



Introduction

Trilogy Triathlon Club welcomes you to their annual TriLaois triathlon.

Please read the following document to familiarize yourself with the event details and to ensure you have a safe and enjoyable triathlon.

If you have any queries please contact director@trilaois.ie

Kind regards

Yvonne Lambe
Race Director
TriLaois 2018

RACE LICENCE

Insurance for Competitors - message from Triathlon Ireland

“Can you please ensure anyone wishing to race under a Triathlon Ireland racing licence (Full, Student or Junior membership only) provides their 2018 membership card to you at registration with a photo attached to the card.

If they produce any other card, this does not cover them for racing, so they may purchase a one day licence. Please note that if a competitor does not hold a race licence they must pre-purchase a One Day Licence through the Triathlon Ireland website by 12am on the Thursday before the event.

The above must be strictly adhered to for insurance purposes - if someone does not provide their membership card or have purchased a one day licence through Triathlon Ireland, they are not covered by TI Insurance and **will not be allowed to race.**

Please allow sufficient time to order your Triathlon Ireland membership card.

NO T.I. LICENCE - NO RACE NO ONE DAY LICENCE - NO RACE

Event Timetable

Event Timetable	Date	Time	Venue/Location
Registration Opens	6th April 7th April	19:00-21:00 07:00-08:00	Portlaoise Leisure Centre
Registration Closes	7th April	08:00	Portlaoise Leisure Centre
Marshal/stewards etc briefing	6th April 7th April	18:00 08:00	Portlaoise Leisure Centre
Competitor Race Briefing	7th April	08:10	Portlaoise Leisure Centre
Event Start	7th April	08:30	Portlaoise Leisure Centre
Event Finish - this is the time when the organisers are no longer responsible for athletes in recovery area, transition or run courses.	7th April	14:30	Portlaoise Leisure Centre

RACE BRIEFING

Distances

Tri-a-Tri: 400m swim (16 x 25m Pool Lengths), 19.3km Cycle, 5km Run

Sprint Distance: 750m swim (30x 25m Pool Lengths), 19.3km Cycle, 5km Run

Car Parking: There will be no parking available in the Portlaoise Leisure Centre Car Park as this must be kept free for Gym members. The Gym will be open from 9am onwards. Also there will be no parking allowed in the immediate vicinity of the Leisure Centre as these are the roads that will be used for both the cycle and the run. There is parking available in:

County Council Car Park which is on the Ridge Road at a cost of €2.40 per day.

St Peter & Pauls Church at a cost of €6.00 per day.

There will be marshals around on the morning of the race directing people towards this parking. Please do not cause an obstruction in the immediate vicinity of the Leisure Centre. It is in your own interest.

Registration Process

Registration takes place from 19:00 -21:00 on Friday 6th April in Portlaoise Leisure Centre. For those who are based locally, it would be great to get all those registered on Friday night. That leaves more time for those who will be travelling distances to register on Saturday morning. There will be a very limited registration allowed on the morning of the race between 07:00 and 08:00. TI Membership cards will be checked at registration and one-day licences must be presented where required. All competitors will be required to sign the disclaimer. Competitors with any medical conditions and / or disabilities will be required to inform us at the time of registration.

Rules and Regulations

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. This document is available on the Triathlon Ireland website: www.triathlonireland.com and we would ask that all athletes refer to section 3.8 – ‘General rules for competitors.’

Appeals/Protests

A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance.

NOTE ON MARSHALS

Ignoring the instructions of marshals will result in disqualification. Marshals are there to make sure you have a safe race – so listen to them and be courteous at all times. They have your best interests at heart. It may not seem that way at the time but they genuinely do. Verbally abusing a marshal will result in immediate disqualification. The only reason you are able to participate in this race is because a marshal has volunteered his/her time to enable the race to be run. Don't forget this when the adrenaline is pumping and all you want to do is keep going .

The Routes

Swim Plan

PLEASE NOTE: THESE TIMES ARE JUST INDICATIVE AND ALL ATHLETES MUST MONITOR PROGRESS OF PREVIOUS WAVES AS WAVE STARTS MAY BE BROUGHT FORWARD IF EVENTS ARE BEING COMPLETED FASTER THAN ANTICIPATED / PLANNED. YOU MUST BE POOLSIDE 20 MINUTES BEFORE YOUR WAVE TIME.

The swim will take place in Portlaoise Leisure Centre in a 25m pool.

The first wave will be in the water for 08:30.

Each wave will start as soon as the previous wave finishes.

There will be 5 lanes in use with 6/7 athletes per lane. There will be 2 lane counters per lane.

The athletes will be seeded based on the times they supplied during online registration.

Water Safety:

This is a 25m pool with 5 lanes. We plan to accommodate 350 athletes in 10 Waves. The swim cut off time for the Sprint race will be 30 minutes. Swimmers who have not completed the distance in this time will have their times calculated on the distance covered. Wetsuits or other buoyancy aids are not allowed.

No Diving or Tumble Turns are allowed.

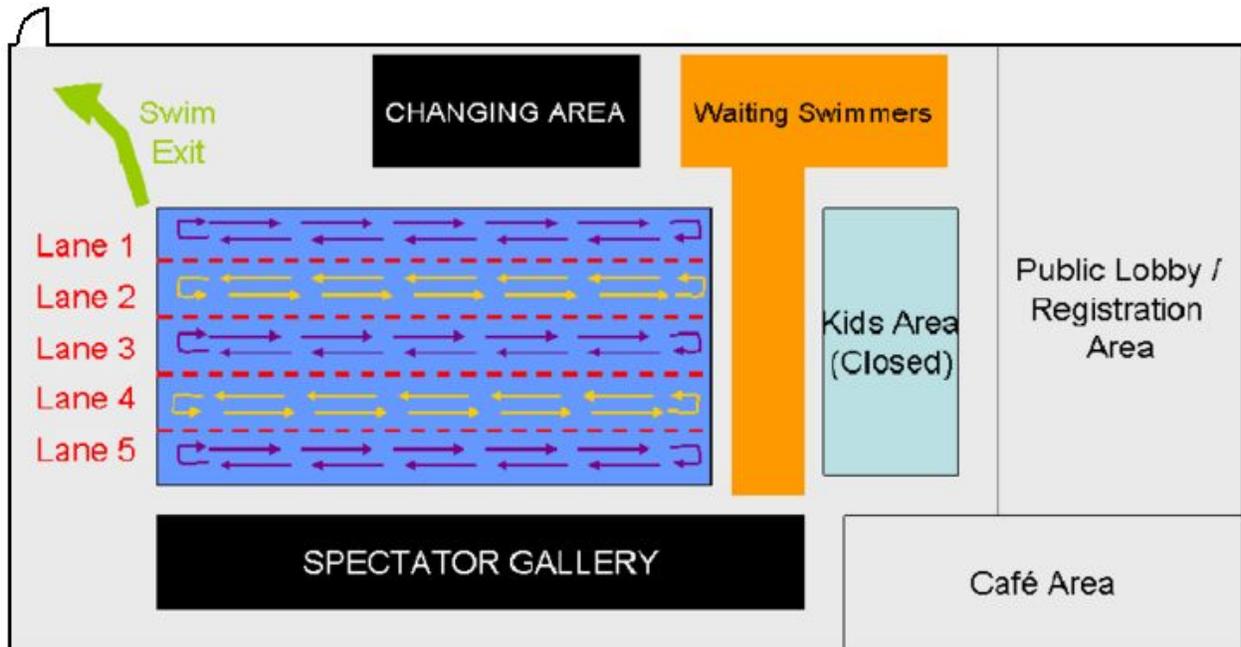
General Safety The Portlaoise Leisure Centre will have its full complement of life guards on site. These life guards are well trained in all life saving and first aid techniques. Each lane will have 2 lane counters per lane. These lane counters are members of Trilogy Triathlon Club and can easily spot if any swimmer is in difficulty.

Swimmer Identification

Each swimmer will wear his/her own swim hat. In the event of two swimmers in the same lane having the same coloured swim hat, the lane counters will allocate a different coloured hat to the first swimmer. This is for swimmer identification. The lane counters will then use a specific form for each wave to count the lengths covered by each swimmer (as noted by colour of swim hat) as the race progresses. The Swimmer will receive a 'pat on the head' from the lane counter with two lengths to go. Swimmers will be advised to let faster athletes pass at the pool end wall.

Retiring Swimmers

Athletes who retire early will have their timing chips removed by the Water Safety Officer. They are free to finish the course but will not receive an official time.



Transition Area

The transition Area will be in the Astro Turf pitch behind Portlaoise Leisure Centre. **THERE IS NO NUDITY ALLOWED IN TRANSITION. So use your towels to cover yourselves if you are changing clothes. Take your time .**

Transition will open at 07:00hrs on the morning and will close at 08:10hrs SHARP. All athletes must leave the transition area at this time.

Race Brief

The race brief will take place at 08:10 hrs in the reception area of the Portlaoise Leisure Centre. You will not be permitted to re-enter transition until after your swim. Bike racks will be identified by 'Waves'.

It is the responsibility of each competitor to remember where their bike is located. It is the athlete's responsibility to have a roadworthy bike and wear a hard shell helmet.

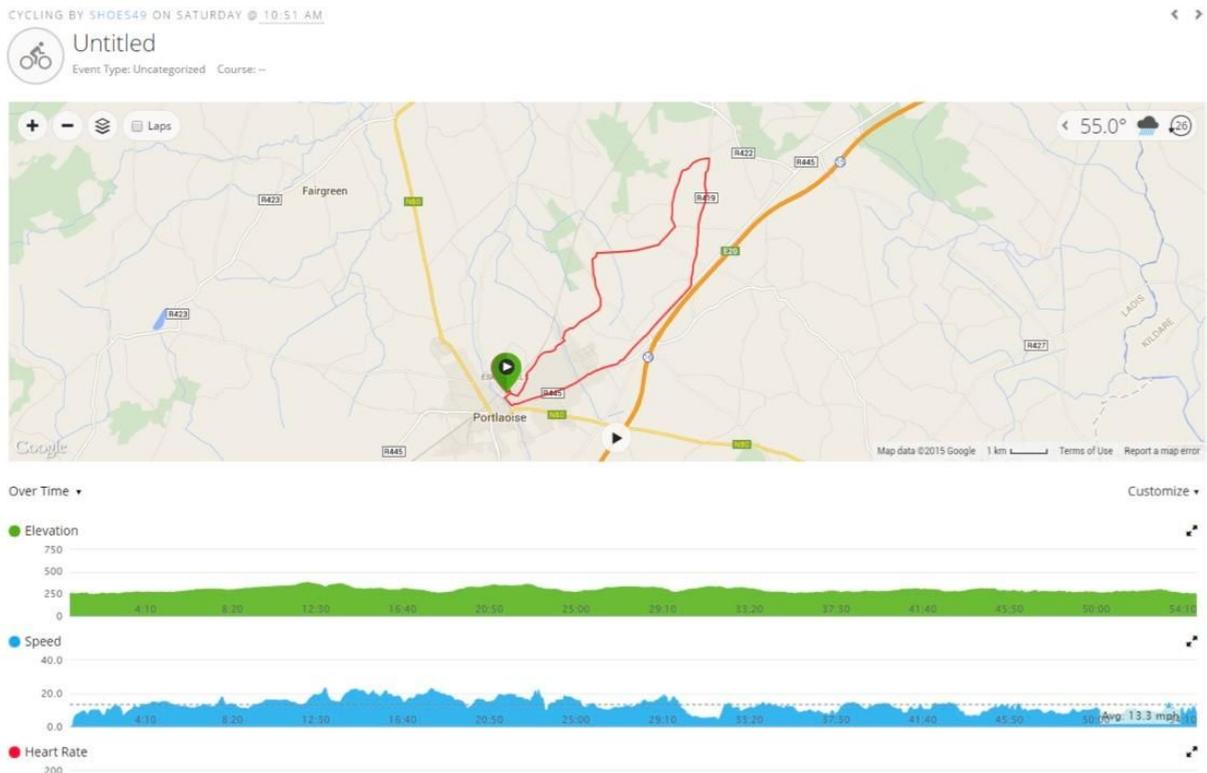
When an athlete is entering the transition area to set up, he/she will be required to demonstrate that their bikes are roadworthy e.g. by spinning wheels and pulling brakes. Marshals will be on hand to provide directions to the competitors.

DO NOT REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR HELMET IS ON AND FASTENED.

No ear phones of any description are allowed on the bike route.

Marshals will alert competitors to dangers and descents. Adhere to marshals at all times. It is in the interest of YOUR safety.

Bike Course Competitors will exit the transition area and mount their bike after crossing the timing mat. All athletes must fasten their helmets before touching their bikes.



TriLaois features a looped cycle route, which is 19km long. Competitors will head out of the town on the main Monasterevan / old N7 to Dublin, before turning towards Portarlinton and returning to town via country roads in Coolbanagher and Shane (see map below). As you leave transition and enter the cycle course, proceed through the town of Portlaoise following direction signs and the instructions of the marshal team. Please remember that everyone else in Portlaoise is going about their normal Saturday morning business – that means that Rules of the Road and common sense apply. Please be extra careful negotiating the numerous roundabouts in the town and on the route – there are a number of roundabouts on the out-and-back course – and you must approach each of these with caution. Remember, you have no right to proceed through

a roundabout just because you are racing – Rules of the Road apply. Marshalls will be at all major junctions for safety and directions. In addition, signage will be placed at every major turn, and will also be marked with temporary road paint. Distance markers will be placed at 5km, 10km and 15km. Please remember, the cycle course is on open roads – while safety marshals will encourage traffic to slow down, we cannot stop traffic at junctions for you. If a marshal instructs you to stop, then please stop. Likewise, you must approach all roads and junctions with caution – we do not want any accidents on the cycle course.

On your return to Portlaoise, you will be directed by our marshals back to Transition. Please remember to rack your bike only in your allocated space – failure to do so may impede another competitor's progress through transition, and may lead to you being penalised.

Be careful when you dismount as the legs will be tired and your coordination may not be as good as you think.

On returning to transition do not remove or unfasten your helmet until your bike is back on the rack.

Drafting is Prohibited Drafting rules will apply.

There will be an official Triathlon Ireland Draft Buster on a Motorbike to ensure that no one will be able to break this rule unnoticed.

Drafting occurs when a cyclist is in a position to potentially gain an advantage by closely following another athlete. It is prohibited in age-group racing because it can offer a time advantage and it is dangerous.

The draft zone is a rectangle which has the lead cyclist's front wheel at its front and centre. In all race distances up to and including Standard (Olympic) the draft zone will be 12m long. As a following cyclist you cannot enter the draft zone unless performing an overtaking manoeuvre which must be completed within 20 seconds. The overtake is deemed to have been completed once your front wheel gets ahead of the other cyclist who is now obliged to drop back out of the draft zone within 5 seconds. It is common to see athletes responding once they have been overtaken and immediately trying to retake their lead. This usually leads to the formation of a '2 up' time trial scenario whereby both competitors are cheating and breaching safety rules.

Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.

A competitor who does not clearly avoid violating the drafting rules may receive a penalty.

The draft zone of one competitor may not overlap the draft zone of another competitor.

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. Failure to drop back the required 12 meters will be deemed to be drafting.

Side by side riding is not allowed.

It is not allowed to gain unfair advantage of officials' escort vehicles or vehicles being used by media etc. Minimum bicycle/vehicle separation will be 35 meters long by 5 meters wide.

A competitor may enter a bicycle draft zone (subject to official's judgement) in the following circumstances:

- If the competitor enters the draft zone and progresses through it within 20 seconds. For safety reasons drafting will not be enforced:
 - At the exit or entrance of a transition area.
 - Approaching or leaving roundabouts for 20m.
 - At turnaround points.
- 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.

Marshals can instruct cyclists to "pull back" without giving penalties but also note that it is not necessary to give warnings of drafting, if marshals deem an offence to be worthy of a penalty

- 1 st Penalty is 1 minute.
- 2 nd Penalty is immediate disqualification.

If you are shown a yellow card or asked to stop by a marshal, you must stop, dismount your bike, raise both wheels off the ground and proceed when Draft Marshall signals. Failure to dismount will result in a red card and immediate disqualification. You will be permitted to continue the cycle but will receive no time. Draft Marshall will record your

race number. If cyclists are found drafting as a group they will all be dismounted and signalled to continue at 15 second intervals at Marshals discretion and/or penalised/disqualified.

Run Route

The Run is an out-and-back course along 'the Ridge Road', a relatively quiet country road leading away from Portlaoise. After 2.5km, you will meet a traffic cone and marshal. Please run around this cone and return to Portlaoise Leisure Centre. The run course is relatively flat, rising slowly out of the town and providing a gentle downhill return.

Tri-Laois run Route 2018

http://www.walkjogrun.net/routes/current_route.cfm?rid=EBE74653-B678-4402-AACF-721E644FB123&utm_id=1&utm_campaign=Email+This+Route

No ear phones of any description are allowed on the run route.

The Finish

The finish line, with spectating alley, will be located in the grounds of the Leisure Centre. Competitors can use the shower and changing facilities at Portlaoise Leisure Centre. Prize giving will take place immediately after the race.

After the race, you will not be permitted to remove your bike until a Marshal has deemed it is safe to do so and will not hinder any athletes who are still completing their race. Because the transition is set up in waves, we do not have to wait for everyone to be finished to allow people to retrieve their belongings. But it is very important that finished competitors respect that there are others in later waves who will still be racing and avoid interrupting their race.

Finally, Trilogy Triathlon Club would like to take this opportunity to thank you for entering our race. There will be many first time triathletes in this race so encourage one another, enjoy the experience and savour the achievement of the challenge tackled.