

2019

Frequently Asked Questions



Killashee Sprint Triathlon 2019

Sprint Distance

Race Date: Sunday, 29th September 2018

**Race Location: Killashee House Hotel &
Leisure Centre, Naas, Co. Kildare**

Information Relevant to This Event

Event Details	
Race Name	Killashee Sprint Triathlon
Race Date	29 th September 2019
Start time	09:00
Location	Killashee House Hotel and Leisure Centre, Naas, Co. Kildare
Type of event	Sprint Triathlon
Distances	750m Swim; 20 km Bike; 5 km Run

Event Timetable

Event Timetable	Date	Time	Venue/Location
Registration Opens	29th Sept	07:00	Killashee Leisure Centre
Registration Closes	29th Sept	08:15	Killashee Leisure Centre
Marshal/stewards etc briefing	29th Sept	08:15	Transition area
Competitor race briefing	29th Sept	08:30	Transition area
Event start	29th Sept	09:00	Swimming Pool
Prize Giving (approx.)	29 th Sept	12:45	Killashee Leisure Centre

Swim

Will there be a wave start?	Yes
Will wave times be available for competitors on a notice board at registration?	Yes – signage at race location 9:00, 9:30, 9:55, 10:20, 10:45, 11:10
Numbers per lane?	5 swimmers assigned to each lane

Details:

- The swim course will consist of 30 lengths of the Killashee Leisure Club pool in a clockwise or anti clockwise manner (depending on the Lane assigned)
- Swimmers will be allotted a start time on the basis of swim proficiency. All competitors are requested to be realistic in their swim time estimation at race entry in order to support the fairness and enjoyment for all participants.
- The start will be from a static position at the exit door end of this single depth pool.
- The start and finish areas will be at the same end of the pool. The lane counter will notify each swimmer with 2 lengths to go by tapping them on the head
- Swimmers will wear their own swimming hats but will be provided with another cap by the organizer should their cap colour clash with another swimmer in the same lane.
- Gents and ladies changing rooms provided, leading into the pool. Holding area in place at the entrance/exit to both changing areas. Marshall's in place to ensure control of the holding area. Wave details provided at holding area. Swim briefing takes place prior to all waves in the holding area at the gents changing area. Competitors will enter the pool, nearest the gents changing room, after each swim brief.

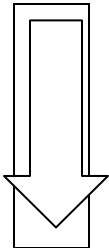
Two marshals will be in position as the top of each lane, to ensure safety for competitors and that all lanes are correctly marshalled.

Exit out of each lane will be on the right-hand side of the pool and lead to a carpeted footpath from the pool to the transition area.

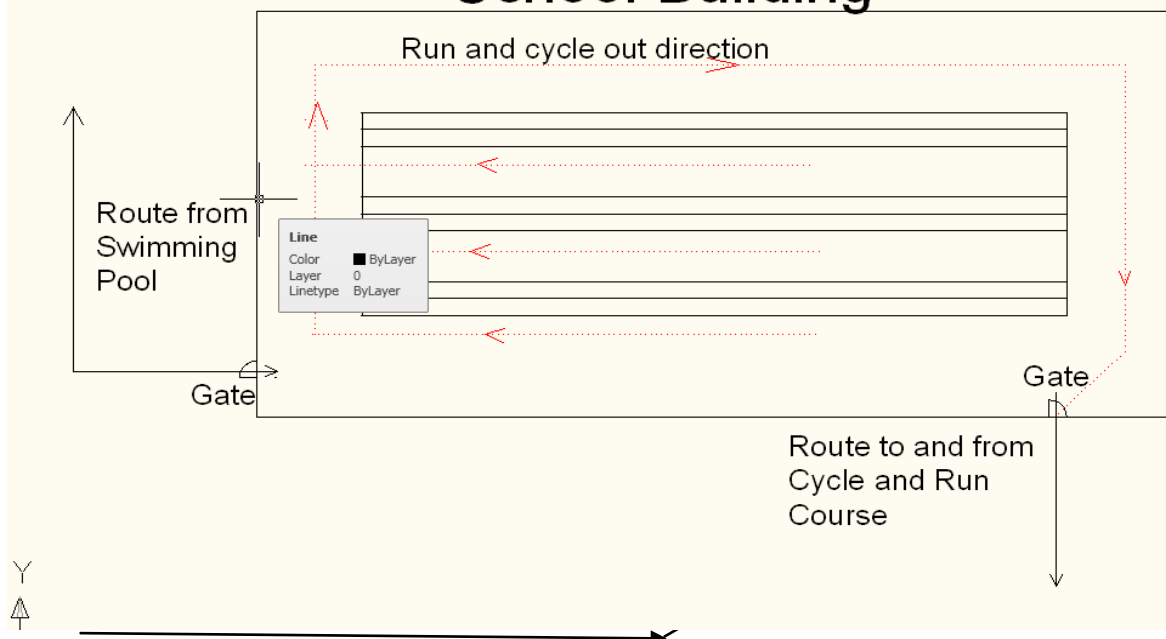
Transition

Where is transition located?	Killashee National School Car Park
Will bike racks be numbered?	No
Will bike checks be done	Yes. By marshals on entry into transition area
What security measures will be in place to ensure only athletes get to remove their own bikes? Eg sticky wrist band with race number on them.	By marshals who will check bike tags against competitor race number tags on helmets

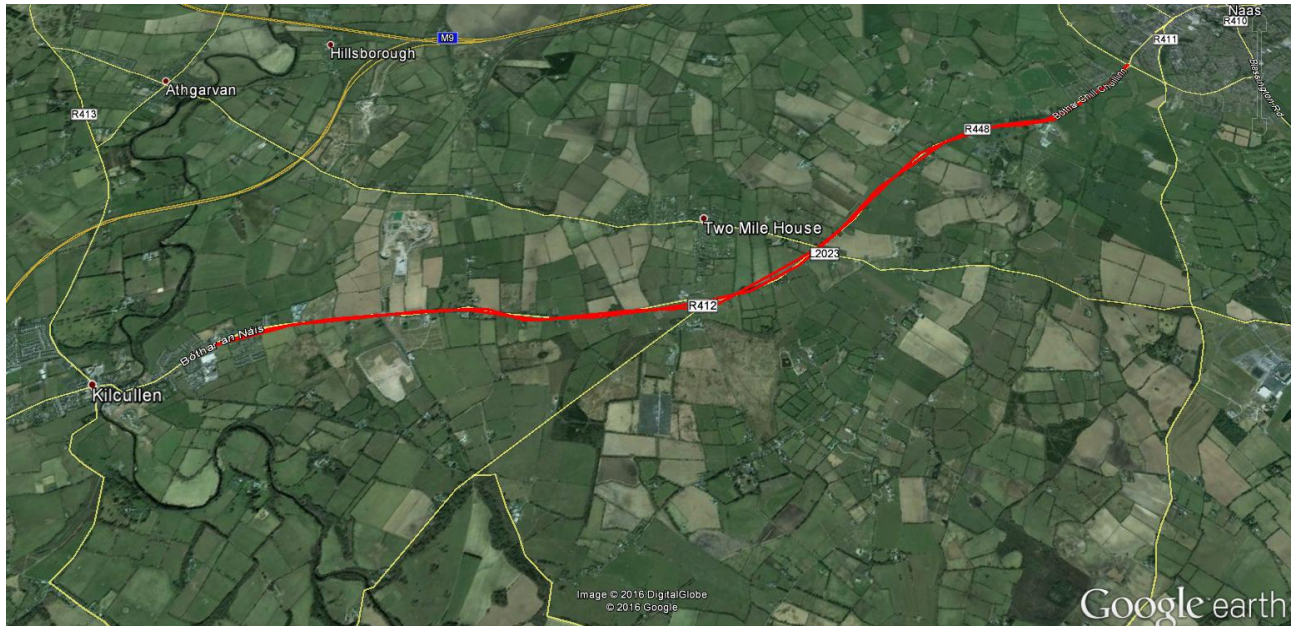
Pool:



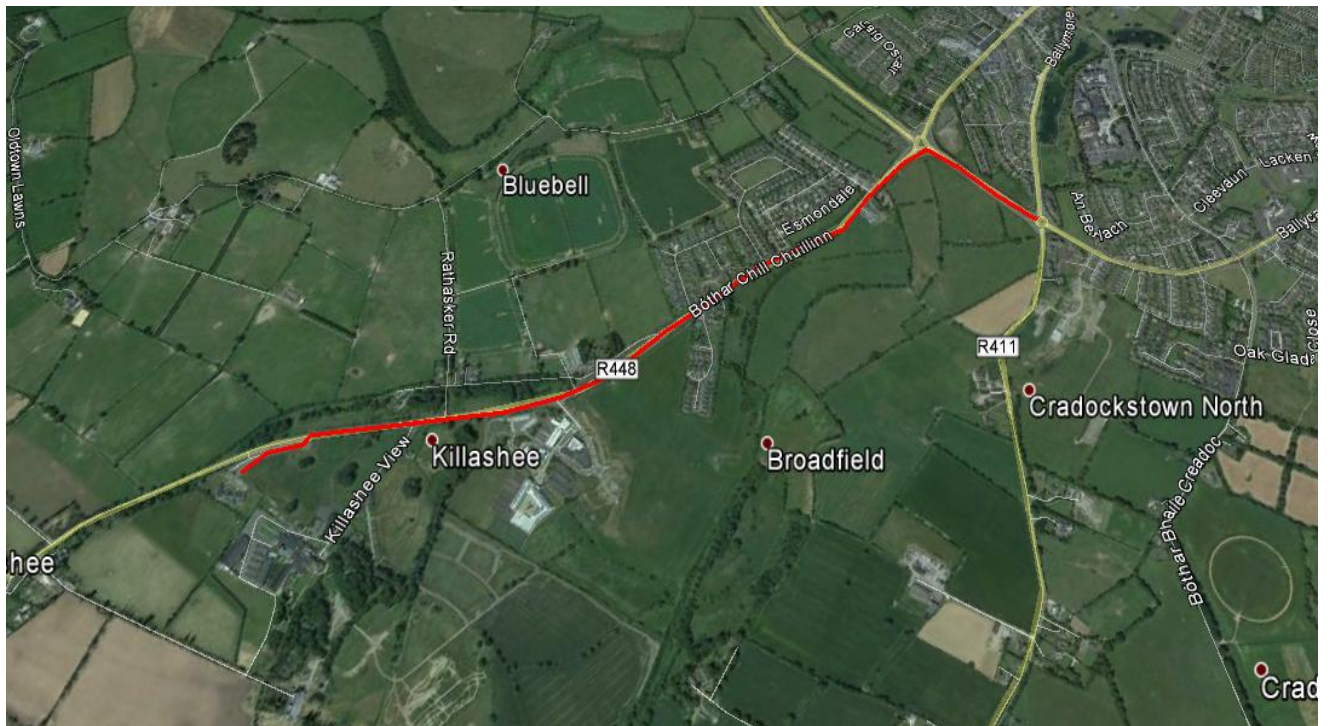
School Building



Bike Course Map



Run Course Map



Prizes

Please insert prizes details for your event: TBC

Age Group	Male 1 st	Female 1 st	Male 2 nd	Female 2 nd	Male 3 rd	Female 3 rd
Overall winner	Trophy, Prize voucher €75	Trophy, Prize voucher €75	Trophy, Prize voucher €50	Trophy, Prize voucher €50	Trophy, Prize voucher €25	Trophy, Prize voucher €25

Rules & Regulations

The timing chip provided at registration must be worn on your left ankle.

Race numbers will be provided, one for your back and one for your front. Race belts are permitted and athletes must ensure their numbers are fully visible at all times on the bike and run.

Under no circumstances will drafting be allowed. TI motorbike officials will be present on the course.

Only athletes and marshals are permitted in the transition area.

Athletes must put on and fasten their helmets before removing their bike from the rack.

You must not mount your bike until you have crossed the 'mount line'.

No bags allowed in transition.

No ear buds allowed on the bike or run course.

Rules of the road must be observed at all times. Any crossing of white lines will result in disqualification.

On completing the bike section, you must dismount before the 'dismount line' and rack your bike before removing your helmet.