



## Competitors Briefings

### Briefings General

- Two TI officials will be present
- Ambulance will be located at the lake.
- Marshals are there for your safety please obey there instructions at all times
- Race start time: **12:00** (Standard distance), **12:15** (Sprint distance)
- Transition must be cleared 15minuites prior to race start. For security reasons transition will be closed until 15:30 time after the race and it will not be possible to remove your equipment. You will not be permitted to enter transition after the race and remove equipment from transition unless you have a race number.
- Prize giving will be at 15:30 (sprint distance) and 15.45 (standard distance) time
- Ensure you have your race number displayed (front for run / back for cycle) and that the timing chip is on your ankle

### Briefings – Swim

- The swim start for the Olympic race is adjacent to the bike transition – the Sprint race starts further down the shoreline
- 750 M
  - The swim course is vee shaped; swim across the lake to the red bouy, then across the lake to the exit point adjacent to the transition area.
- 1500 M
  - The swim course is rectangular in shape; keep all the buoys on your left side. Swim in an anti-clockwise direction
- You will be counted getting into the lake by the marshals so please co-operate with them.
- There are a number of kayaks on the water for your safety, if you need assisytance roll onto your back and raise your arm in the air to signal that you need help.
- Swim Cut off times
  - 750 M is 13:50
  - 1500 M is 12:55

### Briefings – Bike

- The roads are open roads. You must obey the rules of the road
- Drafting zone –10m long and will be enforced by marshals and TI officials. The following penalty, as per Triathlon Ireland rules, will apply:
  - Sprint distance           1<sup>st</sup> offence – 1 minute           2<sup>nd</sup> offence – DSQ
  - Standard distance       1<sup>st</sup> offence – 2 minutes           2<sup>nd</sup> offence – DSQ
- The bike leg is held on an out and back course, total distance is 20 km. If you are completing the Olympic race you will be required to complete a second lap of the bike course.
- On completing the run section enter transition, helmets must be put on and fastened before removing your bike from the rack. Do not mount your bike until you have crossed the 'mount' line at the exit from the transition area.
- Exit from the park and turn right towards Castleblayney onto the R183.



- Continue on the R183 for 10 KM, The turnaround point is located adjacent to Heuenna Kitchens. It is well marshalled, please slow down on approach to the turnaround point. There is a neutral zone in operation at the turn around point, overtaking is not permitted in this zone.
- Continue back to the park in Ballybay enter the park and head for transition if you are completing the Sprint course. If you are in the Olympic distance race turn at the turn around point at the entrance to the park and cycle back to the turnaround point located adjacent to Heuenna Kitchens.
- On completing the bike section, competitors will dismount the bike at the 'dismount' line before entering the transition area. Helmets must remain on and fastened until the bike is racked.
- Cycle Cut off times:
  - Will be 2 hours after race start for Sprint distance
  - Will be 2 hours 30 minutes after race start for Standard distance

### **Briefings – Run**

- The run route consists of two laps on a 5k out and back course. Complete one lap for the sprint race / Complete 2 laps for the Olympic race.
- The exit transition and turn left travelling anti clockwise around the park, exit left from the park across the footbridge. Continue along the lake shore, cross a small footbridge and turn left. Continue along Loughmor Avenue to the turnaround point (water station). On your return to the park turn left when you cross the foot bridge and continue anti-clockwise around the park. The finishing line is located on the grass area, please remain on the grass as there are other competitors racing.
- If you are competing in the Olympic race you will complete the second lap of the run crossing a 5k split timing mat as you start your second lap.
- The run route is through a quiet residential area with limited traffic. It is well marshalled.
- Run Cut off times
  - The race ends at 16:00 for Sprint and Standard distances.

### **Prize Categories:**

- Prizes will be awarded in the following categories:
  - Sprint distance: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (male, female)
  - Sprint distance: Junior 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (male, female)
  - Sprint distance: Age 20-29, 1<sup>st</sup> (male, female)
  - Sprint distance: Age 30-39, 1<sup>st</sup> (male, female)
  - Sprint distance: Age 40+, 1<sup>st</sup> (male, female)
  - Sprint distance: Relay 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.
  
  - Standard distance: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (male, female)
  - Standard distance: Age 20-29, 1<sup>st</sup> (male, female)
  - Standard distance: Age 30-39, 1<sup>st</sup> (male, female)
  - Standard distance: Age 40+, 1<sup>st</sup> (male, female)