



RACE BRIEFING SATURDAY: SUPERSPRINT, CORPORATE SS, SS & CORPORATE RELAYS & TRY-A-TRI

PARKING

Please use the designated Car Park Space which is in **Athlone Town**



Centre Shopping Centre.

[CLICK HERE FOR A LINK TO THE ATC WEBSITE & GOOGLE](#)

MAP Parking is at a special rate of €3 per day. Please do not park elsewhere in town, as clamping is in operation, & other shopping centre car parks are for customers use **ONLY**. NO PARKING at Swim Start

BAG DROP

Bag drop is located in the Changing Tent in Transition for all Saturday and Sunday events. Your sticker set includes extra stickers for a personal bag to be left here if you want to do so.

LOST & FOUND

Lost & Found is managed by our Head of Transition. Please email him:

willie@triathlone.com if you have lost some personal belongings on Race Day.



Welcome to triAthlone 2015!

We have been working hard to bring this event to the calendar, and we hope that it not only fulfils your expectations, but exceeds ours. We have been getting lots of email and Facebook questions about the event, which we hope to answer with this Race Briefing document.

Our Race HQ for the event is The Main Tent @ The Athletes Village, Burgess Park, Athlone.





RELAYTEAM INFO:

Whether your team is 2 or 3 members, the **CYCLIST** must wait in Transition at their Bike Rack for the **SWIMMER** to meet them. The **SWIMMER** must hand over the timing chip before the **CYCLIST** can start out of T1.

Similarly, the **RUNNER** must wait in Transition at their Bike Rack for the **CYCLIST** to meet them. The **CYCLIST** must hand over the timing chip before the **RUNNER** can start out of T2.

Please remember to also pass your race number from one relay member to another.

If Relay Team members want to move in and out of Transition while the race is in progress they can do so. Please obtain a special wristband from the Head of Transition which will allow you to both in and out of Transition while the race is going on.

PLEASE NOTE: The NRA now prohibit any event signage on the motorway; so we are unable to put signs directing you to registration. If you are approaching Athlone from the motorway, take **Exit 10** and follow signs for Athlone Town Centre. Please use designated car parking in the Athlone Town Centre Car Park. No parking is allowed at Athlete Village.

It is approx. 700m of a walk to Super Sprint swim start, and 250 to Try-A-Tri Swim Start from the Athlete Village. If friends/family wish to come to the swim start, this will be possible - but they will need to walk and follow the spectators route across the Town Bridge, there will be signs directing spectators. There is no car park space at either Swim Start.



REGISTRATION

Registration will take place in the Main Tent of the Athletes Village in Burgess Park. There is no parking in this area.

Reg is open for 12:00 noon - 2.00pm, and again from 4.00pm - 6.00pm on Saturday ONLY.

It will close at 6pm SHARP. If you are not registered by 6pm, you cannot race.

PLEASE ENSURE TO BRING YOUR TI RACE LICENSE OR 1-DAY LICENSE (ODL) AND PHOTO ID!

NO ODL or TI LICENSE, YOU WILL NOT BE ALLOWED TO RACE.

TRANSITION & RACE BRIEFING

Transition is located in the Athlete Village. This is the field of play and access to it will only be allowed at certain times. The Race Briefing will be given in Transition. Attendance at the Race Briefing is COMPULSORY.

KIDS AQUATHON:

Transition opens from 4.00pm - 5pm

Race Briefing: 5pm

Race Start: 5.30pm

SUPERSPRINT:

Transition Bike Drop: 4-6pm

CORPORATE CHALLENGE:

Race Briefing: 6pm

TRY A TRI:

Races Start 7pm

RACE START TIMES, WAVES, RACE NOS & SWIM CAP COLOURS

EVENT	START TIME	Hat Colour	
		WAVE NO	RACE NOS:
Super Sprint Male 1	19:00	Wave 1	1-100
Super Sprint Male 2	19:10	Wave 2	101-200
Super Sprint Male 3	19:20	Wave 3	201-260
Corporate Super Sprint	19:20	Wave 3	261-270
Super Sprint Relay	19:20	Wave 3	271-290
Corporate Super Sprint Relay	19:20	Wave 3	291-310
Super Sprint Female 1	19:30	Wave 4	311-440
Try-A-Tri	19:45	Wave 5	441-520

RACE PACK & STICKER SETS

On Race Registration, you will receive an envelope which will contain the following:

1. RACE NUMBER

To be worn on your BACK for the Bike

To be worn on your FRONT for the Run

Safety pins are available in Registration. The use of a race belt is advisable, and will be available to purchase at the Shadow Brand Tent if you wish.

Relay teams, pass your race number to your team mate to do the next leg.

***IRISH MIDDLE DISTANCE
TRIATHLON CHAMPIONSHIPS***

999

triAthlone

2. RACE STICKER SET

The pack will also contain a Race Sticker set. Stickers must be placed on:

1. **Your Bike Seat-Post**
2. **Front of Bike Helmet**
3. **Side of Helmet**

The remainder stickers can be used for bag drop, personal bag, supporters etc.



3. SWIM CAP - COLOURED BY WAVE

4. WRISTBAND FOR ACCESS TO TRANSITION

5. RACE TIMING CHIP & STRAP

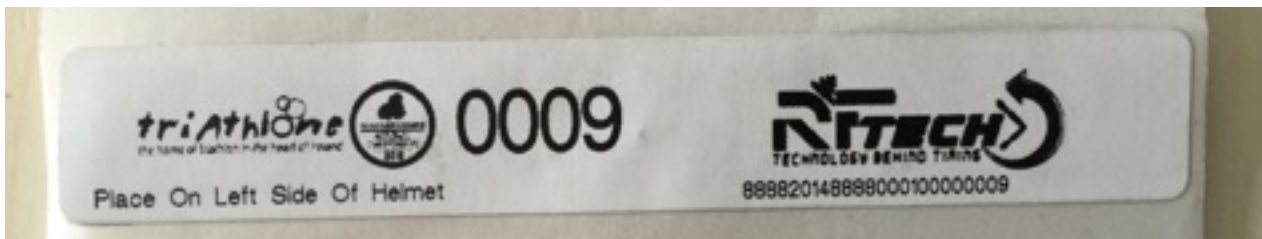


We are using an active transponder chip, which must be strapped to your **LEFT** ankle.

Failure to strap it to your left ankle may result in your time not being recorded.

Please ensure that your Sticker Numbers, Race Number and the Number on your Timing Chip match. Please bring it to our attention if they do not.

6. HELMETTIMING TAG



New for this year, we are adding a helmet sticker timing chip. This must be put on the **LEFT** side of your helmet. Again, please check that the number on the sticker corresponds to your race number.

SITE MAP with SWIM STARTS, SWIM EXIT & LEGEND

Athletes will need to walk to their swim start location from Transition after their Race Briefing. **PLEASE LEAVE TRANSITION IMMEDIATELY AFTER THE RACE BRIEF** and give your self enough time to walk to swim start.

SuperSprint & Corporate Challenge Swim Start is at Athlone Boat Club on the WEST-SIDE of the River.

Try-A-Try and Kids Aquathon Swim Start is on the EAST-SIDE of the River, slightly upstream from Water Exit.

Reg, Transition and Finish are all located in Athlete Village - Burgess Park.



- ATHLETE VILLAGE - BURGESS PARK
- CAR PARK - ATHLONE TOWN CENTRE
- SUPER SPRINT SWIM START
- TRY-A-TRI & KIDS AQUATHON SWIM START
- SWIM EXIT - ALL RACES

BIKE ROUTE: 15km

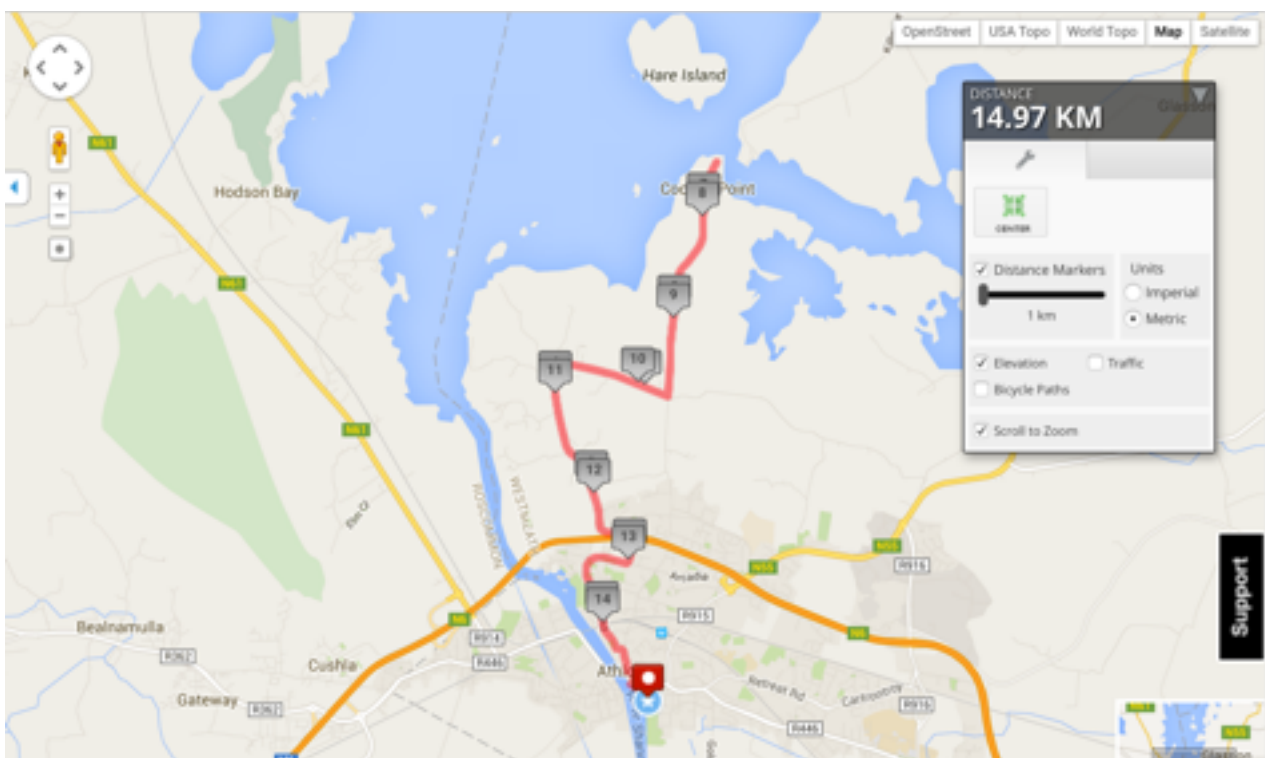
The bike route follows a simple out and back course to and from Coosan Point. The road will be closed, but please be aware that you still have to follow the rules of the road and that locals may drive onto the route despite our best efforts. Assume that cars could be on the road at all times and observe the rules of the road. The Bike Route is the same across SuperSprint, Corporate and Try-A-Tri events.

Pay heed to road markings, and our marshals at all times

Be aware of the Triathlon Ireland rules - especially as they relate to DRAFTING on the bike.

PLEASE CLICK THIS LINK FOR A GUIDE TO NON DRAFTING.

CLICK HERE FOR A LINK TO MAPMYRIDE DATA



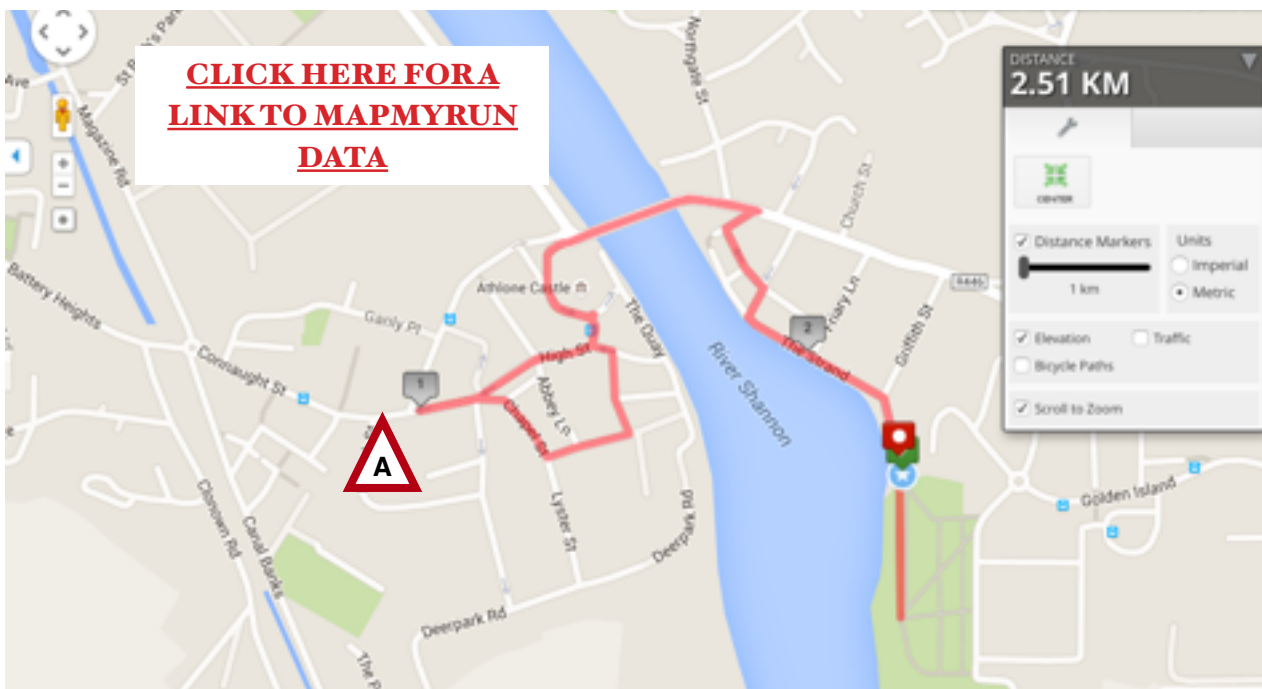
RUN ROUTE: 2.5km Lap - 1 Lap for Try, 2 for SuperSprint

The Town Centre Run is a picturesque tour of Athlone's West and East Side.

1 Lap for Try-A-Try

2 Laps for SuperSprint

We will also have an Aid Station at the top of Bastion Street with water on the run route.



FINISH CHUTE

On the last lap for the SuperSprinters, or the end of the first lap for the Try-A-Triers, you run back into Burgess Park and to the Europcar Roundabout, where you will enter the Finish Chute and run into the FINISH!

In the Finish Zone you will receive your Finishers Medal, Food, Water and Fruit are available. Athlete Recuperation will also include Red Bull, Erdinger Non-Alcoholic and lots more besides!

Make sure to bring the family along as we have lots of activities for kids, a Food Court, and Bar from 2pm-8pm Saturday and Sunday

PRIZES & PRIZEGIVING

Prizes will be awarded to 1st, 2nd and 3rd overall Male and Female in the SuperSprint, Tri-A-Try and Relay Events.

If you believe you have won a prize, please stick around as we plan to do a presentation ASAP once the races have finished. Prize giving will take place on the main stage in the Athlete Village.

LIVE TIMING & RESULTS

Searchable LIVE timing is available online, and also through the timing app.

[CLICK HERE FOR A LINK TO LIVE TIMING](#)

This also includes a link to download the timing app on iPhone and Android.

LOOKING FORWARD TO SEEING YOU ALL ON SATURDAY!