

# ***Killashee Sprint Triathlon***

***Sat 3<sup>rd</sup> Oct 2015***

***Organised by Naas Triathlon  
Club:***



## **Registration:**

- 18.30 – 20.00 Friday 2<sup>nd</sup> October 2015  
Leisure Centre, Killashee House Hotel, Naas, Co. Kildare
- 07.00 – 08.00 (Limited registration) Saturday 3<sup>rd</sup> October 2015  
Leisure Centre, Killashee House Hotel, Naas, Co. Kildare

**NO MEMBERSHIP CARD - NO RACE.....**

**NO ONE DAY LICENCE - NO RACE.....**

**TI RULES**

**Parking:** All cars must be parked at Killashee Leisure Centre by 08:00, sharp

**Transition Opens:** 07.15, at National School beside Killashee Leisure Centre

**Transition Closes:** 08.15

Athletes must leave the transition area to attend race briefing and will not be allowed to re-enter until after their swim.

**Race Briefing** 08.30 - Transition area

### **Race starts**

- 0900 - Wave 1
- 0925 - Wave 2
- 0950 - Wave 3
- 1020 - Wave 4
- 1040 Wave 5

### **Cutoff Times:**

- Swim – 30 Minutes
- Bike – 80 Minutes
- Run – 50 Minutes

**12:45 Approx, Prize Giving - Transition Area**

**Event Finish:** 13:00 – 14:00 (This is the time when the organisers are no longer responsible for athletes in recovery area, transition or run courses.)

## **RULES AND REGULATIONS:**

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. See [www.triathlonireland.com](http://www.triathlonireland.com) and we would ask that all athletes refer to section 3.8 'General rules for competitors'.

**OUTSIDE ASSISTANCE:** Any competitor receiving any form of outside assistance i.e. mechanical, puncture repair, giving of drinks or other help by spectators, or coaching on the cycle or run are strictly forbidden and will result in immediate disqualification. The only time where outside assistance may be provided is assistance by Marshals.

**TIMING:** The timing chip which you receive at registration must be worn on your ankle. Please ensure that it is securely fastened on your ankle. A marshal will collect it from you at the finish line.

**RACE NUMBERS:** Race numbers will be provided to be worn, one on your back and one on your front. Race belts are permitted and athletes must ensure that their numbers are fully visible at all times on the bike and the run. It is not allowed to alter or fold your race number in any fashion

**DRAFTING:** Under *no* circumstances will drafting be allowed. Draft marshals will be on the course.

### **SWIM SECTION:**

- Athletes must wear their own personal swim hats in the pool—Where 2 swimmers have the same hats, the organiser will provide you with a hat for identification in the swim
- All swimmers must check prior to the race start their allocated swim heat and start time and their allocated lane number. – These details will be posted at registration.
- Swimmers must be ready in their swim gear (hat, appropriate swim wear, goggles) 15 minutes prior to their race start time –Each heat will start whether you are there or not! • Swimmers will be allocated lanes on the basis of their estimated swim times as per their application– **there is no provision to change your estimated times at this stage** - but there will be plenty of room at each end of the lanes to overtake - If a swimmer is faster than the swimmer in front if he/she taps the swimmer in the feet than the person in front is obliged to stop at the wall at the end of the pool to allow the person behind to overtake. Swimmers in each lane will decide who wants to lead – less confident swimmers are advised to opt for the back of a lane.
- The rulings of the swim marshal will be final. • If you withdraw from the swim you will be sin- binned for a time period determined by timing referee. You will then be permitted to continue if you wish but you will receive no official finish times. • You exit the pool at the bottom door beside the swim start, and down the steps (please be careful) and follow the path to the transition area following the mats, direction and instructions of the marshals at all times.
- You do not have to wear the numbers provided during the swim section of the race. **THERE ARE NO TUMBLE TURNS ALLOWED IN THE SWIM.**

### **TRANSITION AREA:**

- Only athletes and marshals are permitted in the transition area.
- Your bicycle and helmet must be checked on entering transition.
- Bike racks will not be numbered, but transition area will have separate sections for each wave. Bikes to be racked on a first come first served basis within your designated section. So get there early.
- All athletes will enter the transition area in the same direction and go anti-clock-wise around the transition area to their bike location.
- All athletes must put on and tie their helmet **BEFORE** removing their bike from the rack.
- Only equipment to be used during the race can be left at your bike spot in transition. All other equipment, valuables and personal items must be removed from transition, preferably locked into your car or a secure location. Gear bags and plastic tubs/boxes etc must be removed by competitors from transition area prior to the start of the first wave. Any bags/boxes left in transition will be removed by race organizers. The organizers will not be responsible for the loss, damage or theft of any items not permitted in transition. Please note there are secure lockers available in the Leisure Centre changing rooms.
- Please note that position markers (balloons, flags, bright towels placed in front of your bike) are not permitted and will be removed.
- You must not impede any other athlete or gear of another athlete in any way.
- ***Before the race (wave 1) has commenced the transition area will be closed and athletes will not be permitted to re-enter until after their swim. There will be NO exceptions to this so please ensure that your bike and other equipment is fully prepared before the race briefing!***
- Your number must be visible on the rear before you exit the transition for the bike leg and must be visible on the front before you exit the transition for the run leg.
- You must then walk /run with your bike to the transition exit and mount your bicycle carefully where instructed by the marshals.
- CYCLING IN TRANSITION WILL RESULT IN PENALTIES!!!!

### **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.

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.

**TRANSITION MAP DETAILS:**



**CYCLE SECTION:**

- Adjusted Sprint distance race 15km (due to road works on Naas – Kilcullen Road)

**General Guidelines:**

- Race number must be worn on the back,
- You cannot mount your bike until MOUNT line
- You must DISMOUNT your bike before re- entering transition area before the dismount line
- You must RETURN your bike in your own spot BEFORE removing helmet.

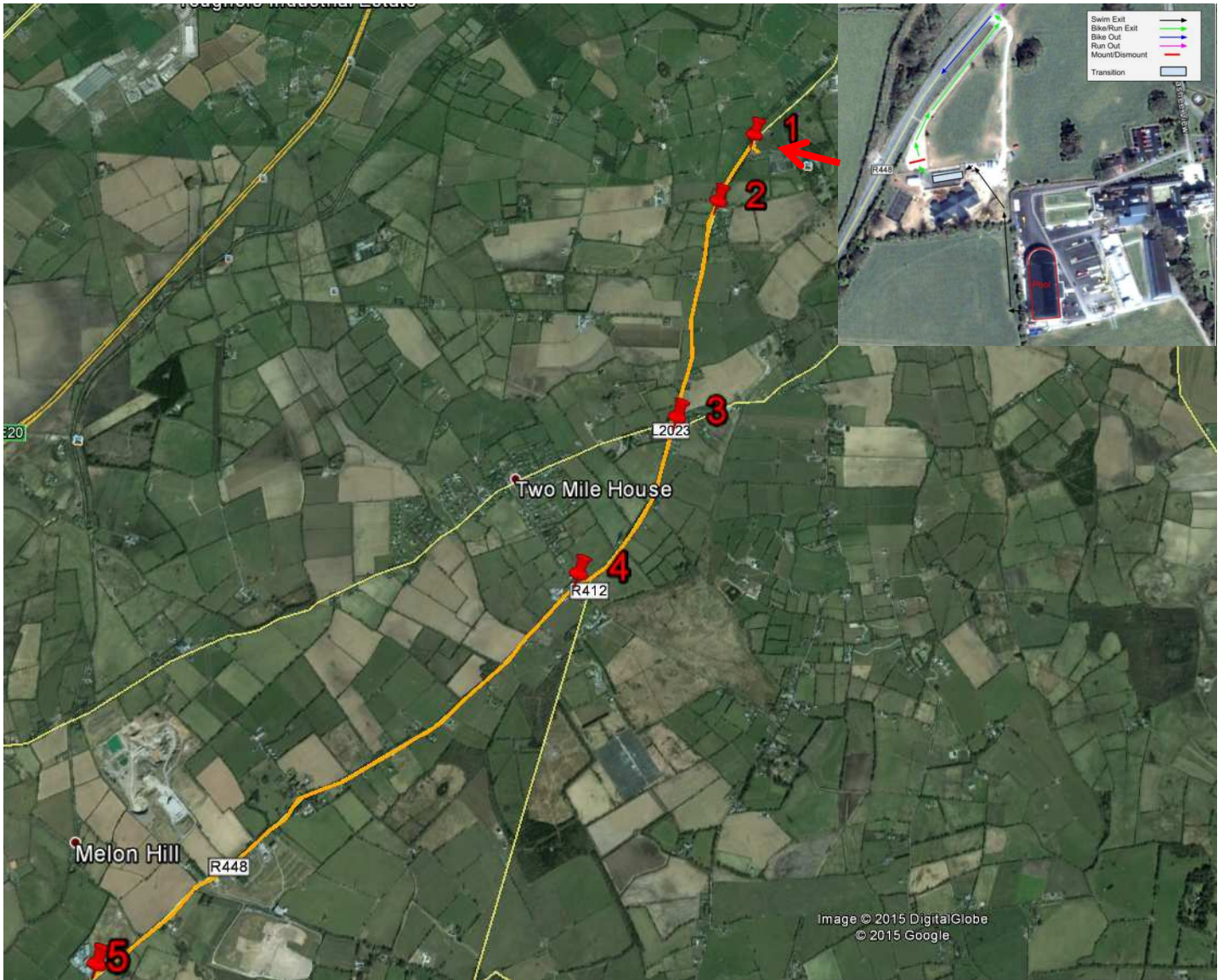
**Safety on the bike:**

- OBEY ALL MARHSALS, GARDAI AND ALL ROAD MARKINGS AS PER RULES OF THE ROAD
- Give way to traffic – the roads are not closed ordinary rules of the road apply
- STAY IN THE HARD SHOULDER OR BIKE LANE where provided and keep to the left hand side leaving enough room for other cyclists to overtake inside the yellow line.
- Look behind to see if it is safe to move out and then indicate clearly to traffic coming behind that you intend to pull out by sticking out your right arm fully.
- Stick your right arm out before pulling out not after pulling out. Cars coming from behind will not be expecting you to suddenly appear in front of them.
- Take it easy if its wet or else you may fall.
- Do ***not*** overtake another competitor while rounding the turning point, (Kilcullen).
- ***UNDER NO CIRCUMSTANCES ARE PEOPLE TO OVER-TAKE AT TURN AROUND POINTS.***

***PLEASE OBEY THE RULES OF THE ROAD-FAILURE TO DO SO WILL RESULT IN DISQUALIFICATION!***

- On completing the bike section, competitors will dismount the bike at the 'dismount' line before entering the transition area. Helmets must remain on and fastened until the bike is racked.

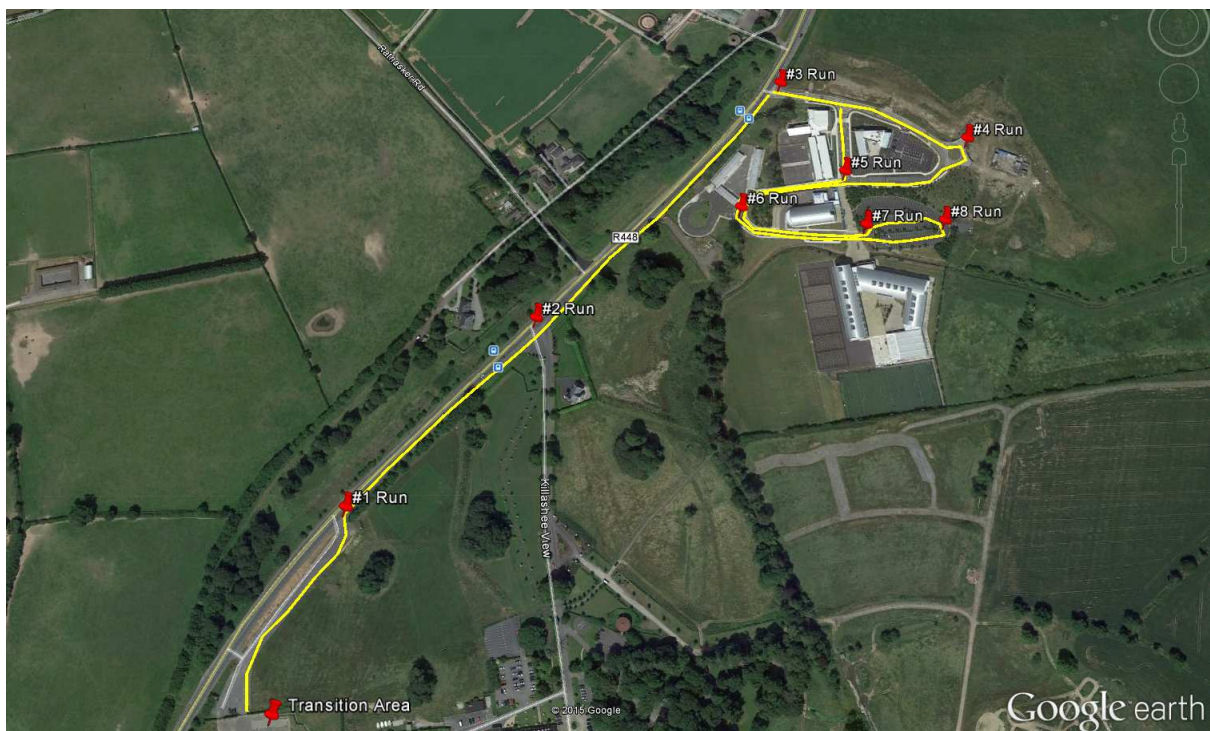
# BIKE ROUTE



**RUN SECTION:**

- The run is 5KM.
- Due to road works and related safety requirements the race will involve 3 x loops in the Piper Hills complex adjacent to Killashee House Hotel

Location No.	KM	Road/Route No.	Description
<b>Outbound from Transition Area (0.8 km)</b>			
1	0	R448	Exiting Transition Area from school gates, turning left – hard shoulder
2	0.47	R448	Entrance to Killashee H.H.
3	0.81	Pipers Hill	Entrance to Pipers Hill Complex
<b>3 x loop circuit - 1.15km per loop</b>			
4	1.04	Pipers Hill	Roundabout at housing development
5	1.3	Pipers Hill	Junction leading to Primary School
6	1.41	Pipers Hill	Entrance to VEC Car Park
7	1.49	Pipers Hill	Turnaround point in VEC Car Park
8	1.86	Pipers Hill	Gael Scoil access road
3	1.95	Pipers Hill	Gael Scoil egress road
<b>Inbound to Transition Area (0.8km)</b>			
3	4.25	Pipers Hill	Entrance to Pipers Hill Complex
2	4.6	R448	Entrance to Killashee H.H.
1	5	R448	Entering Finish Chute from school gates, turning left – hard shoulder
	<b>Total</b>		





***THE FINISH:***

- The finish area is situated in the Primary School, beside Transitions area.

***PRIZES:***

- The Prize giving will take place immediately after the race in Killashee Leisure Centre approximately 1300
- Prizes will be awarded to:
  - Male and Female Overall 1st, 2nd and 3rd
  - Age Group Prizes: Junior (Male & Female) (16 – 19) 1st
  - Senior (Male and Female) (20 – 39) 1st
  - Veterans (Male and Female) (40 plus) 1st
  - ***No competitors will be entitled to two prizes***

***THANKS!***

We would like to take this opportunity to thank you for supporting our event and we wish you all the best.

Niall Duffy  
Race Director  
and the Committee of Naas Triathlon Club