



BALLYBAY STANDARD AND SPRINT DISTANCE TRIATHLON'S

TI SANCTIONED EVENTS

When

August 27th, Ballybay Park, Castleblayney Rd, Ballybay, Co. Monaghan

Distances

Sprint Distance

750m Swim – 20 km Bike – 5 km Run

Standard/Olympic Distance

1.5 km Swim – 40 km Bike – 10 km Run

Race Licence

As this is a TI sanctioned event all persons racing **MUST** do so under a Triathlon Ireland (TI) racing licence. All participants **MUST** provide their official TI membership card or a One Day Membership which can be purchased on online <http://www.triathlonireland.com/Participation/One-Day-Membership/ONE-DAY-MEMBERSHIP.html>

- Registration will take place in Ballybay park on race morning between 9:00 and 11:15
- Transition is located in the car park area at lakeside and opens at 9:30. Transition will close at 11:30. All bikes will have a road worthiness check completed before entry to transition
- Race Briefing will be held lakeside beside transition at 11:45.
- Swim Marshalls will count all competitors into the water for Olympic race start at 12:00 and Sprint start at 12:15.

Cycle Route

- Exit Ballybay Park and turn right onto the R183
- Follow the R183 for 10km to the turn-around point located outside Castleblayney
- For the Olympic competitors' a second turn-around point will be located outside the entrance to the park, Olympic competitors will complete TWO LAPS of the course
- Sprint Competitors will complete one lap.



Run Route 10 and 5 km

The run takes place on an out and back 5km course, Athletes will exit the transition area and turn left following the park path along the lake shore, on crossing the second foot bridge the route turns left along Loch Mor Avenue and continues to the turnaround point. The course returns on the same route and on entry to the park turns left following a clockwise direction, Olympic athletes will complete two laps of the full course, Sprint athletes will complete one lap. The finish chute is located adjacent to transition on the grass area towards the centre of the park and will be clearly marked.

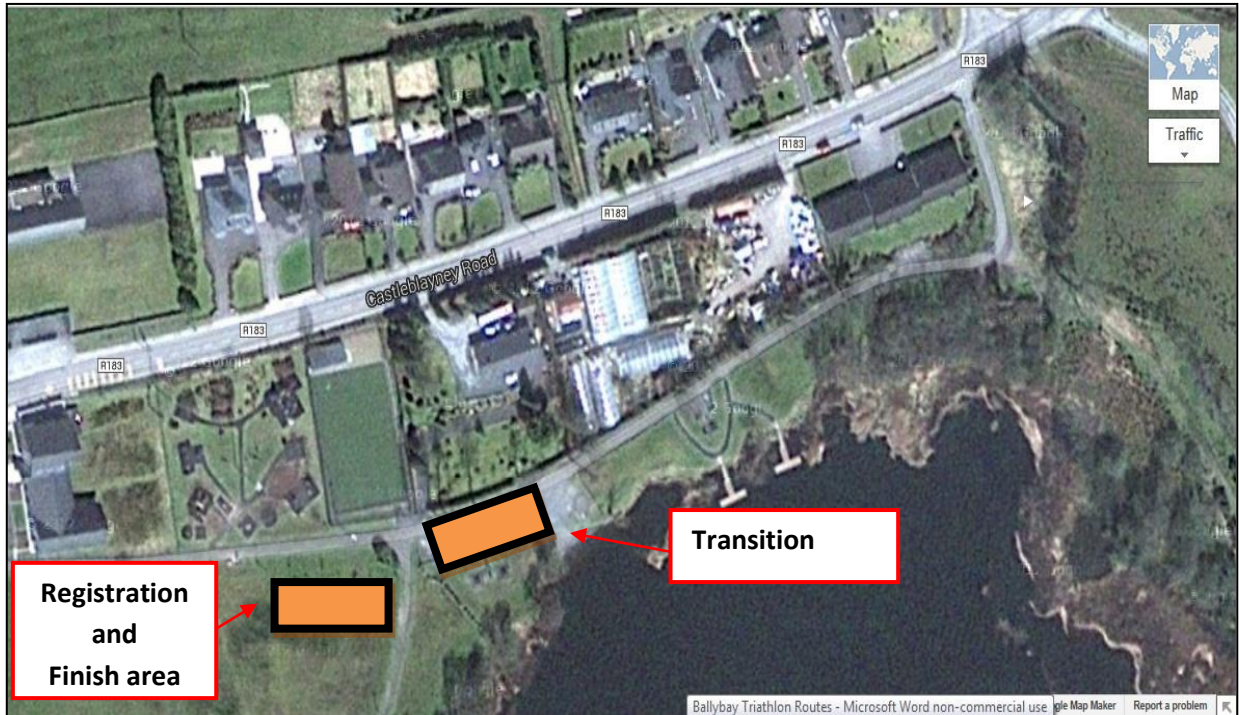
IMPORTANT

Olympic Competitors will complete TWO LAPS

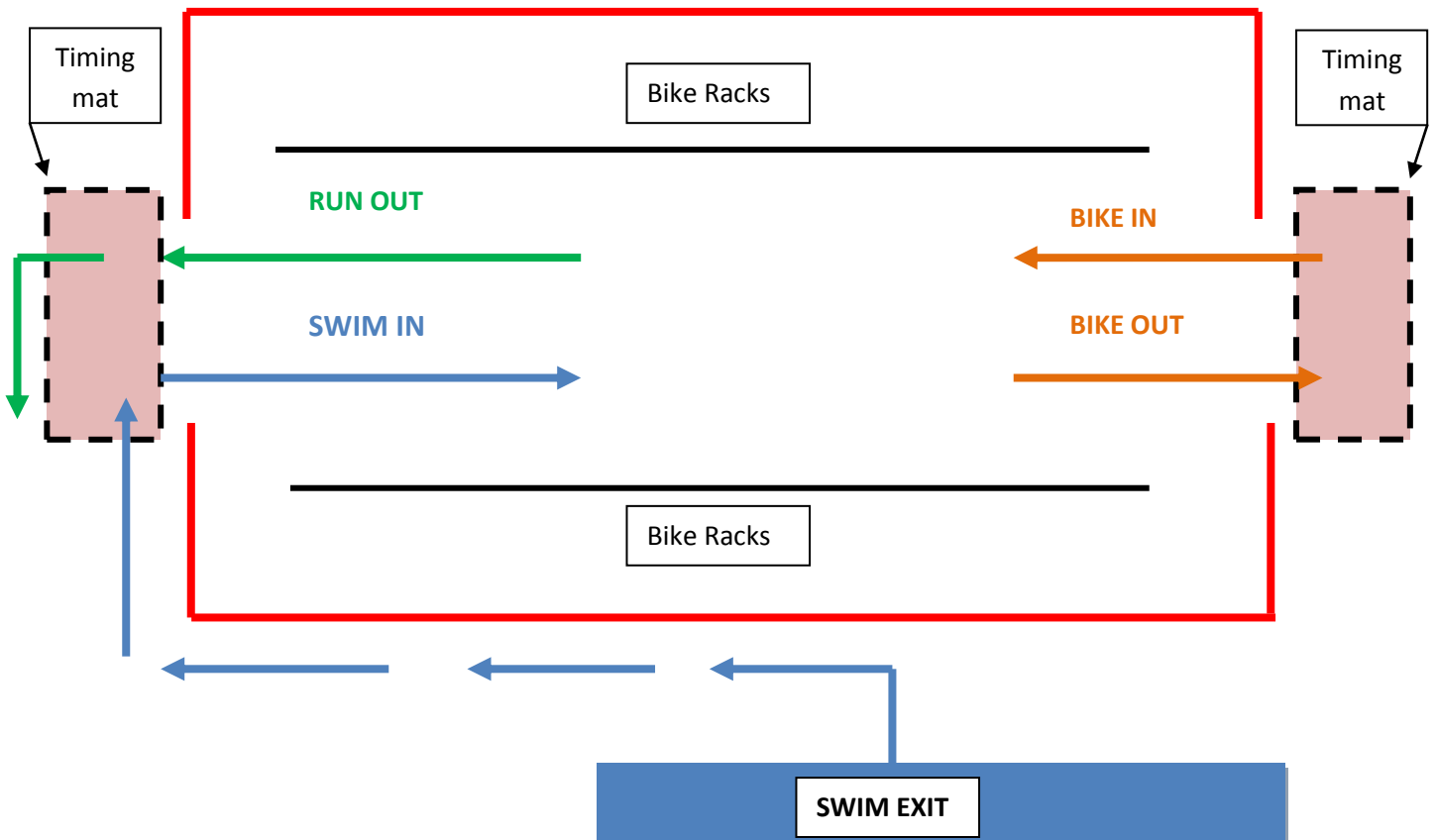
Sprint Competitors will complete ONE LAP



Site Overview, Ballybay Town Park.



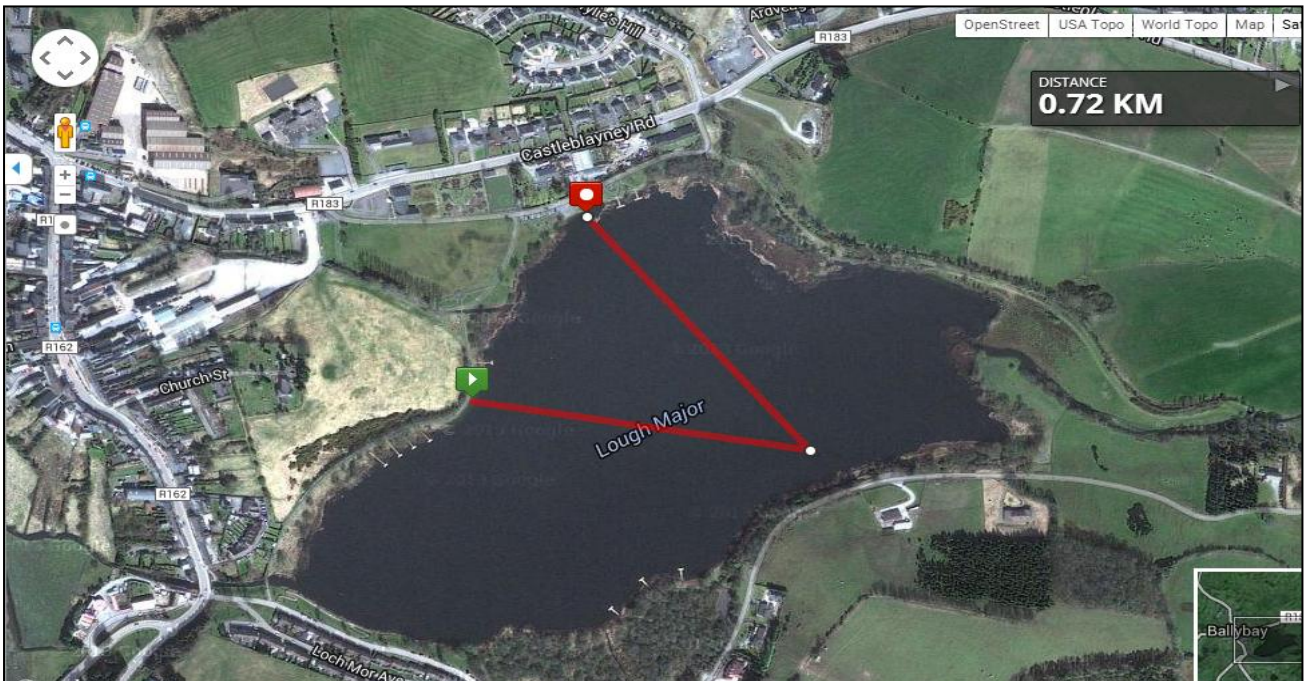
Transition Detail

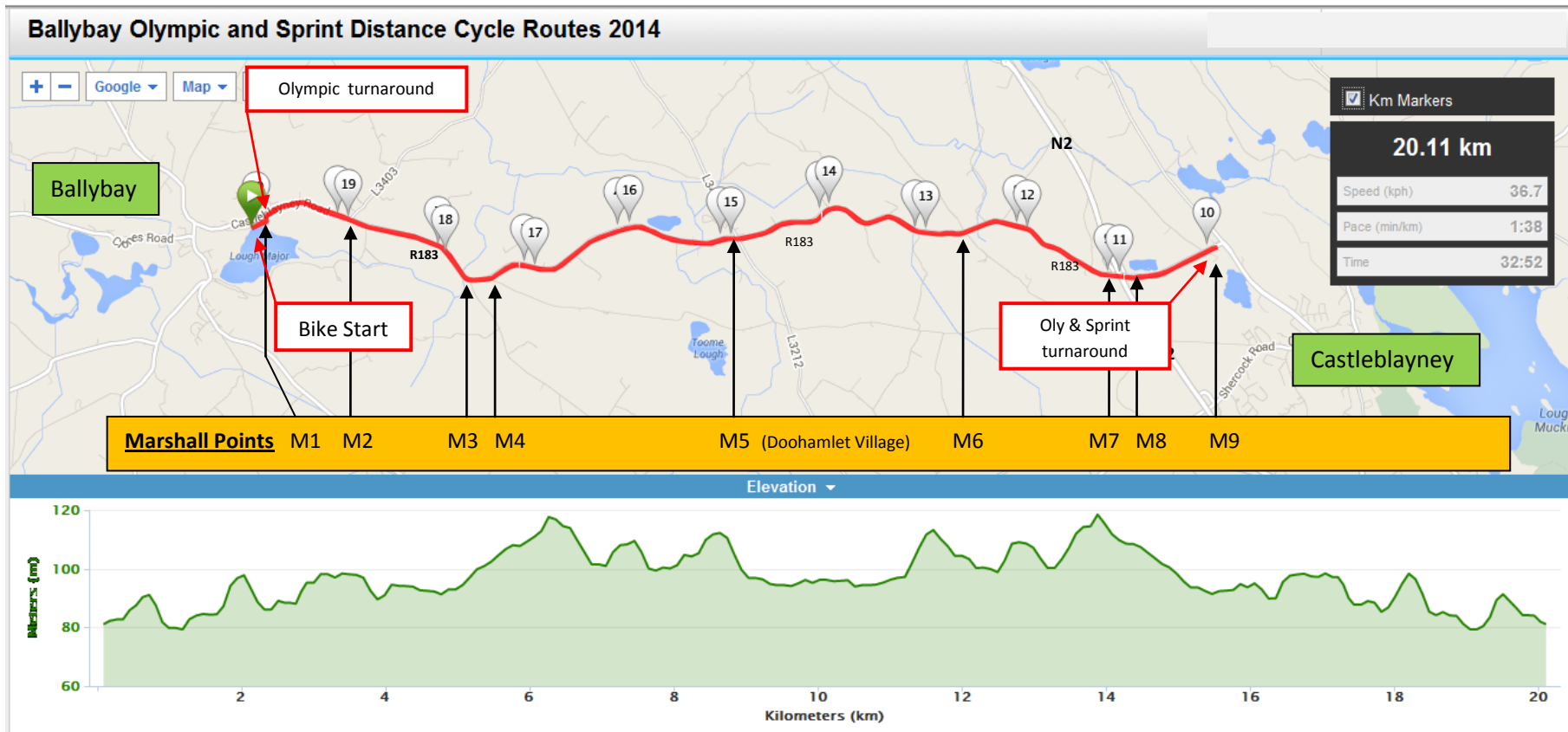


Olympic Distance Swim Detail



Sprint Distance Swim detail





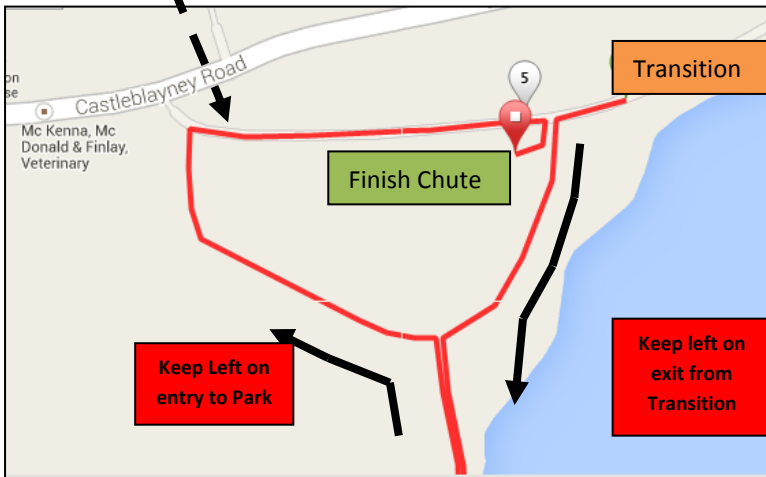
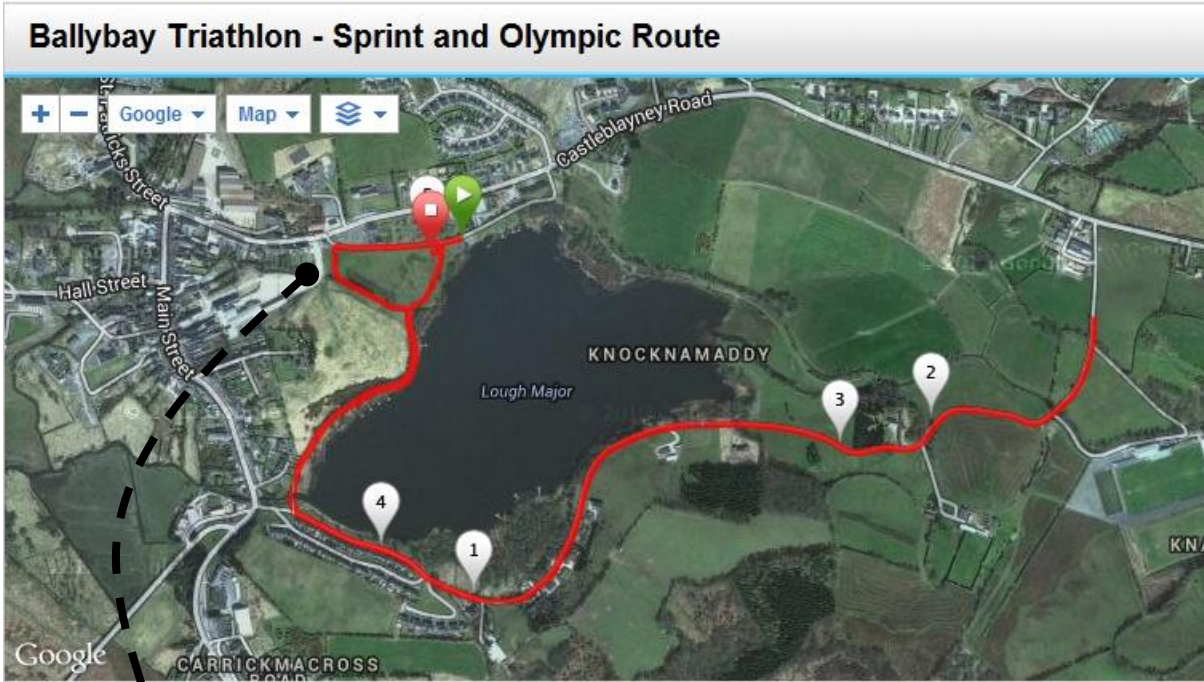
ALL COMPETITORS PLEASE NOTE

OLYMPIC DISTANCE - TWO LOOPS

SPRINT DISTANCE – ONE LOOP



Run Route detail



ALL COMPETITORS PLEASE NOTE

OLYMPIC DISTANCE - TWO LAPS

SPRINT DISTANCE - ONE LAP

MUCKNOTRI .COM
muckno triathlon club



<https://www.facebook.com/MucknoTriathlonClub>
or
<http://www.mucknotri.com/>