



## **SPRINT TRIATHLON RACE PACK**

**SUNDAY 19<sup>th</sup> MAY 2019**

Welcome to Coventry Sprint Triathlon. Please read the information in this pack carefully especially if this is your first triathlon. If you have any other questions please ask them when you come to register.

If you are new to triathlon we would recommend you register on Saturday to give you time to familiarise yourself with the layout and ask any questions.

This sprint triathlon is a continuous event of 400m pool swim, a 20km bike ride and a 5km run. Your time begins when you start your swim and finishes when you cross the finish line. It does not pause between each phase; the longer you take during each transition, the longer your time will be. You might want to practice your transitions prior to the event and there are some useful videos available on the internet showing how to transition.

You should be prepared to wear what you swim in for the whole event: ideally this will be a tri suit, but you can wear a swimming costume or swimming shorts and put your cycling/running clothing over the top of your swimwear. Ladies should consider wearing a sports bra under their swimming costume or trisuit. There is a no nudity in transition rule.

### **Venue**

Location: Xcel Sports Centre, Mitchell Avenue, Canley, Coventry CV4 8DY.

The cafeteria in the Xcel Centre will not be open, but we will be selling bacon batches on the field from 6.30am.

There will be some charity and business stalls around the finish area and a local scout group selling food and drinks.

We would encourage spectators to gather around the finish rather than the entrance/exit to transition as this can cause congestion. Please also consider staying until the finish of the race to cheer in the later finishers.

Parking: On arriving at the Xcel Centre, you will be directed to one of our car parks nearby. Please follow the marshal's directions and park considerately.

## Registration

When you arrive at the Excel Centre please follow the signs to registration.

**The registration area is a small space, so we ask that only competitors come into the registration room. Spectators should wait outside or in the corridor.**

Registration will be open from 3pm to 5pm on Saturday 18th May and between 6.30am and 9am on Sunday 19th May. You must register between these time and registration will close promptly at 9am so if you arrive after this you will not be able to register or compete. UNFORTUNATELY, THERE WILL BE NO EXCEPTIONS TO THIS RULE.

Please make sure you know your start number. If you are a British Triathlon member, you must show your race licence. If you do not have a race licence, or forget to bring it with you, you will be charged an extra £5 for a day licence. We can only accept cash for this, as we don't have any credit or debit card facilities. There is no cash machine on site (nearest is likely to be Tesco Cannon Park or the University of Warwick).

If you are not a British Triathlon member, you must download a copy of your day licence from the race website. You do not need to bring this to registration, it is just for your records.

At registration you'll be issued with two identical paper race numbers. These must not be altered, folded, cut down or in any way mutilated. If this occurs, you will receive a 10sec time penalty if the error is not corrected. You will also receive two number stickers – one for your helmet and one for your bike.

You must wear your paper race number on your back during the cycle section and on your front during the run. Number belts are allowed. If you're not using a number belt then you'll need to have a top ready to put on after the swim, with your race numbers pinned in all four corners, one on the front and one on the back.

You'll also have your race number marked on one arm and one leg. If you register on Saturday, make sure you don't wash the numbers off before the race!

## On the day

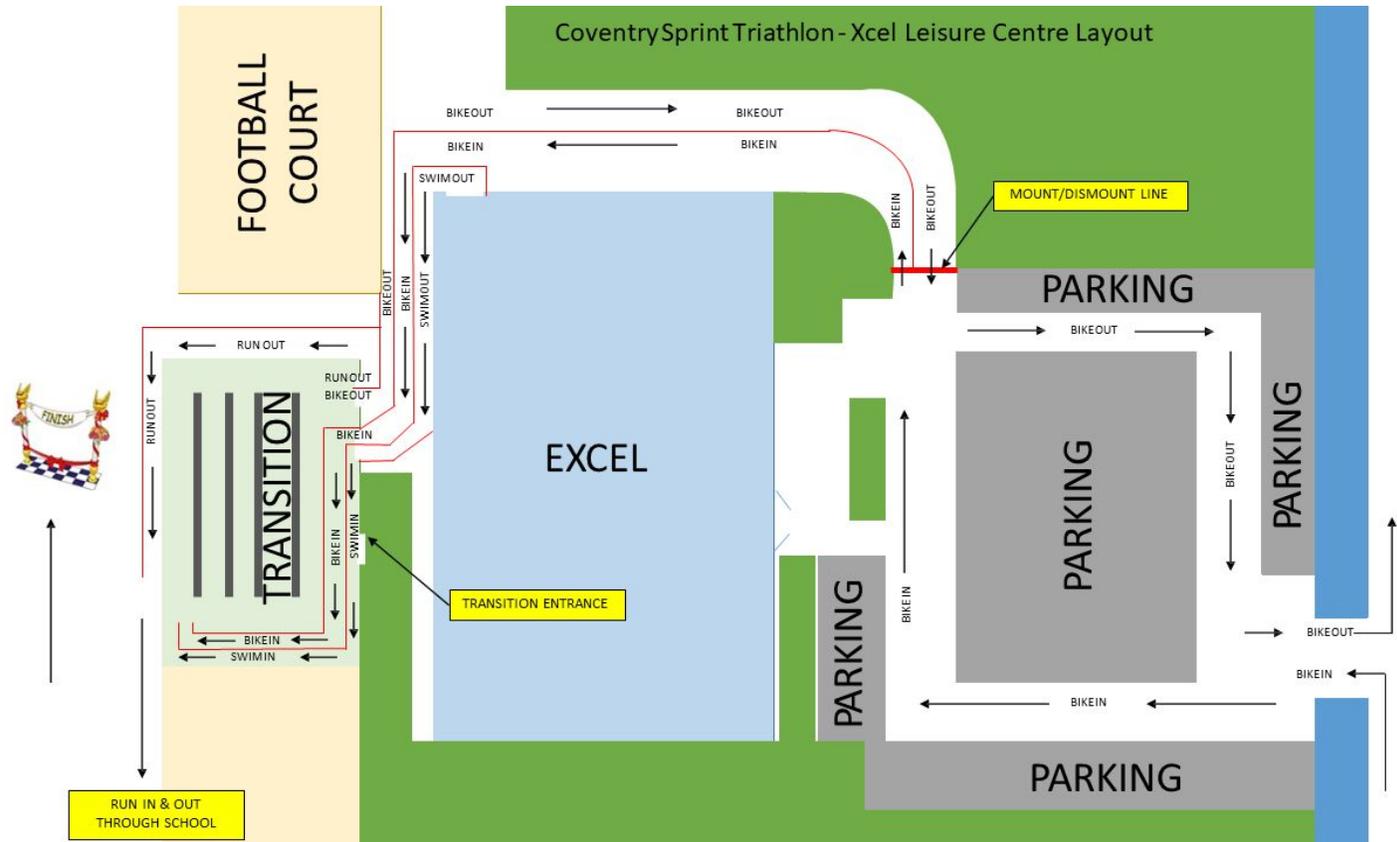
Once registered, you should rack your bike and make your final preparations at least 45 minutes before your start time. You should be at poolside, ready to race, 15 minutes before your start time.

**IMPORTANT! While you are racing, British Triathlon rules state that you are not allowed to use any equipment that acts as an impediment to hearing or concentration. This includes mobiles phones and MP3 players. If you are seen breaking this rule, you will be disqualified.**

## Race briefing

There will be a race briefing on Saturday afternoon at 4pm and race briefings on Sunday morning at 7am, 8am and 9am. Please make sure you attend one of these briefings. They will be held in the registration area.

## Transition



**Only competitors and officials are allowed in transition. Spectators must wait outside.**

Transition is not open on Saturday. It will be open from 7am on Sunday 19th May. Once you have registered, you'll be able to take your bike and other equipment into transition (accessed via the left-hand side of the building). You can't rack your bike on Saturday.

Before you enter transition, please put your helmet sticker on the front of your helmet and your bike sticker somewhere visible on your bike. Put your helmet on and fasten it. You must show these to the marshals at the entrance to transition.

Bike racking is not numbered, so you can rack your bike wherever there is room. You are allowed a third of a metre to rack your bike and place your other items on the floor next to it. You are not allowed to tie anything to the bike rack to mark where your bike is (such as balloons or flags). However, you are allowed to place a towel on the ground under your bike - the brighter your towel then the easier it will be for you to find your place.

Space is limited in transition, so only bring in what you're going to use (see kit checklist at the end of this document). Small soft-sided bags/rucksacks may be left next to your bike, but if you have a larger bag or kit box, when you have completed your set up, please take this to the designated storage area at the edge of transition. No large bags or kit boxes will be allowed next to your bike - if you leave yours by your bike, you will be asked to move it by the Technical Official.

Take a note of which row you are racked in and approximately how far down. Don't use the bikes racked either side of yours as reminders, as they may well not be there when you come back during the race! You should familiarise yourself with the layout of transition including the respective in and out points for swim, bike and run.

The layout of transition ensures that all competitors cover the same distance during the race, so during the race, please follow the route round transition indicated by the tape/cones and marshal's directions. Do not take any shortcuts.

Tri-suits/tops with the zip at the front must remain zipped up for the duration of the race.

Please be considerate of other athletes when you are in transition before, during and after your race.

## Swim

You must be at poolside at least 15 minutes before your start time. You'll be issued with your timing chip on a Velcro strap. This must be fastened around your **LEFT** ankle. If you're having difficulties fastening it, please ask for help ASAP. You may want to use a safety pin to hold the velcro strap for the chip closed.

You'll be split into waves of six swimmers and asked to line up in race number order. There will then be a short briefing about the swim, after which you will be directed to your swim lane.

Your lane counter will tell you what colour swim hat to put on. If you have your own cap, you must put the coloured race one over it (this is so the lane counter can count your lengths). Please do not otherwise distract your lane counter – they have an important job to do.

Approximately 10 seconds before your start time, you'll be asked to enter the water – please bear in mind that there will already be two or three other swimmers in each lane. You'll then be counted down to start. You must start in the water – diving is not permitted.

You must swim within your lane and in the direction indicated, which will be clockwise or anti-clockwise depending on which lane you're in. Based on the swim time you submitted, you should be racing with swimmers of a similar pace, but if you're tapped on the feet, you must stop **at the end of the length** you're on and allow the faster swimmer to overtake you – do not stop mid length. Similarly, if you catch the swimmer in front, tap their feet and prepare to pass at the end of that length. Overtaking in the lane is **NOT** permitted.

You must touch the end of the pool on each length with your fingers; tumble turns are not permitted.

Your lane counter will count your lengths and tell you when you have 2 lengths left by placing a float in the. The lane counter's decision is final – please do not argue with them.

If you swim less than 16 lengths you will receive a 2-minute time penalty. If you swim too many lengths, then you penalise yourself. At the end of the swim you need to climb out of the pool, remove the coloured cap and walk (do not run) to the pool exit, leaving the cap behind. Make sure you know where the pool exit is.

Please note that coverings below the knee and the elbow (e.g. arm warmers or calf guards) are not permitted in the swim (subject to medical or religious exceptions). If you wish to wear these, you will need to leave them in transition and put them on after the swim.

## **Transition 1**

From the pool exit you should run along the indicated route to and round transition (do not take any shortcuts).

At your bike, put on your number belt/shirt with your numbers, your shoes and cycle helmet. Remember to fasten your cycle helmet before touching your bike. Walk to the bike exit, being aware of other competitors.

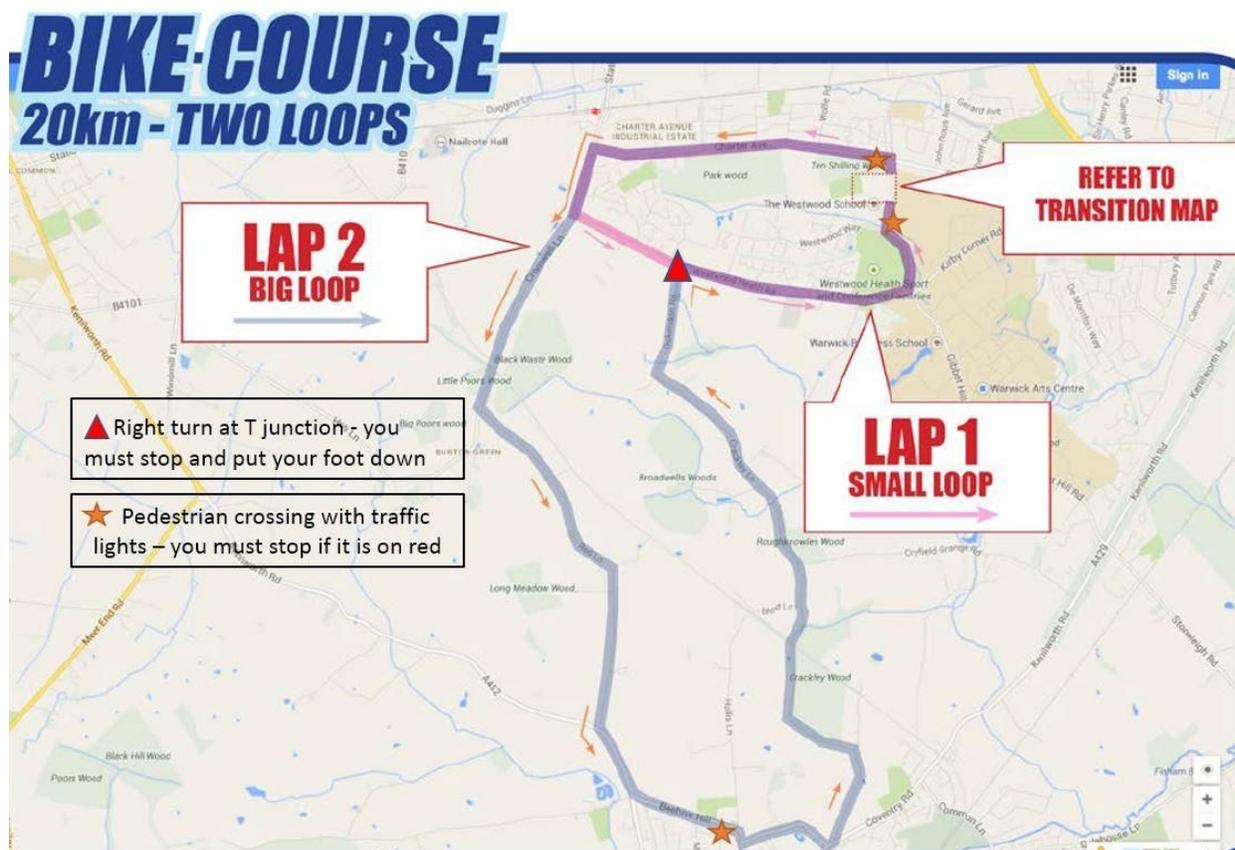
Nudity is not allowed in transition.

After exiting transition with your bike, you will walk or run along the indicated route to the mount/dismount line.

If you get on your bike before the mount/dismount line, then you'll receive a 10sec time penalty.

Please familiarise yourself with the layout of the mount/dismount area.

## Bike course



After the mount/dismount line at the side of the sports centre, follow the indicated route through the car park to the main site entrance (do not take any shortcuts). You are **NOT** allowed to overtake other competitors in the car park section.

Turn left out of the site onto Mitchell Avenue. From this point on all turns are marked with black on yellow A4 signs. You should familiarise yourself with the course (we recommend driving or cycling the course before race day if possible).

The course consists of a short lap “Loop 1” and a longer lap “Loop 2”. Loop 1 and Loop 2 separate at the junction of Cromwell Lane and Westwood Heath Road, with Loop 1 turning left and Loop 2 going straight on. Make sure you understand where you should be going at this junction. If you do not complete the course correctly, you will be disqualified.

Drafting is not allowed. You must not ride within ten metres measured from the front leading edge of your wheel to the back wheel of the competitor in front unless you’re overtaking. You must also be making progress and complete the overtake within a maximum of 20 seconds. If you’re overtaken, then you must immediately drop back to create a ten-metre gap.

Riding within ten metres of the competitor in front offers an unfair drafting advantage and will incur a stop-go penalty, a 1-minute time penalty or disqualification for repeat offenders, at the discretion of the technical official.

For more information on drafting and penalties see the British Triathlon competition rules here: <https://www.britishtriathlon.org/competitionrules>.

You must obey the Highway Code at all times. This includes stopping at red traffic lights and pedestrian crossings and giving way at junctions and on roundabouts.

There are three light-controlled pedestrian crossings on the course:

- The first is on Charter Avenue (twice).
- The second is Mitchell Avenue, immediately after the roundabout with Westwood Heath Way (twice).
- The third is at the top of Beehive Hill.

If you have to stop for a red light at one of these, you'll be credited with an appropriate time allowance. If you don't stop for a red light, you will be disqualified.

There are several sections of road with uneven surfaces, including the approach to the roundabout at Mitchell Avenue/Charter Avenue and some sections of Red Lane and Crackley Lane. There are also some sunken ironworks on Westwood Heath Road.

There are three left turns that are at T junctions onto more major roads, where there is little visibility to approaching traffic until you're at the junction. These are Charter Avenue to Cromwell Lane (twice), the fast approach to Birmingham Road from Red Lane and Upper Spring Lane to Coventry Road.

There are three roundabouts on the course:

- The first at Mitchell Avenue/Charter Avenue (twice) has good visibility.
- The second at Westwood Heath Road/Westwood Heath Way (twice) has a fast, blind approach.
- The third at Westwood Heath Way/Mitchell Avenue (twice) is where you need to take the second exit. The camber is quite pronounced here, drawing you to the left.

There are a number of bus stops all around the course, so please exercise caution if you are behind a bus.

On Cromwell Lane there is a narrow bridge, shortly before the left turn onto Red Lane. Approaching traffic has the right of way, so be prepared to stop. Look out for queuing traffic on your side of the road.

There is one right turn on the course, at the end of Bockenden Road at the T junction with Westwood Heath Road. Here you **MUST** stop and put your foot down. If you fail to do so, you will be disqualified. You also need to be aware that you are merging with competitors on Loop 1.

At the end of Loop 2, turn left into the Xcel Centre car park. Follow the indicated route round the car park (do not take any shortcuts). You are NOT permitted to overtake other competitors in the car park section. You must dismount before the mount/dismount line.

## Transition 2

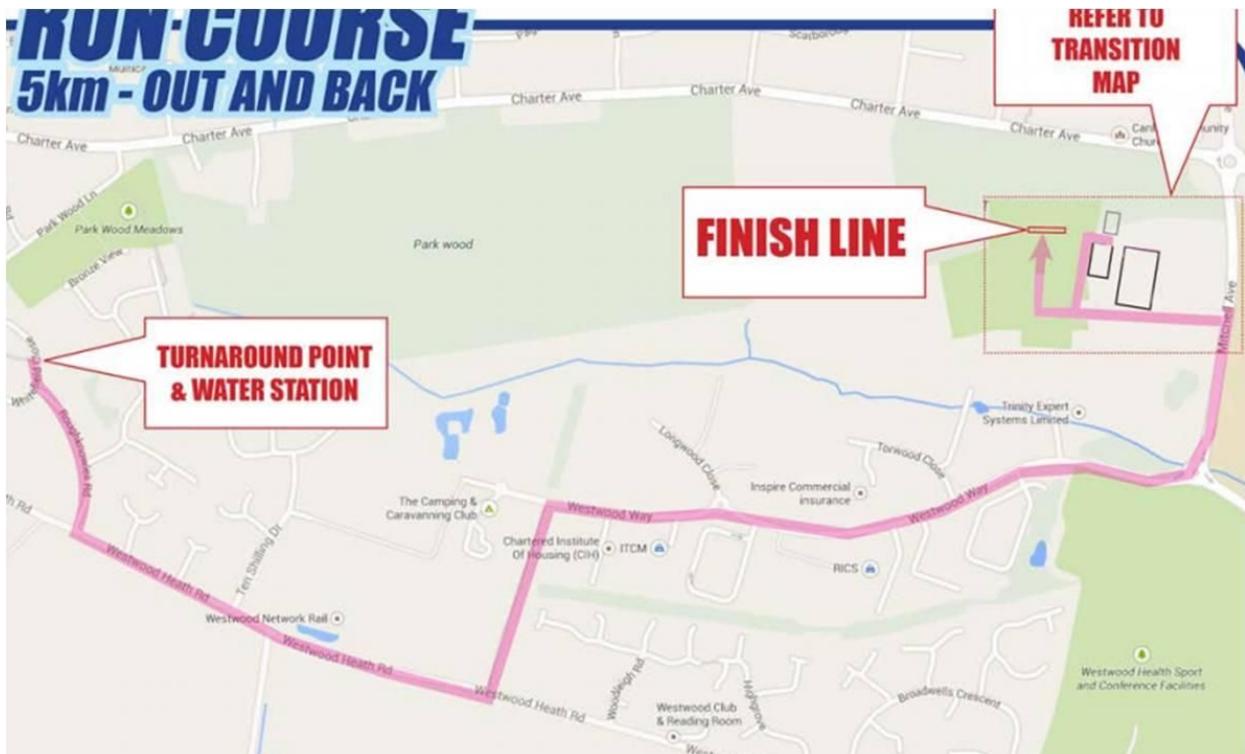
You'll run with your bike from the dismount line, following the indicated route round to the back of the sports centre, into transition, making sure you use the correct entrance. Follow the indicated route around transition (do not take any shortcuts).

Be aware of other competitors coming out from the swim or going out on the bike or the run.

Rack your bike in the same place you took it from, remembering not to unfasten your helmet until your bike is racked.

If using a number belt, then remember to turn your number round so it's now on your front.

## Run course



Run out of transition, following the indicated route round the school grounds and turn right onto Mitchell Avenue.

The run course is one lap out and back. The course is marked with black on yellow A4 direction arrows. There is drinks station just before the halfway turnaround point. Follow the marked course to the turn around. Do not take any shortcuts.

There will be runners coming in the other direction at all times, so please keep to the LEFT.

You should pay attention to the underfoot conditions on this multi-surface course. There are some kerbs to negotiate and some driveways to cross, as well as the possibility of parked cars.

After coming out of the Westwood Business Park, the course joins up with the bike route, but as you approach the Xcel Centre on the pavement you will be directed to the left on the same route you ran out on. There will be runners coming the other way, so please keep to the LEFT.

Headphones, mobile phones, MP3 or other music players are **not** permitted on the run course (or any part of the event)

## **The finish**

Once you finish, a marshal will remove the chip from your ankle (lost chips will be charged at £20). Water and bananas will be available at the finish.

Please move away from the finish line as soon as you can so as not to hinder those athletes coming in behind you.

## **Prize giving**

Prize giving will be held approximately 30 minutes after the last competitor has finished. Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female senior (below 40), and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female veteran (over 40).

## **British Triathlon rules and penalties**

British Triathlon's racing rules are there to ensure everyone has a safe and enjoyable race. If you break one of the rules, the Technical Official may give you a warning as a 'educational stop and go penalty' before imposing a penalty. If you continue, the following penalties may be imposed:

- Unracking bike before helmet is fastened – 10sec time penalty.
- Unfastening helmet before bike is racked – 10sec time penalty.
- Riding in transition – 10sec time penalty.
- Drafting on the bike – 1 min time penalty (disqualification for repeat offences).
- Taking a shortcut in transition, during the bike or the run – disqualification.
- Dangerous conduct or riding, including overtaking in the car park section – disqualification.
- Use of mobile phones, headphones or MP3 player while racing – disqualification.
- Abuse of marshals or other competitors – disqualification.
- Nudity in transition – disqualification.

## Spectators

**Please note that spectators cannot enter the registration area or transition.**

Spectators are welcome at the front of the building and can access the back of the building via the Xcel Centre front entrance – they cannot access the back of the building via the bike/run out area.

Spectators will need to cross the 'competitor traffic' lanes at the back of the site in order to access the field where the finish is – please be aware of competitors and do not cross until the crossing marshal has stated it is safe to do so.

## General notes

All decisions at road junctions are your responsibility; our marshals are there to assist in making approaching traffic aware of your presence, not to tell you whether the road is clear or direct you.

Please don't litter the bike or run courses, if you use gels or bars, please bring the empty wrappers back with you.

You are not allowed to take your bike out of transition at the end of the race unless the sticker number on your bike matches your paper race number. Please retain your paper race number and do not remove your bike sticker until you have left transition.

Please obey the instructions of our marshals and be polite to them; they are volunteers working to help all competitors have a safe and enjoyable race. If you abuse a marshal you will be disqualified.

Please remove your personal belongings and your bike from transition promptly, including any rubbish.

Refreshment facilities are available within the Xcel Centre and at the finish area.

A huge THANK YOU to our volunteers, sponsors and supporters, including:

- Carpe Diem Financial Consultancy, who sponsor our prizes. (<https://www.carpediemfinancial.co.uk>)
- JLN Plumbing and Heating, who sponsor our competitor t-shirts. (<https://jlnplumbing.co.uk>)
- A Little Treat, who provided the chocolate goodies in the race pack. (<https://www.facebook.com/alittletreat.org/>)
- Fire & Earth, who will be providing massage on a first come, first served basis in exchange for a £5 donation to the Warwickshire and Northamptonshire Air Ambulance. (<https://www.firedearth.com>)
- Rugby Triathlon Club, who kindly lend a large amount of their equipment for use at our event. (<https://www.rugbytriathlon.org.uk>)
- Fyffes Group Ltd, who provide the bananas at the finish line (<http://www.fyffes.com>)
- Glued Limited, who provided our flyer design and printing. (<https://www.gluedlimited.co.uk/>)
- All our volunteers – we couldn't do it without you!

# Coventry Triathletes Sprint Tri

## Competitor Kit Packing List

We recommend that you use a sports bag or plastic stack box to carry all your kit into transition. Please note that if your bag or box is too big and may impede other competitors, you will be asked to store it in a specific part of transition rather than with your bike.

Item	Packed?
Race clothing (tri suit/swim costume/top & shorts)	
Goggles	
Bike	
Helmet	
Bike shoes	
Sunglasses	
Number belt (or top to pin race numbers front & back)	
Running shoes	
Bike tools, pump and inner tube	
Track pump	
Safety pins (for race numbers)	
Talc for shoes	
Drink/gel/bar for before/during race	
Towel for transition	
For after the race: towel & change of clothes	