

Tri 795 Carlow

Race Competitor Manual Proudly Supported by



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Introduction

Thank you for entering Tri795 Carlow 2015. On behalf of the race committee and the organising club, Racing795, I would like to formally welcome you along, and I look forward to seeing you on Sunday 17th May.

We would like all participants to carefully read these race instructions. This manual contains lots of practical information, including where to park, route information, registration opening times and start times. If we missed anything, please feel free to drop me a note at tri795carlow@yahoo.com.

Good luck to all and I hope you find this year's Triathlon an event to remember. We look forward to meeting you in person at registration, and to sharing your race experiences with us over refreshments at the other side of the finish line.

In the meantime, watch <http://www.racing795.com/tri795> for race updates.

Paul Hutton

Race Director 2015

Important TI Update

Please pay careful attention to the following.

If you do not have an Annual Racing Licence from Triathlon Ireland (Full, Student or Junior) for 2015, then you will need to purchase a One Day Licence from www.triathlonireland.com.

You must do this before midnight on Thursday 14th May.

Programme of Times

The following outlines the schedule for race day.

Sat 16th May

18:00 - 20:00 Registration opens at Carlow Rowing Club.

Sun 17th May

07:00 - 11:00 Registration opens at Carlow Rowing Club

08:00 - 11:30 Transition Area Open for setting up bike

10:00 - 10:20 Marshal Briefing at Carlow Rowing Club (marshals only)

11:30 - 11:45 Race Briefing at Transition area

(all competitors - mandatory)

12:15 - Wave 1 Start

14:30 - 15:30 Refreshments, Tea and Coffee

at Carlow Rowing Club

16:00 Prize-giving and results at Carlow Rowing Club

The Lazy River Cafe will be open from 8am on Sunday May 17th for breakfast.

Race Location & Directions

Registration is at the Carlow Rowing Club. Carlow Rowing Club is adjacent to the river Barrow where swimming will take place, and also adjacent to Carlow Town Park where transition area is based.

Competitor Parking

Competitors are requested to use the carpark located adjacent to Carlow Rowing Club. Alternative parking is available at Dunne's Stores and The Visual Art Center. There is also plenty of car parking available locally.

Please respect other road users and businesses in the locality when parking.

All car parking is at the owners risk. Please follow the instructions of all Tri795 marshalls.

Registration & Numbering

Registration is at Carlow Rowing Club.

In order to receive a race number and timing chip, all competitors must register on Saturday 16th May or on the morning of the race.

(Please note: the payment of a race fee does not constitute race registration).

At registration, you will be asked to sign in, and will be allocated a race number and a timing chip. Your race number will also be marked on your legs and arms. You will be advised of the start time for your heat, which swim wave you will be in and the time for race briefing.

Registration will be open from 18:00 to 20:00 on Sat 16th May and from 7:00am - 11:00pm on Sunday 17th May. Registration closes sharply at 11.00am. Regretfully, we cannot accommodate you if you arrive late for registration.

Race Licence / ID Check

Triathlon Ireland Racing Licence

It is mandatory for all competitors to hold either:
a 2015 Senior or Junior Annual Racing Licence issued by Triathlon Ireland (signed and including photo).

OR

A pre-purchased One-Day Licence (ODL).

One-Day Licences cost €15.00, and can only be purchased by going on to www.triathlonireland.com and buying a one day licence online.

You must do this before midnight on Thursday 14th May.

Please note: If you cannot produce a pre-produced ODL or full licence at registration, we cannot allow you to race. We also cannot sell ODLs at registration (TI ruling).

Associate Licence Holders

Note: holders of Associate Licence must purchase One Day Licence as per advice above.

Attaching your Timing Chip

The timing chip you collect at registration is used to calculate your race time, race position and splits for swimming, cycling and running. The chip is also used to verify that you have completed the full course.

If you fail to wear the timing chip, we will not be able to offer you a finishing result. It is therefore important that you attach the timing chip to your ankle before you leave the registration area. The chip should be firmly closed with the velcro strap and should not be overly loose on you. It is important that you leave it in place for the full race, and that you cross all timing mats. There will be a timing mat at the exit of the swim, at both entry and exit to transition and at the end of the run. Between them, these timing points calculate all your splits and race positions.

If you should lose your chip during the race, please let any marshal know as soon as possible. You will be able to continue racing, and we will be able to capture a valid manual time for you (full time splits may not be possible).

Attaching your Race Number

Triathlon rules state that competitors must display their race number on their backs during the cycle and on their front during the run (a race number is not worn during the swim). At Registration, you will receive two copies of your race number.

How you use these numbers depends on what you will be wearing during the cycle and run legs. In general terms, triathletes tend to wear their number in one of two ways.

- Pin a number to each side of a cycling jersey / running top

which is then worn over their swim gear after the swim and kept on for both the cycle and run sections

- Use a timing belt to which the number is attached. The tri-belt is then rotated around the waist to display on the back during the cycle and the front during the run.

Setting Up Transition

After Registration, we advise that your next step is to 'Set up Transition'. Transition is the place where you keep your personal race equipment, and where you change between sports. The transition area will be located in Carlow Town Park with bike racking set up and spaces numbered. Your transition place number will be the same as your race number, and is the place you will return to after the swim and cycle.

Triathletes often refer to transition between swim & cycle as 'Transition 1' or T1 and between cycle & run as 'Transition 2' or T2. Before you leave your bike, it is important that you check the following:

- Tyre pressure
- Chain working okay
- Bike in 'easy gear' for starting off
- No rattles or shakes.

Racing795 will have a limited number of tools and a foot pump, if required. Please ask a marshal for assistance.

As well as setting up your bike, please make sure that any equipment and clothing you require after the swim is situated at the bike. This includes:

- Your Helmet (Mandatory - you cannot race without this)
- Your Race Number (also mandatory)
- Cycling Shoes (if appropriate)
- Cycling clothing / socks / etc
- Running Shoes
- Sunglasses / Gloves etc
- Drink Bottle / foods

It is always worthwhile 'walking through' your race set-up in transition before the race. Picture yourself arriving in swim gear and then checking you have everything you need for the cycle, and then picture yourself coming back after the bike and having everything you need for the run.

Please note that boxes or bags will not be allowed to be left in the transition area. There will be a secure bag drop area adjacent to transition.

Transition will reopen for bike collection immediately after the last competitor has finished the cycle leg.

Race Briefing

A detailed race briefing will take place at 11:30 am at the Transition area.

It is mandatory for all competitors to attend this briefing – including all relay team members.

At the race briefing, the race director, Paul Hutton, and his team will outline the following:

- The course
- How the race will proceed
- Safety considerations
- Latest information on road works, etc
- Introduce the race Referee
- Race rules, and penalties
- After race arrangements
- Availability of Results

We respectfully ask you to be ready for the race briefing, it is mandatory you are at this briefing as any last minute changes to the race will be outlined here.

Course Guide: The Swim

There are six waves, the first wave starting at 12:15 and then at 10min intervals. Entry to the water will be at Carlow Rowing club. The swim is an out and back course, the first half swimming against a slight current, and after the turnaround swimming with the current. You will be swimming in an anticlockwise direction with the bank always on your right hand side.

At the exit of the swim please exit the water carefully and listen to instructions give by the marshalls.

Course Guide: Transition

Proceed to Transition area where you will locate your bike and cycling gear. Before you unrack your bike, you must place and

fasten your helmet securely on your head.
Please walk / run with your bike through the transition exit point where your cycle start time will be taken.
You must NOT mount your bike until you reach the clearly marked mount line. A 2 minute penalty will be imposed on any cyclist found cycling within the transition area, and/or handling their bike without a fastened helmet .

Course Guide: The Cycle

In 2015, Tri795 Carlow is using an out and back cycle route. Please note these are closed roads but Rules of the Road still apply. It is your responsibility to know the course. This is a draft-free event. That means that you must not cycle directly behind any other participant.

You are drafting if you enter a box around the leading athlete 12mx3m measured from front wheel to front wheel unless you are making progress through the draft zone to overtake and complete the move in 20seconds.

The details of this are below:

Diagram 1 Distance of Drafting Zone for ALL Competitors

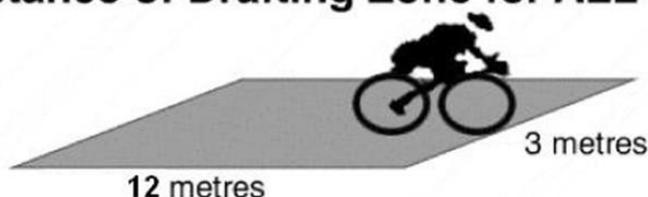
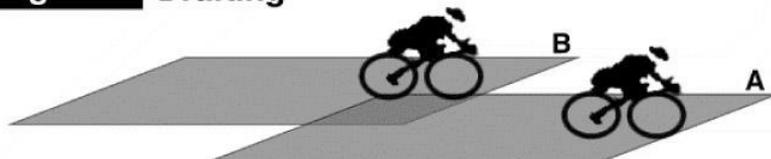
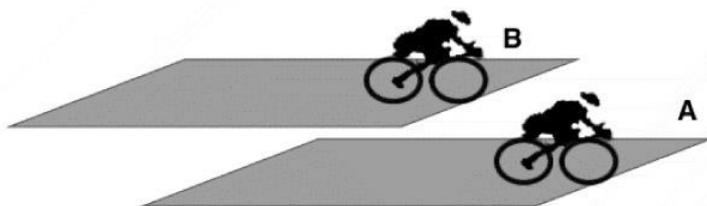


Diagram 2 Drafting



A has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to repass **A**. **A** must move to the Left Hand Side of the road when safe otherwise **A** can be called for blocking. **B** can only overtake **A** on **A**'s Right Hand Side.

Diagram 3 Blocking



A and **B** are maintaining adequate separation between each other, even though they are abreast to one another. **B** is not drafting **A** in this instance. **A** however, is now in a **BLOCKING** position. If **A** remains out to the Right Hand Side, **A** will receive a blocking penalty.

Diagram 4 Drafting and Not Drafting



A and **B** are maintaining adequate separation. **C** is not attempting to pass **B**. **C** is drafting **B**. **A** and **B** are not drafting.

Penalties for Drafting:

- a.) It is forbidden to draft in a race declared as draft-illegal.
- b.) Technical Officials will notify the athletes who draft they are subject to a time penalty sanction. This notification must be clear and unambiguous
- c.) The athlete sanctioned has to stop in the next Penalty Box and must stay there for a specific time depending on the race distance. 2 minute for sprint distance, 4 minutes for standard distance and 10 minutes for long distance.
- d.) It is the athlete's responsibility to stop in the next Penalty Box. Failing to stop will result in a disqualification.
- e.) A second drafting offence will lead to a disqualification in standard distance events or shorter.

All marshals will be briefed on drafting rules, and specific 'draft-busters' will be on the course. A two minute penalty will apply to any cyclist deemed by the race referee to have been drafting.

The cycle course, illustrated on the next page, will be marshalled 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, while the cycle course is largely on closed roads – safety is of the utmost importance, so please obey the marshalls at all times. 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 the transition area dismount as directed by the marshalls before the dismount line.

Please remember to rack your bike only in your allocated space – failure to do so may impede another competitors progress through transition, and may lead to you being penalised.

As in Transition 1, it is imperative that your helmet remains securely fastened at all times you are in contact with your bike – please do not take your helmet off before you have securely racked your bike. A 2 minute time penalty will apply to any infringement of this safety rule.

As you exit transition you will be pointed to the start of the run course.

Course Guide: The Run

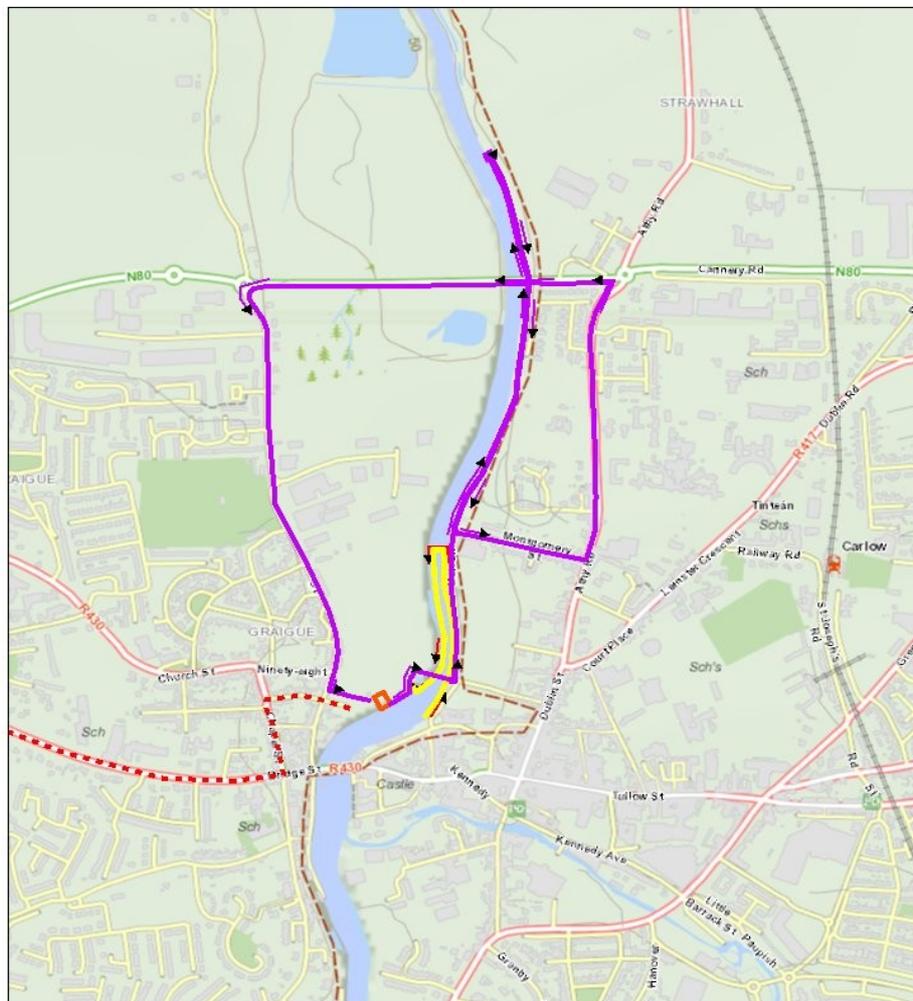
The Run is a looped course with a short out-and-back along the bank of the river Barrow. You will exit transition to the east and cross the pedestrian bridge to exit the park. From here you will run along the river bank for approx 1.2km. Here you will meet the turnaround and run back towards the park taking a left turn and completing the run on a street course. Please remain inside the cones and barriers at all times as the roads are open to traffic. The finish line is adjacent to Transition and will be clearly marked.

Please see the next page for a map of the run course.

Cycle & Run Course Map

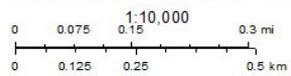
Run Route

Run Route



May 1, 2015

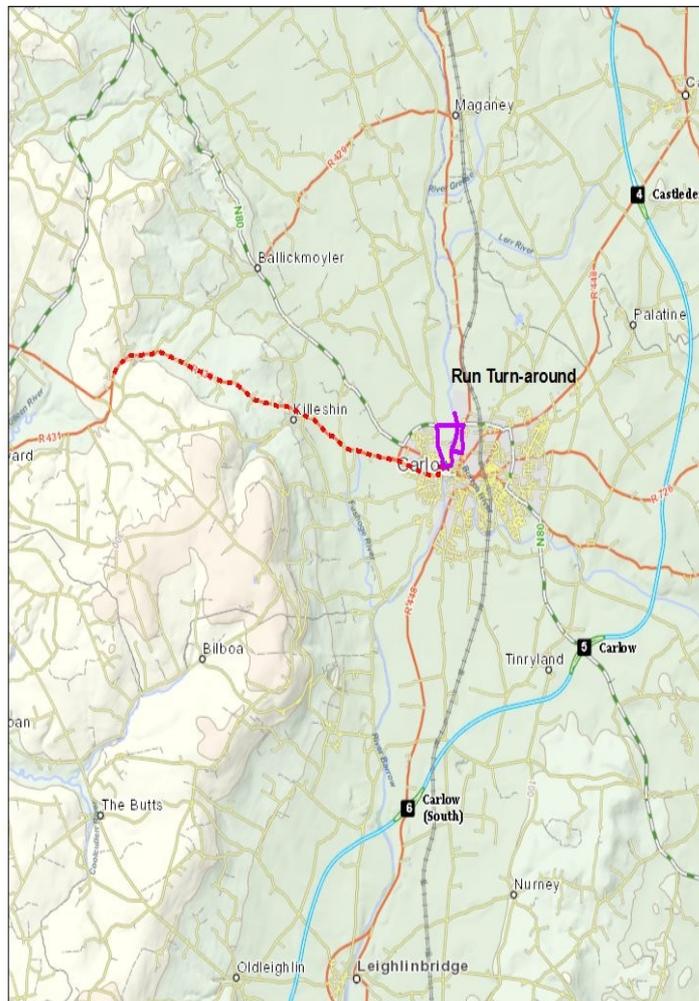
- Tri795 Run Directional Arrows
- Swim Directional Arrows
- Tri795 Run Route
- Tri795 Swim Route
- - - Tri795 Bike Route
- Tri795 Transition Area



Resing'95
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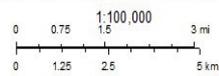
Cycle Route

Cycle Route



April 30, 2015

- Tri795 Run Route
- Tri795 Swim Route
- Tri795 Bike Route
- Tri795 Transition Area



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Course Timing

Tri795 Carlow is a fully timed event. This means in addition to your finishing time you will get 'splits' for your swim, cycle, run, and time spent in transition 1 and 2.

In addition, we will be able to give you your finishing place in the overall race, and in each of the three events. In order to do this, you will need to wear your timing chip and cross timing mats at five points on the course:

- Exit from the swim.
- Exit from Transition (cycle start)
- Entry to Transition (end of cycle)
- Exit from Transition (run start)
- Run turnaround
- Crossing the Finish line

The results will be available at the prize giving at Carlow Rowing club from 4pm. The results will also be online later in the afternoon – please see

<http://www.racing795.com>.

Relay Teams

Relay Teams must 'tag' each other at the location of the bike in transition by handing over their timing chip.

The swimmer, on emerging from the pool must proceed to the cyclist, who is waiting at the bike. The cyclist then attaches the chip and proceeds out of transition and onto the cycle course. There will be a designated area in transition for Relay teams. Similarly, at the end of the cycle, the runner will wait in transition 2, meeting the cyclist at the bike location. The cyclist must rack the bike first before removing the chip and tagging the runner.

Prize Categories

Senior – Ladies

1st - Trophy and €200

2nd - Trophy and €150

3rd - Trophy and €100

Senior - Men

1st - Trophy and €200

2nd - Trophy and €150

3rd - Trophy and €100

Relay - Fastest Team a prize per member

Other spot prizes and awards will be presented and the prize giving Carlow Rowing club at 4pm.

Please note: The organisers reserve the right to not award all prizes in a category if there is insufficient competition.

Summary Rules and Penalties

Tri795 Carlow is being run according to Triathlon Ireland and International Triathlon Union rules. These rules give the best chance to all for a fair and safe race. There are a number of rules and penalties, summarised below, that we would particularly like to draw your attention to.

These rules will be enforced by a Triathlon Ireland referee, The referee will be assisted by safety marshals, timing marshals and race director, who will be briefed to watch out for such infringements.

1. Wearing of a Cycling Helmet

Rule: A cycling helmet must be fastened securely on a triathlete / cyclists head at all times they are in contact with the bike – for the avoidance of doubt, triathlete / cyclists must secure their helmet before picking up their bike in transition, during the cycle course itself, and not remove it until the bike is securely re-racked in Transition.

Penalty – 2 mins time penalty for each infringement

2. Racking of your bike in the correct place

Rule: Bikes must be placed in their correct allotted position in transition. Bikes which are incorrectly racked may be determined as being an impedance to other athletes.

Penalty: - 2 minute time penalty for each infringement

3. No cycling in transition

Rule: Competitors must walk/ run with their bike while in either transition area.

Penalty: 1 minute penalty for each infringement. Failure to obey

instruction to dismount a bike in transition area will result in disqualification.

4. No Drafting on cycle course

Rule: Competitors are not allowed to draft, i.e. take shelter behind or beside another competitor or motor vehicle during the cycling segment of race. The draft zone is a rectangle measuring 7 Metres (apx four bike lengths) metres long by 3 metres (apx 2 bike lengths) wide which surrounds every cycle on the cycle course. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back..

Penalty: - 2 minute time penalty for each infringement

5. Observe the Rules of the Road

Rule: Competitors must adhere to all rules of the road as they apply to cycling. This includes staying left on the road, signaling to turn, stopping at Stop and (as appropriate) Yield signs and roundabouts, and observing all other rules of the road.

Penalty: Disqualification.

6. Adhere to Safety Instructions

Rule: Competitors are required to follow any safety instruction issued to them by the race director, course marshals, timing marshal and Gardai (associated with the triathlon, or not).

Penalty: Disqualification

7. Personal Stereos not permitted

Rule: Do not wear a personal stereo on either the cycle or the run course.

Penalty: Disqualification

8. Competitors ONLY will be allowed in the transition area.

9. No entry will be allowed into transition until ALL competitors have completed the cycle leg of the event.

Finally... Please have a safe and enjoyable race

The organising committee and Racing795 would like to thank our generous sponsors www.swimcyclerun.com and www.jfsports.ie. and Laois Hire.

We would also like to acknowledge the generous support of Carlow Co. Co., Laois Co. Co., Carlow Sub Aqua club, Tullow Kayak Club and An Garda Siochana.

We would especially like to thank Carlow Rowing Club for the generous use of their facilities throughout this event.