



Sive Triathlon

The Pier

Cahirciveen, Co. Kerry

19th June 2010

RACE BRIEFING NOTES

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RACE: Sive Triathlon

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Affiliated to Triathlon Ireland

Race Timetable		
Activity	Location	Time
Registration and collection of race number, timing chip and t-shirt	Sive Clubhouse on the Pier	Friday 18 th 17:30 to 21:30
Transition Area	Main Pier	Open from 08:30
Race Briefing by Race Director	Main Pier adjacent to Transition Area	10:00
Athletes enter water to acclimatize	Pontoon at far end of Marina	10:20
Swim Briefing	Pontoon at far end of Marina	10:25
Race Start	In line with far end of Marina	10:30 (first wave) 10:35 (second wave)
Post Race Refreshments	Adjacent to Marina	From 11:45
Presentation of Prizes	Adjacent to Marina	13:30

1. Introduction

A triathlon is an endurance and versatility sport comprising a combination of swimming, cycling and running normally carried out in that stated order of disciplines, and with the clock running continuously during transitions.

The competitor must complete a certain distance in each discipline one after the other in the above order. The competitor makes the change between each discipline in what is called a transition area.

There can be a wide variety of distances and for the purposes of the Sive Triathlon, the distance covered will be the Sprint distance, which is broken down as follows:-

- Swim = 750m
- Cycle = 20km
- Run = 5km

2. Triathlon Ireland Sanction

This event is sanctioned by the governing body for triathlons and related events in Ireland, Triathlon Ireland (TI). The race therefore complies with well established rules including safety regulations, race organisation guidelines and provision of third party insurance cover. TI nominated officials will attend the event to ensure that these standards are fully adhered to. Further details can be provided as required or reviewed at www.triathlonireland.com

3. Swim – 750m

The swim will take place in Cahirciveen Estuary at full tide. The estuary is a calm, narrow inlet which extends in from Valentia Harbour.

- Swim will start along a line perpendicular to marina breakwater. A number of intermediate markers will be placed in the water to define the start line.
- Swim route heads upstream in direction of bridge for a distance of approx 530m at which location there is a turn. Swim returns back to slipway on main Pier for exit.
- Swim circuit will be defined by markers/buoys at regular intervals (approx 80m c/c)
- The start will be in two ‘waves’ – approx. 200 competitors in each wave leaving approx 5 minutes apart:
- Swim caps will be provided and **must** be worn. Colour of swim cap will define which wave competitors are in. Competitors in 1st wave will wear a red swim cap. Competitors in 2nd wave will wear a white swim cap.
- Wetsuits are mandatory for individual participants.

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The Knightstown Coast Guard will marshal the swim course along with assistance from Ballinskelligs Coast Guard, Civil Defence Coast Guard and a number of canoeists who will be available to guide and assist swimmers where required.

If a swimmer wishes to retire from the swim for any reason, please follow the following procedures:

- lie on your back
- raise your clenched fist in the air,
- stay calm and a rescue boat will come to your assistance.

There will be a 40 minute time limit on the swim but if a marshal feels that you are endangering yourself or others, you can be withdrawn from the swim. You will be allowed to continue the race if you wish to do so, but will be given no official time.

4. *Bike – 20km*

- Race numbers must be worn on the back. Failure to have your number visible will result in a 4 minute time penalty being added.
- Bike racks will not be numbered so it's on a first come, first serve basis.
- You must put on your helmet and fasten it before removing your bike from the transition area.
- You must exit onto the road through/over the timekeeping receiver before mounting bike at the designated mark/line on the road.
- Similarly on your return, you must dismount bike on/before the yellow line before re-entering transition area.
- You must replace your bike on the rack in your own spot before removing helmet

Bike course

This year the bike route is an out and back course which runs primarily along a relatively wide regional road. The course involves a relatively long gradual climb on the outward leg with a similar decent on the return leg. The standard of road surface is good over the majority of the course.

The rules of the road will apply at all times. As this is an out and back course, cyclists are warned to keep to their own side of the road at all times to prevent the potential for conflicts. This applies in particular to the windier sections of the road where cyclists on the return leg will be travelling at speed. Overtaking other cyclists can only be carried out where safe to do so. Marshals and/or Gardai will be present at all locations where particular risks exist. Please obey their instructions at all times.

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Important

5. Drafting

- a) Drafting is the term to describe the act of taking shelter behind or beside another competitor or vehicle, within the draft zone during the cycling segment.
- b) Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.
- c) A competitor who does not clearly avoid violating the draft rules will receive a 4 minute time penalty.
- d) The 'Draft Zone' is a rectangle surrounding every competitor that is 3 metres wide and extends to 7 metre behind the front wheel of the competitor's bicycle. The front edge of the front bicycle wheel will define the centre of the leading 3-meter edge of the rectangle. A competitor may enter the draft zone but must be seen to be making forward progress. A maximum of 15 seconds will be allowed for a competitor to pass through the draft zone. (ITU/ETU RULE 2005)
- e) The draft zone of one competitor may not overlap the draft zone of another competitor.
- f) A competitor is overtaken when the front wheel of another competitor's bicycle is ahead of theirs. It is then his/her responsibility to drop out of the draft zone, either sideways, or by dropping back.
- g) Side by side riding is only allowed on courses that are fully closed to traffic. Single file riding will apply to all open or semi-open courses.
- h) It is not allowed to gain unfair advantage by drafting on officials' escort vehicles or vehicles being used by media etc. Minimum bicycle/vehicle separation will be 35 metres long by 5 metres wide.
- i) A competitor may enter a bicycle draft zone (subject to the official's judgement) in the following circumstances:
 - If a competitor enters the draft zone, and progresses through it within 15 seconds
 - For safety reasons
 - At an aid station
 - At the exit or entrance of a transition area
 - At an acute turn
 - If race officials exclude a section of the course because of narrow lanes, construction works, detours, or for other safety reasons.

6. Warnings

- a) It is not necessary for an official to give a warning prior to issuing a more serious penalty. The purpose of a warning is to alert a competitor about a possible rule violation and to promote a 'proactive' attitude on the part of officials.
- b) A warning will be given at the discretion of the official. They shall assess a warning by:
 - Sounding a whistle of horn
 - Showing a yellow card
 - Calling the competitor's number and any relevant instruction.
- c) A warning may be given when:
 - A competitor violates a rule unintentionally
 - An official believes a violation is about to occur
 - No advantage has been gained.
- d) When shown a yellow card, the competitor will stop in a safe manner and follow the instruction of the official. If on a bicycle, the competitor will stop in a safe manner and dismount with both feet on one side of the bicycle. With the official so directs, the competitor will continue in a safe manner.
- e) Failure to dismount or anyone disobeying the instructions of the marshals will result in a red card and immediate disqualification. You will be permitted to continue the cycle but your time will not be recorded. Draft Marshall will record your race number.

If cyclists are found drafting as a group they will be dismounted and signalled to continue at 15 second intervals at Marshals discretion.

7. Run – 5km

The run is a 5km out and back route. The route leaves the Pier in the opposite direction to the cycle route (turning right upon exit). The course proceeds up through Marion Place, up High Street and turning right along Barr na Sraide. The course continues along this road until reaching the 2.5km mark at which point there is a turnaround on the road. The route returns back along the same route back to Pier. The running route has a number of steep hills along the outward leg.

8. Parking

There will be limited parking available on the Pier on the day of the Triathlon. Competitors are advised to use on street parking or one of the town car parks and walk/cycle to pier.

Best of luck, Enjoy the race!

APPENDIX A

Map of Race Route (Swim)



Key

- Competitors enter the water at far end of Marina via gangway and pontoon
- Competitors line up between marker buoys (denoted by broken blue line on map).
- Swim route heads in direction of bridge for approx 530m at which point there is a turn.
- Swim route returns back to slipway on main pier for exit

N.B. – Swim will start 10mins before high water – hence currents be negligible.

APPENDIX B

Map of Race Route (Bike)



Key

1. T junction beside bridge - cyclists turn right and proceed up Bridge Street.
2. Four Way Crossroads – cyclists turn left onto the main street at this intersection and proceed in an easterly direction out of town on the main N70 road. Gardai will be in attendance to control traffic as required.
3. Y-junction – cyclists turn right across main road onto regional road. Gardai will be in attendance to stop traffic either side of turning location as required.
4. Turning Circle – cyclists turn around at the 10km mark at a widening on the road. Marshalls will be in attendance to forewarn cyclists of turning location. Cyclists are advised to unclip their right shoes as the turning circle is relatively tight.
5. Y-Junction – cyclists veer left onto hard shoulder of main road. Gardai will be in attendance to control traffic at this location.
6. T-Junction – cyclists turn sharp right across main road/street onto Bridge Street and proceed down hill. Gardai will be in attendance at this location to stop/control traffic.
7. T-Junction – cyclists turn sharp left at bottom of short hill and proceed back to main transition area. Cyclists will be warned to SLOW DOWN in advance of turn.

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APPENDIX C

Map of Race Route (Run)



Key

1. Upon existing Pier runners turn right.
2. Straight through junction with main Street- Gardai will be on hand to control/stop traffic on the Main Street as required.
3. Right turn at T-junction - Marshals will be on hand to direct runners.
4. Turnaround point. There will be cones on road to define turnaround and Marshals will be on hand to direct runners and prevent any traffic entering course from opposite direction. Water station to be located here.
5. Left turn at junction - Marshals will be on hand to direct runners.
6. Straight through junction with Main Street – Gardai will be on hand to control/stop traffic on the Main Street as required.
7. Left hand turn into Finish on Pier.

APPENDIX D

Transition Area



Key

- Transition area will be located on the Main Pier. This is a large flat area (approx 60m x 15m in area). The transition area is located immediately adjacent to the Slipway where swimmers will be exiting the water.
- Changing and Toilet facilities will be available in the Marina Clubhouse which is within close proximity of the Main Pier.

APPENDIX F

Swim Proficiency Declaration

I confirm that:

- I have completed a continuous open water swim of at least two-thirds of the length of the competition swim within 30 days of the event,
- I understand safety and rescue procedures and my own limitations,
- I am aware of the route, its length, the depth and temperature of the water, the direction of significant currents and any hazards,
- I am aware that a mass start carries intrinsic difficulties, which can be frightening and present risks, which could include pushing and kicking.

Signed: _____

Name (in capitals): _____

Dated: _____