



Hello and welcome,

On behalf of Naas Triathlon Club and the Race Committee I would like to formally welcome you to pool-based sprint distance triathlon which takes place in Killashee, Naas, Co Kildare on Sunday 25th September 2022. We are delighted to be able to hold this event again, after the hiatus during the pandemic.

KEY INFORMATION:

Registration @ Killashee Leisure	06h30 – 07h30
Transition @ Killashee School	06h30 – 07h40
Race briefing @ Killashee Leisure car park	07h45
Race start (1 st of 4 waves in Killashee pool)	08h00

Pool based triathlons are perfect for any athlete but especially for those completing/competing in their very first event! If this is your first triathlon, we would like to extend a warm welcome and wish all participants an enjoyable race.

As an affiliated triathlon club, we are guided by and adhere to all safety protocols as set out by our governing body, Triathlon Ireland. We also request that you read through this briefing document in advance and take note of all safety considerations for the safe running of this event and also for your enjoyment.

At registration there will also be club members who will be able to guide and assist you with any queries.

Registration / timing chip pick up (06h30 – 07h30)

Please note that race entries close at 17h00 on Monday 19th September. **There will be no new entries on race day. Please grab your bike and head straight to the transition area once you have registered.**

Registration will take place upstairs at [Killashee Leisure Centre](#) . Please bring along:

- Proof of Triathlon Ireland membership (the TI app is easiest or a screenshot of your licence number in case of poor mobile reception)
- Photo ID
- One Day Licence (if applicable)

You will receive a race pack which will include your timing chip (***please place on your ankle***), your race number, safety pins, bike stickers to go on your bike, and your event t-shirt. You might like to use a race belt for your race number on the bike and run.

There will be 4 waves of participants with the first wave starting at **08h00** in the pool. You will be advised of your wave number during registration. Each wave will last a minimum of 20 min and a maximum of 30 min. All waves will be finished in the pool by 9.15am

Parking

There is ample parking at [Killashee Leisure Centre](#) and you may leave your vehicle there for the duration of the event.

Toilets / changing rooms / showers

All participants will have access to the male and female changing areas within Killashee Leisure Centre. If you wish to use the lockers, please bring your own padlock. Killashee Leisure management have kindly agreed to allow all participants use the showers after the event if you so wish.

Littering

Do not litter on any part of the race. Bins will be provided at the finish area. Please hand plastic cups back to marshals on the run course. Anyone caught littering will be disqualified immediately.

Transition (06h30 - 07h40)

The transition area will be open from 06h30 – 07h40 at [Killashee MDNS School](#). The school grounds can be accessed via the field behind Killashee Leisure Centre (see map below of layout). **DO NOT** access the transition area in the school grounds from the main road as there is no parking to drop off your bike. Bike racking is not numbered so you may place your bike where you wish. The transition area will be neutralised so that everyone travels the same distance while transitioning. Please do not leave any bags or excess items in transition. Leave extra luggage in your car or locker.

When entering transition you will be required to wear your helmet and demonstrate it fits correctly. You will also be required to show your brakes are in good working order, tyres are sufficiently inflated and your bike is in safe working condition.

The swim

It is your responsibility to be on the pool deck, beside the ladies jacuzzi at least 5 minutes before the start of your wave. There will be 4 waves in total.

Please ensure you have your timing chip attached to your ankle and keep it on for the entire race. You will not require your paper race number for the swim leg. There will be 4 swimmers to a lane and the lanes' swimming direction (clockwise/anti-clockwise) will be advised by the lane marshal. A swimming hat is compulsory and goggles are advised. Tri suits or swim togs may be worn for the swim. You may swim any stroke you like but ensure you keep to your side of the lane to avoid collisions. Swimming aids such as fins, pull buoy or paddles are not permitted.

If a swimmer taps you on the feet, kindly stop at your next turn at the wall and allow them to pass you. You may not overtake during a length, only at the wall. This is for

everyone's safety. Waves and lanes will be allocated based on the swim times you entered online.

The swim distance is 750m or 30 length of the 25m pool. On your second last length in the pool, the lane marshal will advise you that you only have two lengths left before you can exit and head to the transition area. Once you climb out of the pool you will walk to the back door at the far end of the pool area and down the stairs. The whole pool deck and stairs to outside are a **neutralised area** and every participant is to walk. There will be **NO RUNNING** until you are on the pathway outdoors, heading to transition.

If you wish, you may place your runners and/or some clothing at the bottom of the stairs to throw over your swim togs, if you are not wearing a tri suit.

The cycle ([bike route map](#))

Once you enter transition and have located your bike, place your helmet on. Place your race number on the back of your clothing. Run with your bike to the transition BIKE OUT and cross the MOUNT LINE **before** you mount your bike. Marshals will guide you. There is no cycling in the transition area. Take a left turn onto the R448, heading to Kilcullen. See bike route [here](#).

The roads are not closed. Do not cycle onto the road until it is safe to do so. All rules of the road apply. Listen to the marshals without question as they are there for your safety and enjoyment. There will be marshals along the cycle route should you require assistance. All marshals will be able to call for paramedic and ambulance assistance in the event of an emergency. Should you have bike trouble, please advise a marshal who will radio it in.

At the end of the cycle, take a left turn back into Killashee school for transition. Dismount your bike **before** the DISMOUNT line and run with your bike and place it back where you found it. Only remove your helmet once your bike has been racked.

The run ([run route map](#))

Turn your race number to your front for the run. Exit transition at RUN OUT and take a right onto the R448 footpath heading towards Naas town centre. There will be a water station at 2.5km with cups of water. Marshals will be on the run route to guide you. Please find a map of the 4.8km run route [here](#).

The finish

Once you cross the finish line back at Killashee school, please remove your timing chip and hand to a marshal. There will be water and bananas available for all athletes in the recovery area. Please do not congregate at the finish line. You are welcome to stand nearby to cheer on other participants.

Transition will open to retrieve your bike once the last competitor has headed out on the run course. All athletes will be required to show a race number which corresponds to their bike race number in order to remove a bike from the transition area.

Prize Giving

Results will be available on our website and social media within 24 hours of the race. Please follow up on Facebook and Instagram.

Prize giving will take place immediately after the race with 1st, 2nd and 3rd place overall for men and women.

We would like to sincerely thank Killashee Leisure Centre for the use of the pool and also to Killashee Multi Denominational National School for the use of their grounds.

On behalf of Naas Triathlon Club, we look forward to welcoming you on Sunday!

Maxine Strain

Race Director, Naas Tri Club

Some race rules

- Race number will be provided and must be worn - you may use a race belt for wearing the number
- A race number for you bike will be provided and must be secured around the seat post
- Helmets must be worn while handling bikes
- Drafting on the bike leg is **not** allowed – drafting zone is 10 m and 20 seconds to bypass the competitor ahead
- Drafting behind vehicles is not allowed
- Crossing over of solid white line road markings, (i.e. into the oncoming traffic lane), will result in disqualification
- No mounting of the bike before the Mount line
- Obey instructions of marshals at all times – they are there to support your safety and enjoyment of the race
- Competitors only in the Transition area
- On completion of the race, (race close), bikes can only be removed by the entrant bearing the same bib race number
- Bikes can only be removed after the race when the Transition Area is opened by the Transition Marshal

