

Tokio Millennium Re

2017 Senior Individual & Team Triathlon Official Race Briefing



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Briefing Agenda

Senior Individual & Team Triathletes



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- Pre-Race Preparation
- Start Times – All Events
- Schedule & Start Procedures
- The course – maps & notes
 - Transition
 - Swim
 - Bike
 - Run
- Post-Race Procedures

Pre-Race Preparation



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- **Equipment:**
 - Swimmers must wear a swim cap for safety (**NOT SUPPLIED**); Wetsuits **not** permitted
 - Cyclists must have a bike in good working order and an ANSI or Snell approved bike helmet that fits and clips up
- **Race Numbers:** Individuals and Teams will be given number tattoos, a bike number, a helmet number and a bib number

| | Number Placement | Teams |
|---------------|--|--|
| Tattoos | Upper left arm and calf of left leg | Swimmer only |
| Bike number | Fixed in a visible position, either at the front of the top tube or behind the seat post | Cyclists required to fix to equipment prior to entering transition |
| Helmet number | Fixed to the front of the helmet | |
| Bib number | Front of runner's jersey or on a race number belt | Runner only |

Start Times – All Events



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8:00 a.m. Junior Duathlon

8:45 a.m. School Challenge (Middle and Senior)

9:00 a.m. Try-a-Tri

10:00 a.m. Senior Individuals and Teams

Schedule & Start Procedures



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- Athletes are responsible for taking note of announcements as the event is taking place, as timing may need to be adjusted based on prior race finish times
- Transition will open for equipment set-up when announcer gives the “OK” (after cyclists finish prior race) - @9:30 a.m.
- @9:45 a.m. Transition closes - move to race start at dock at Albouy’s Point
- All participants must collect and wear race timing chip
- Individuals wear timing chips on **left** leg; teams wear chips on **right**
- 10:00 a.m. race start in deep water – **must start behind the marker buoys**
- Awards to follow the event

The Course – Transition Area



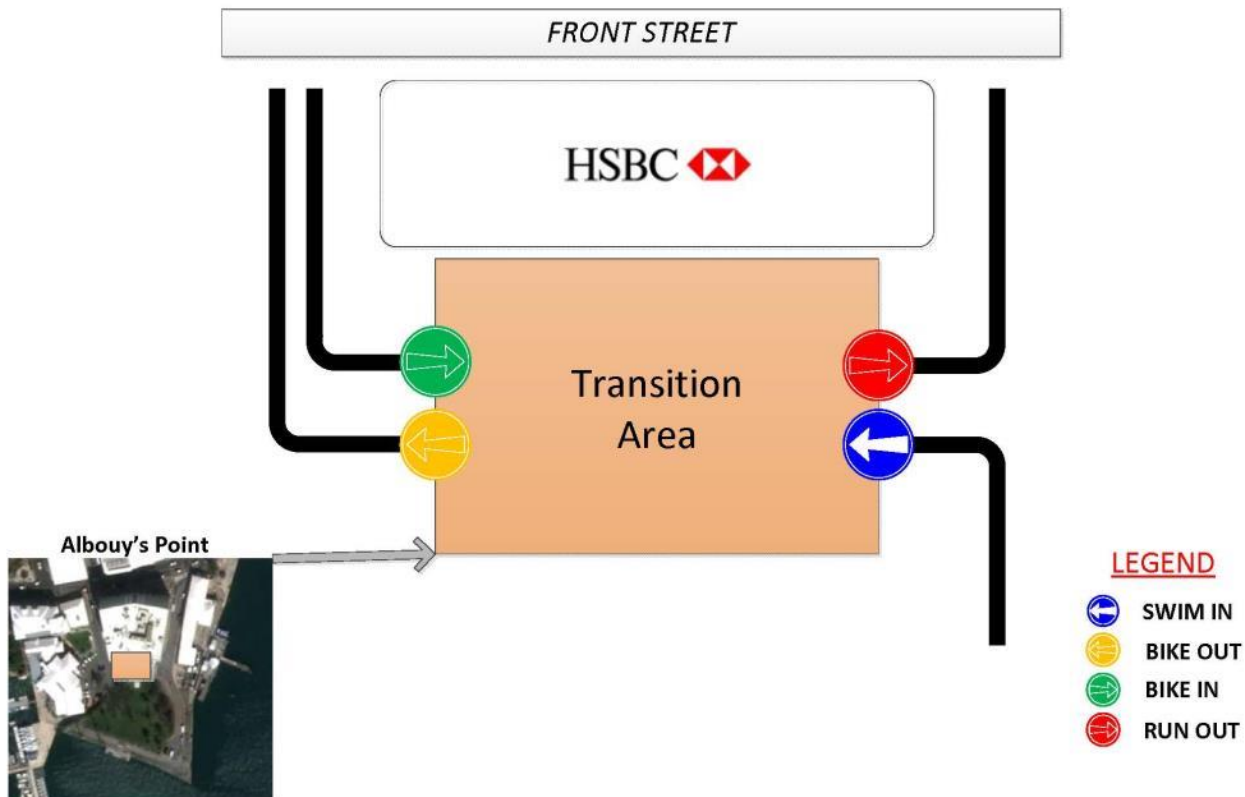
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- Bike and helmet must be numbered before entering transition
- Alterations to helmets are not permitted (must be ANSI or Snell approved)
- Pre-race, helmets must be left **unfastened** in transition
- In race, cyclists should not handle their bike until their helmet is **securely fastened**
- In race, helmets must not be removed until bike is safely racked back in transition
- Ensure all equipment is contained within your space throughout the race
- Bike mount & dismount lines will be clearly marked outside transition with a SOLID line
 - You must not mount your bike until after the line when leaving transition for cycle leg
 - You must dismount before the line when returning to transition for run leg
- All bags must be removed from transition once transition is closed

The Course – Transition Area

TRANSITION AREA

Senior Individual/Team/Try-a-Tri/School Triathlon Challenge



The Course – Team Transition



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- Team swimmers will remove the timing chip from their **right** ankle
- Team cyclists will wait for their swimmer by their bike **inside** transition
- Team swimmers will hand over their timing chip to team cyclists when they reach cyclist's bike, in transition, before cyclists heads out onto the course
- Runners will wait for their cyclist by the cyclist's bike rack area inside transition
- Runner is responsible for knowing where their cyclist will re-rack their bike
- Cyclists will safely rack bike, remove their timing chip and hand over their timing chip to their runner

The Course – Swim



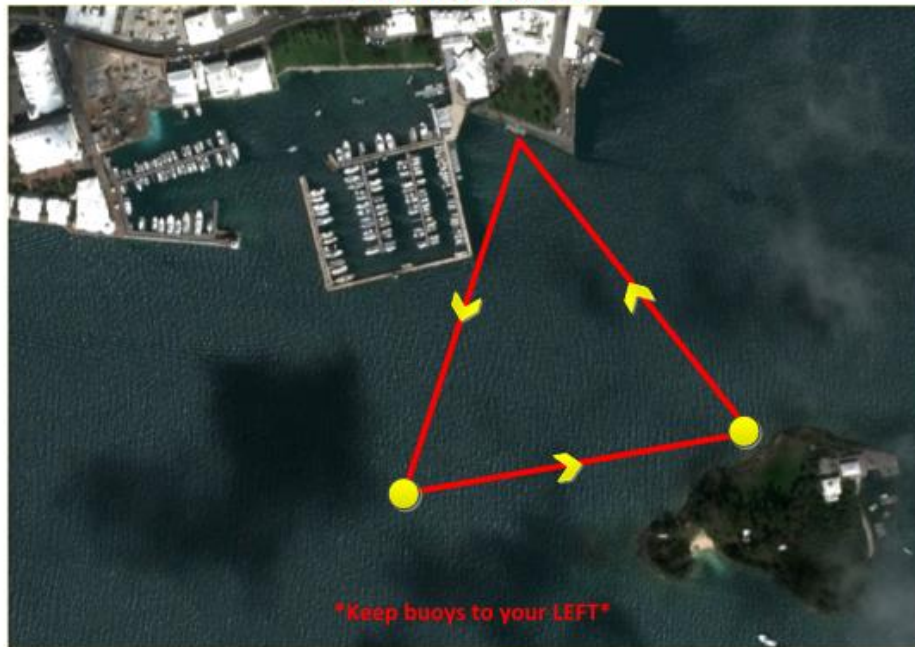
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- Swimmers must wear a swim cap (**not** provided)
- Wetsuits are **not** permitted
- 1 lap - keep buoys to your LEFT

SWIM

Senior Individual/Team



Keep buoys to your LEFT

Distance: 750m

The Course – Bike



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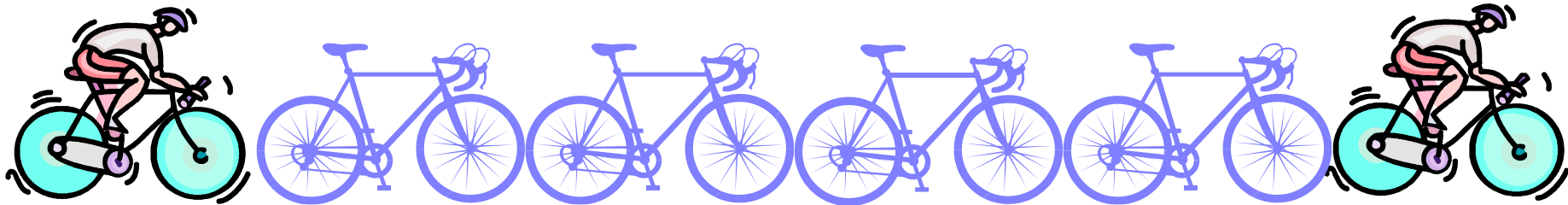
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- Stay **LEFT** and follow the course in a **CLOCKWISE** direction
- 5 laps (20 km) - athletes must count their own laps
- Drafting is **not** permitted (see rules on www.bermudatriathlon.com for full details)
- **Course Description:**
 - Out of transition, mount bike **AFTER** the mount line, then turn left on Pitts Bay Rd
 - Turn right on Woodbourne Ave, right on Gorham Rd, right on Bermudiana Rd
 - Turn left onto Front Street continuing down to East Broadway turning right just before the roundabout, and return along East Broadway and Front Street to the start (count lap **after** this entire loop has been completed)
 - When final lap is completed keep to the left to enter the finish chute

Drafting

- Drafting means riding in the slip stream created by a bike or vehicle in front of you, creating an unfair advantage
- Drafting is **not** permitted (see rules on www.bermudatriathlon.com for full details)
- The **penalty** for drafting is **1 minute** (will be added to final race time); repeated offences result in disqualification
- Be aware of your fellow competitors! Keep to your left, and pass on the right when you are able to move quickly around others. If you cannot, you must drop back and leave a gap at least as big as the legal draft zone (12m between your front wheel and their front wheel)



The Course – Run



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- Distance is 5 km (5 laps)
- Keep to the left and follow course in a CLOCKWISE direction
- Athletes must count their own laps
- **Course Description:**
 - Out of transition go right onto Front Street, continuing until the green turn-around cone outside the Cabinet Gardens (just after Parliament Street)
 - Come back along Front Street and turn right at the green turn-around cone
 - *End of lap should be counted **after** this entire loop has been completed*
 - When final lap is completed keep to the left to enter the finish chute

The Course – Run



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- 5 laps (5 km) - athletes must count their own laps
- Stay **LEFT** and follow the course in a **CLOCKWISE** direction
- **Course Description:**
 - Out of transition turn right onto Front Street
 - Continue until the green turn-around cone outside the Cabinet Gardens (just after Parliament Street)
 - Return along Front Street and turn right at the green turn-around cone (count lap *after this entire loop has been completed*)
 - When final lap is completed keep to the left to enter the finish chute

Post Race Procedures



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- Food and drinks will be available to athletes immediately following the event
- Medical assistance will be available as required (St. John's Ambulance will be on site)
- Massage and health information will be available during and after the event in the Expo area at Albuoy's Point
- Athletes will not be permitted to re-enter transition until officials deem it to be safe and an official announcement is made; please remove equipment quickly once announced
- Assistance from participants to dismantle bike racks, stack barricades and collect cones will be hugely appreciated
- Awards will be presented as quickly as possible following the event
- Results will be posted on www.bermudatiming.bm after the race

Good luck to all participants, and enjoy the event!