

# ATHLETE INFO PACK

Welcome to Waterways Ireland triAthlone 2018, with Olympic/Standard Distance, in addition to our Sprint, Super Sprint Race & Relays!

We have gone to some lengths to provide you with the information on the event in as clear and simple form as possible. We understand that we not only have elite athletes taking part, but also novices and triathlon 1<sup>st</sup>-timers. All athletes MUST READ the information provided. Most of the questions emailed to us is for information detailed either on or in the PDF documents posted on the website. Failure to read the information accounts for 100% of the misinformation we encounter.

Enclosed in this document is a simple schedule and site map. Print it, study it, follow it.

Information sets your mind at ease. Knowing what you have to do and when you have to do it will lead to a more enjoyable triathlon experience.

Looking forward to seeing you this weekend!

**The Waterways Ireland triAthlone Team**



stay up to date on: [www.triathlone.com](http://www.triathlone.com)

follow us on: 



TRIATHLON IRELAND



## DON'T FORGET YOUR TRIATHLON IRELAND MEMBERSHIP CARD OR 1-DAY-MEMBERSHIP SO YOU CAN RACE!

Triathlon Ireland are the sport's National Governing Body, & Waterways Ireland triAthlone is a TI sanctioned event. TI membership provides insurance to members and events, so it is essential that race participants are either 2018 TI members or you can purchase a One-Day-Membership (ODM). No ODM or membership at registration, NO RACE!

**CLICK HERE TO PURCHASE YOUR ODM**  
 (only 1 needed per relay team)



tel: 090 64 75898  
 athlone@dbc.ie

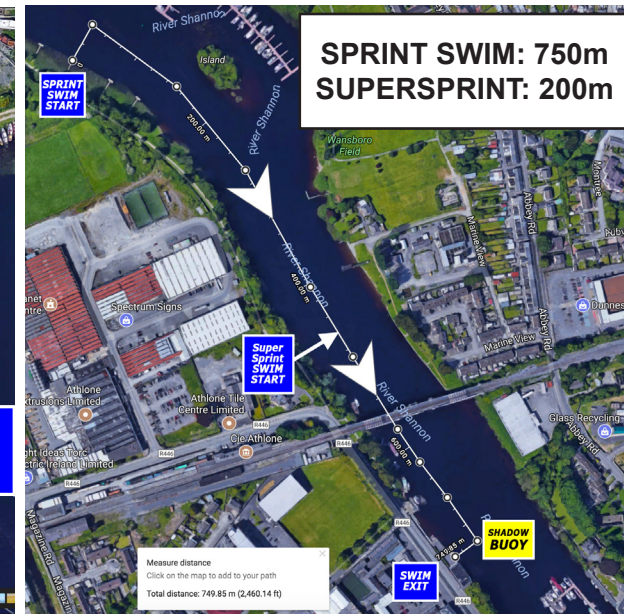
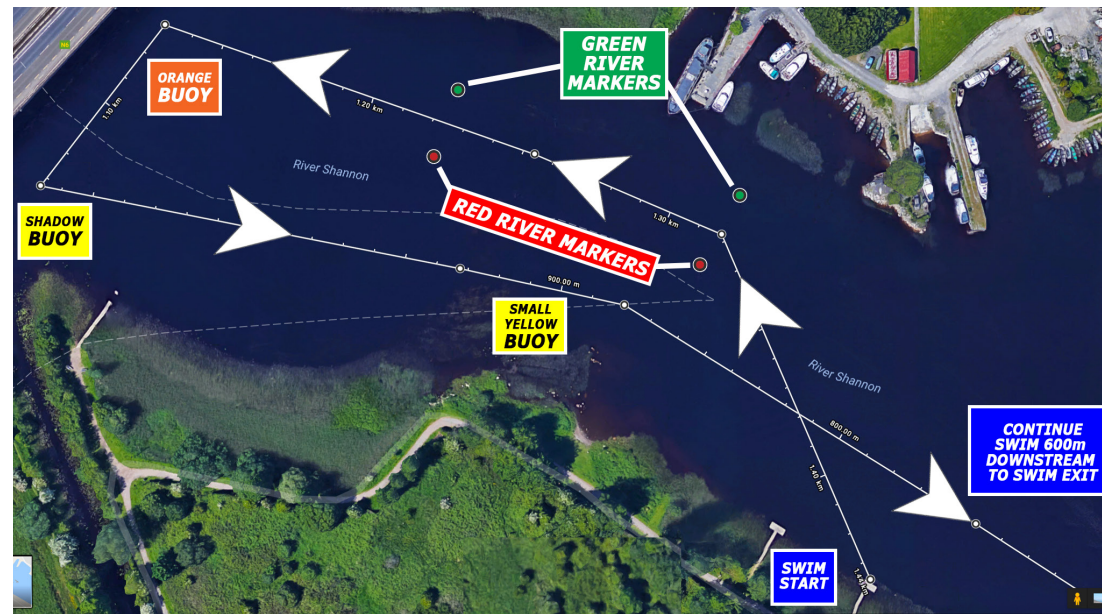




# triAthlone RACE INFO

**ALL ATHLETES SHOULD GATHER AT THE WAVE ASSEMBLY POINT BESIDE TRANSITION AT LEAST 15 MIN BEFORE YOUR WAVE START TIME**

**THERE IS A RACE BRIEFING AT 14:45 IN THE AGEGROUP TRANSITION ON SATURDAY - IT IS MANDATORY THAT YOU ATTEND THE PRE-RACE BRIEFING. TRANSITION CLEARED AT 14:30**



## BIKE ROUTE:

For accurate MapMyRide Distance & Elevation info: [www.triathlon.com](http://www.triathlon.com)

CLOARK TURNAROUND 11.15km	SUMMERHILL ROUNDABOUT 3.4km	TRANSITION
STANDARD DISTANCE 37.8km		
SPRINT DISTANCE 22.3km		
SUPERSPRINT DISTANCE 6.8km		

## RUN ROUTE & DOT MAP:

**RUN LAPS:**  
 SuperSprint: 1 Lap  
 Sprint: 2 Laps  
 Standard: 4 Laps

**DOT MAP inc. RUN ROUTE**

- P** Parking: Athlone Town Shopping Centre
- R** Registration: Prince of Wales Hotel
- T** Transition: Grace Road
- B** Bag Drop: Beside Transition
- S** Swim Exit
- A** Aid Station
- F** Finish Line: Back of Athlone Castle
- Turn Back onto Run Lap

## CASUAL BAG DROP

If you need to leave a bag, we have a dedicated tent beside Transition for a Casual Bag Drop. Please use a RACE STICKER to identify your bag. Bags will be available to collect after you finish your race - when the last runner is on the course. We do our best to provide a safe place for your bag but you leave your property at your own risk.

## AFTER-RACE BIKE & BAG PICKUP

Our event is staffed by volunteers, so we kindly ask that you return to transition as soon as it re-opens to collect your belongings so they don't have to stay late! Transition will re-open for you to pickup your things once the last runner has started the run (approx. 17:30)

## FREE POST-RACE PASTA

TOSAY THANKS FOR TAKING PART IN OUR EVENT THIS YEAR WE HAVE FREE POST-RACE PASTA! SO GET ACROSS THE FINISH LINE, & EXCHANGE YOUR WRIST BAND FOR PASTA! LOOK OUT FOR THE PASTA SIGNS BESIDE THE FINISH LINE!

## RELAY TEAM INFO

- ONLY 1 TEAM MEMBER NEEDS TO REGISTER THE TEAM, & ONLY 1 ODM IS NEEDED PER TEAM
- RELAYS HAVE A SPECIAL WRISTBAND WHICH ALLOWS THEM TO COME IN/OUT OF TRANSITION
- ALL RELAY MEMBERS NEED TO ENSURE THEY EACH HAVE A WRISTBAND IN THEIR REGISTRATION PACK!
- ATHLETES MUST BE AT THE HOLDING AREA FOR THE HAND OVER OF THE TIMING CHIP
- RELAY MEMBERS MUST REMEMBER TO HAND OVER THE RACE NUMBER FROM BIKE TO RUN

- triAthlone athletes register in the Prince of Wales Hotel on Church Street
- You HAVE to register. No-one can register for you
- You need either a Triathlon Ireland membership card or a pre-purchased 1-day-license from TI. This will not be available to purchase on race day.
- Photo ID is required \*\*PLEASE DON'T FORGET\*\***
- Only 1 Relay Team Member needs to register the team

**REGISTRATION OPENING HOURS:**  
**SATURDAY 12:00-14:00**

- AT REGISTRATION YOU WILL GET:
  - Your Wristband:**  
For access to transition  
Multiple Wristbands are available for Relays
  - Timing Chip:**  
Wear on LEFT ankle ONLY. Relay team pass the chip from one member to the other
  - Race Stickers Pack:**  
**THIS CONTAINS THE FOLLOWING RACE STICKERS:**  
 Helmet: Front Centre & Side  
 Bike: Seatpost Wraparound  
 Bag Drop: To Identify it @ Bag Drop
  - Race Number:**  
To be worn on back (bike) & on front (run)
- A Medical/First-Aid Team will circulate around race site, with an Ambulance at Swim Exit, Bike Route & Finish
- Lost & Found is available on Saturday at Casual Bag Drop Tent @ Transition.
- After this time contact [willie@triathlon.com](mailto:willie@triathlon.com)

**BE IN TRANSITION BEFORE 2PM TO ENSURE YOU HAVE TIME TO SETUP YOUR BIKE AND CLEAR TRANSITION FOR 14:30!**

## TRANSITION LAYOUT:

FOR 2018 WE HAVE A NEW TRANSITION ON GRACE ROAD FOR YOUR CONVENIENCE, CASUAL BAG DROP IS IN TRANSITION

NUMBERS: 001 - 250 ON RIVER SIDE  
 NUMBERS: 251 - 499 ON BARRACKS SIDE

TRANSITION IS OPEN: 12:00-14:30

NOCASUAL BAGS OR NON RACING ITEMS ARE ALLOWED IN TRANSITION. ALL CASUAL BAGS MUST BE PLACED IN THE CASUAL BAG TENT.

SEE [WWW.TRIATHLONE.COM](http://WWW.TRIATHLONE.COM) FOR GPS ACCURATE MAPMYRIDE MAPS

## P PARKING INFO

ALWAYS approach Athlone from the EAST side. Parking is pay-per-hour. Athlone Town Centre has set aside a special area for tri parking, with All-Day-Parking from €3 per day. Follow the signs from the motorway for Athlone Town Centre/ Sheraton Hotel. There is no FREE parking in Athlone. Be aware if you park your car in an unauthorised zone, you may get a parking ticket or get clamped. Don't park on the race route; you may be towed at your expense.

## PRIZEGIVING!

Prizegiving will take place at the Finish Line immediately after the race - subject to the Results being signed off by Triathlon Ireland. For 2018, there will be the following Prizes:

**1st, 2nd and 3rd Overall:**

- SuperSprint
- Sprint (Male/Female)
- Olympic (Male/Female)
- Relays

We also will be giving prizes in Sprint & Olympic only AgeGroups (M/F) 18-34, 35-49, 50+. If you believe you are a prizewinner please present yourself to William at the Finish Line after you finish.



# THE WAVE START SCHEDULE:

YOUR WAVE NO CORRESPONDS TO YOUR RACE NO

SEE YOUR WAVE NUMBER -> CHECK YOUR START TIME

**ASSEMBLE 15 MINS BEFORE START TIME AT GRACE ROAD WAVE ASSEMBLY POINT TO WALK UPSTREAM TO SWIM START**

RACE NO	WAVE	EVENT	START TIME	SWIM CAP COLOUR	WRISTBAND COLOUR
1 - 49	Wave 1	SUPERSPRINT	15:00	WHITE	YELLOW
50-60	Wave 1	SUPERSPRINT RELAY	15:00	WHITE	GREEN
61- 164	Wave 2	OLYMPIC	15:10	RED	WHITE
165 - 177	Wave 3	SPRINT RELAY 1	15:30	ORANGE	GREEN
178 - 259	Wave 3	SPRINT 1	15:30	ORANGE	PINK
260 - 304	Wave 4	SPRINT RELAY 2	15:40	BLUE	GREEN
305 - 371	Wave 4	SPRINT 2	15:40	BLUE	PINK
372 - 499	Wave 5	SPRINT 3	15:50	RED	PINK

WAVES ARE ASSIGNED BY AGE-GROUP. YOU CANNOT SWAP WAVES. IF YOU START THE EVENT IN THE WRONG WAVE, YOU WILL BE DISQUALIFIED

## READ THIS IMPORTANT INFO:

- If you are not a member of Triathlon Ireland (TI) or YOUR country's National Federation, you need to purchase a 1-day membership (ODM). This MUST be purchased BEFORE the event on TI's website. You CANNOT buy one on race day. No ODM, no race!
- You cannot transfer or "sell" your entry to someone else. The date for refunds and name changes ended 1/6/2018
- To be 100% sure of what's going on, attend the Race Briefing at 14:45 in AgeGroup Transition. It's mandatory.
- All race maps, distances and even elevation maps are available on our website. Take time and study these!
- Remember, registration closes at 14:00 so if you're not registered by that time, you cannot race.
- We close transition at 14:30. If your bike isn't in, racked and clear by then - you won't be able to race. It's as simple as that. We do our best to secure transition area, but be aware that items are left in transition at their owner's risk
- Our waves are run by athlete Age-Group. You cannot change wave to start with your friend. That's the rules of the sport. If you change wave, your time will be disqualified
- You CANNOT use assistive floats or buoyancy aids in the swim. Please check Triathlon Ireland guidelines
- Wet-suits are not compulsory but are advised. Please check Triathlon Ireland guidelines. You can wear either a short or long wet-suit if you want
- We have a highly experienced water-safety team. We will take you out of the water if we believe you are struggling. **If you take longer than 30min for the Sprint or 45min for the Olympic you will be removed from the water**
- Know the rules about transition that relate to the sport - available on-line from [www.triathlonireland.com](http://www.triathlonireland.com)
- No, you cannot use an iPod when racing, or any other electronic entertainment device or mobile phone
- All triAthlone races are NON-DRAFTING! We have draft-busters on our bike route. You will be PENALISED!

**WWW.TRIATHLONE.COM**