

# THE WAVE START SCHEDULE:

YOUR WAVE NO CORRESPONDS TO YOUR RACE NO  
SEE YOUR WAVE NUMBER -> CHECK YOUR START TIME

**ASSEMBLE 10 MINS BEFORE START TIME AT WAVE ASSEMBLY**

**POINT @ SWIM START.**

RACE NO	WAVE	EVENT	START TIME	SWIM CAP COLOUR	WRISTBAND
001 - 080	1	SUPERSPRINT	15:00	GREEN	YELLOW
081 - 090	1	SUPERSPRINT RELAY	15:00	GREEN	YELLOW
091 - 210	2	OLYMPIC	15:10	ORANGE	YELLOW
211 - 287	3	SPRINT WOMEN	15:30	PINK	YELLOW
288 - 310	3	SPRINT RELAY 1	15:30	PINK	YELLOW
311 - 330	4	SPRINT RELAY 2	15:37	WHITE	YELLOW
331 - 410	4	SPRINT 2	15:37	WHITE	YELLOW
411 - 520	5	SPRINT 3	15:45	BLUE	YELLOW

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 1/6/2019
- To be 100% sure of what's going on, attend the Race Briefing at 14:40 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 mandatory for swims below 21.9 degrees.
- 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 20mins Supersprint 30min for the Sprint or 90min 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**

# triAthlone

## ATHLETE INFO PACK

Welcome to triAthlone 2019, the return of Olympic Distance triathlon to Athlone, in addition to our Sprint, Super Sprint, Corporate 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 triAthlone Team



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

follow us on: 



## 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, & triAthlone is a TI sanctioned event. TI membership provides insurance to members and events, so it is essential that race participants are either 2019 TI members or you can purchase a One-Day-Membership (ODM). No ODM or membership at registration, NO RACE!  
(only 1 needed per relay team)

[www.triathlonireland.com](http://www.triathlonireland.com)

FIND YOUR RACE NO. & WAVES TIMES:

[www.triathlon.com/race-info](http://www.triathlon.com/race-info)





# triAthlone & the local community.

Clubs we donated to in 2019.

**Athlone Sub Aqua Club**

**Athlone Boat Club**

**Lecarrow Lazars**

**Bealnamulla LFC**

**An GArda Siochana**

**Order of Matla**

**Inny Kayak Club**



**TRIATHLON EXPO**

**LOCATION: REGISTRATION**

**OPENING HOURS: 11AM TO 2 PM**

**TOP BRANDS IN THE TRIATHLON WORLD WITH GREAT BARGAINS for ALL ATHLETES.**



# triAthlone RACE INFO

- 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 membership from TI. This will not be available to purchase on race day. Photo ID required
- ALL Relay Team Member need to register.

## REGISTRATION OPENING HOURS:

**SUNDAY 11:30-14:00**

## AT REGISTRATION YOU WILL GET:

### 1) Your Wristband:

For access to transition  
Multiple Wristbands are available for Relays

### 2) Timing Chip:

Wear on **LEFT** ankle **ONLY**. Relay team pass the chip from one member to the other

### 3) Race Stickers Pack:

**THIS CONTAINS THE FOLLOWING RACE STICKERS:**

Helmet: Front Centre & Side  
Bike: Seatpost Wraparound  
Bag Drop: To Identify it @ Bag Drop

### 4) 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

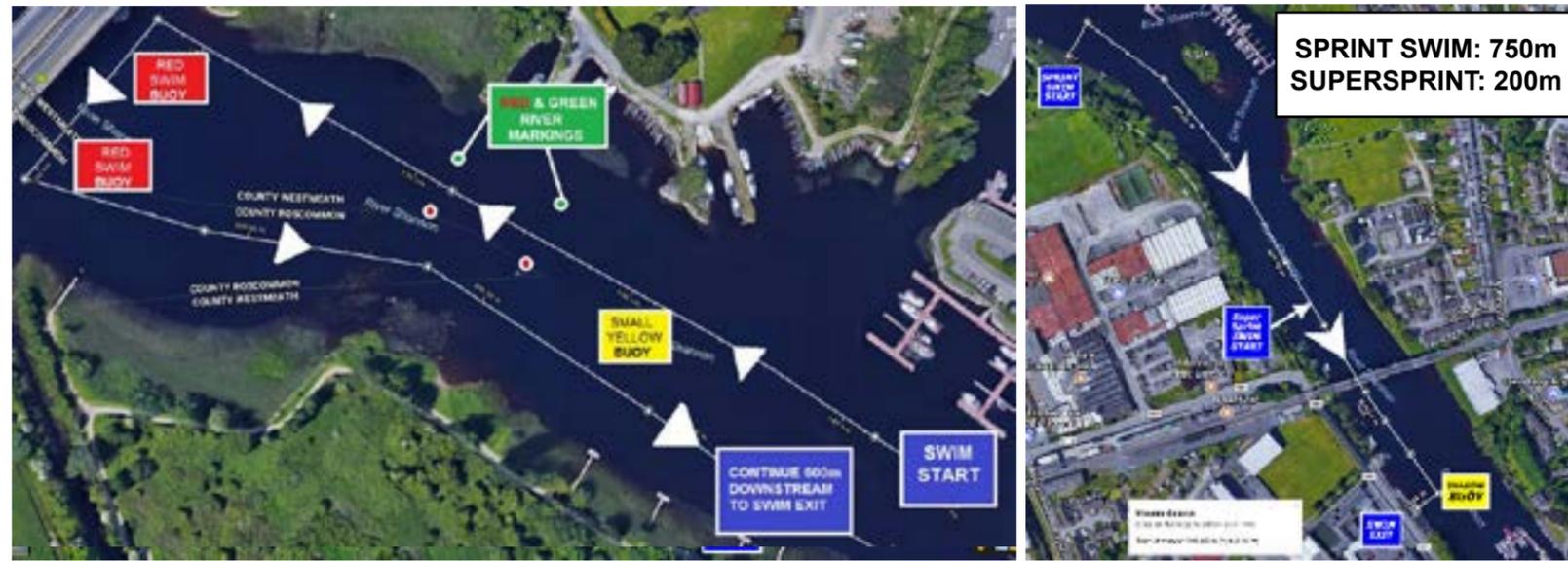
- Lost & Found is available on Sunday at Casual Bag Drop Tent @ transition.

- After this time contact willie@triathlon.com

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

**ALL ATHLETES SHOULD GATHER AT THE WAVE ASSEMBLY POINT BESIDE THE SWIM START AT LEAST 10 MIN BEFORE YOUR WAVE START TIME**

**THERE IS A RACE BRIEFING AT 14:40 IN THE AGEGROUP TRANSITION ON SUNDAY - IT IS MANDATORY THAT YOU ATTEND THE PRE-RACE BRIEFING. TRANSITION CLEARED AT 14:30**

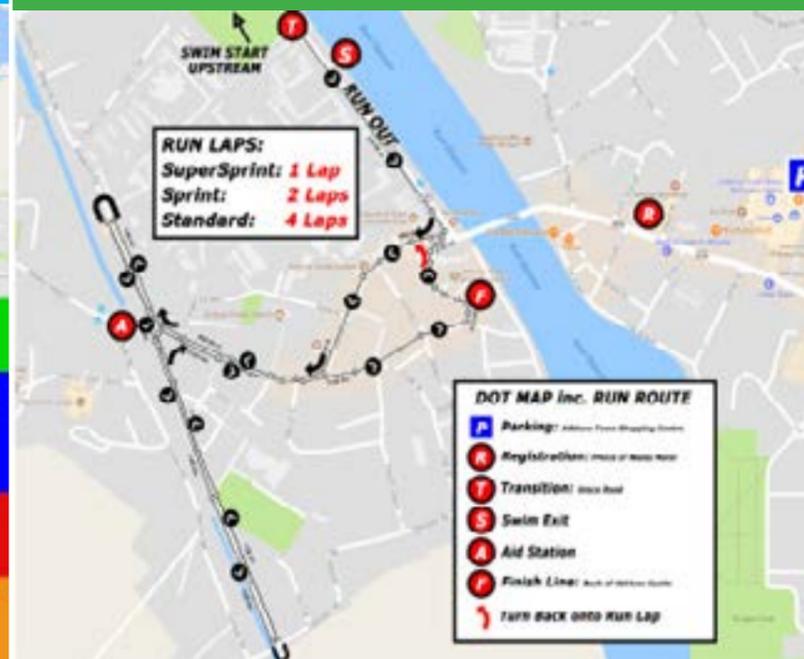


## BIKE ROUTE:

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



## RUN ROUTE & DOT MAP:



## CASUAL BAG DROP

If you need to leave a bag, we have a dedicated tent in 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. We do our best to provide a safe place for your bag but you leave your property at your own risk.

## AFTER-RACE BIKE PICK UP

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 say late!

Transition will re-open for you to pickup your things once the last runner has started the run course (approx 17:30)

## POST-RACE

### PASTA & HEINEKEN 0.0

TO SAY 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!

**GRAB A NICE COLD BOTTLE OF HEINEKEN 0.0**

## RELAY TEAM INFO

- **PLEASE DO NOT RE ENTER TRANSITION AREA AFTER YOU FINISH YOUR LEG.**
- BIKE AND RUN ATHLETES MUST WAIT IN THE HOLDING AREA (LOCATED AT SWIM EXIT IN TRANSITION) FOR THE HAND-OVER OF THE CHIP.
- BIKE ATHLETES MUST LEAVE HELMET ON BIKE.
- **ONCE YOUR ARE FINISHED YOUR LEG PLEASE EXIT TRANSITION IMMEDIATELY AND GO TO THE FINISH AREA TO COLLECT YOUR MEDAL WITH YOUR TEAM MATES.**

## TRANSITION LAYOUT:

TRANSITION IS ON GRACE ROAD ( SAME AS 2017 & 2018)

**PLEASE HAVE YOUR HELMET ON & FASTENED ENTERING TRANSITION. BAR PLUGS MUST BE COVERED.**

NUMBERS: 001 - 220 ON RIVER SIDE

NUMBERS: 221 - 520 ON BARRACKS SIDE

**TRANSITION IS OPEN: 12:00-14:30**

NO CASUAL BAGS OR NON RACING ITEMS ARE ALLOWED IN TRANSITION.

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 2019, there will be the following Prizes:

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

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

No AgeGroup prizegiving on Raceday. AG prizes will be posted to Athletes post event. If you believe you are a prizewinner please present yourself to Yvonne at the Finish