shower and changing facilities at Portarlington Leisure Centre and avail of the post-race meal and celebrations nearby. Your supporters are also welcome to join you (small fee applies for food). Final results are expected around 14:00hrs, with a prize presentation immediately following the announcement of results.

After the race, you will not be permitted to remove your bike until a Marshal has deemed it is safe to do so and will not hinder any athletes who are still completing their race. Because the transition is set up in waves, we do not have to wait for everyone to be finished to allow people to retrieve their belongings. But it is very important that finished competitors respect that there are others in later waves who will still be racing and avoid interrupting their race .

Thank you

Trilogy would like to take this opportunity to thank you for entering our race. There will be many first time triathletes in this race so encourage one another, enjoy the experience and savour the achievement of the challenge tackled.

Should you like to train or get more involved in triathlons, we would love to welcome you into our club.

Check out www.trilogy.ie for details.