



## North Tipp. Sprint Triathlon

This document contains important information concerning the North Tipp. Sprint Triathlon. Each competitor should read this document and be familiar with the course, starting times, rules and regulations etc.

### **\*\* Important \*\***

- Race entrants will need to provide their TI membership card when they register. If you don't have a card you will have to pay for a 1 day license. It will not be possible to purchase one day licences on the race day. They must be purchased from the Triathlon Ireland website before midnight the Thursday before the race

### **Location**

The race is being run from the Nenagh Leisure Centre. The leisure centre is located on the Dublin Road on the edge of the town. The map of Nenagh below shows the exact location of the leisure centre and the main roads entering the town.



## **Course Map**

### **Swim - 750m**

The swim is a thirty length swim in a 25m pool. There will be 7 starts, 6 lanes and 6 people per lane. The slowest wave will be let start first. With two lengths to go each competitor will be tapped by the lane counter to signify your last 2 lengths. The transition is in the pool car park just outside the pool. Each wave must be toggled out and waiting to enter the pool ten minutes before the official start time.

**\*\* Please note - There is a 30 minute limit in the pool. Any competitors still in the water after 30 minutes will be asked to exit the pool. They will be given an estimated swim time for the lengths they have failed to complete.**

### **Cycle**

The cycle is a straight out and back 20km course. You turn right as you exit the leisure centre and cycle out to Toomevara and back. The bike course is on the main Dublin road and has a few gradual hills but nothing very steep. There will be Gardai stopping traffic at the turnaround and outside the leisure centre. Cyclists must obey the rules of the road at all time. Drafting is not permitted.

**\*\* Please note - There will be 3 draft marshalls on motorbikes at the race.**

Caution must be taken when approaching the turnaround at Toomevara. The turnaround comes at the end of a downhill so reduce your speed accordingly. Caution must also be taken when pulling onto the Nenagh bypass. Obey marshalls at all time.

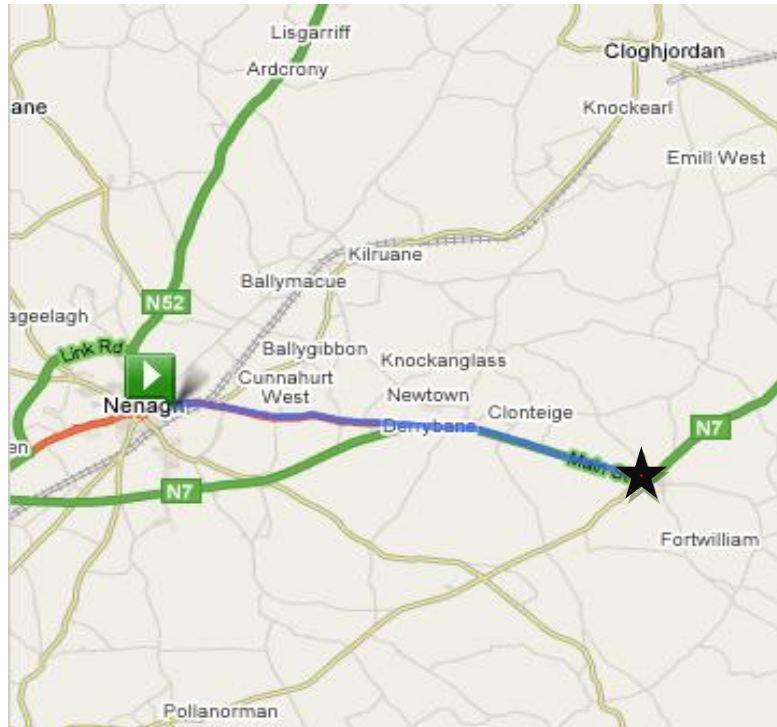
**\*\* Please note - Due to road works on the M7 there is a strong possibility that the bike route will need to be changed. A final decision will be made on this the week before the race.**

### **Run**

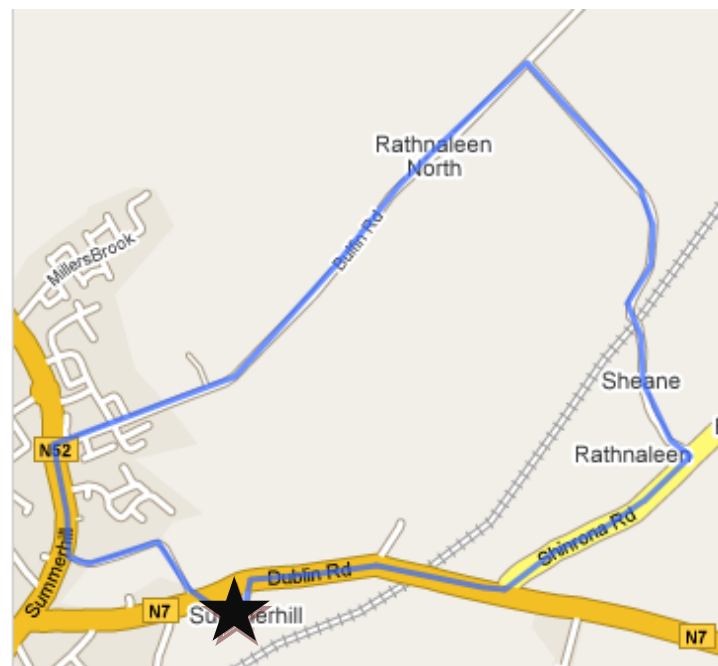
The run is a 5.28km loop course. You turn right as you exit the leisure centre and run 0.5 mile down the road before taking a left onto the Cloughjordan Road. After another 0.5 mile you take another left. This brings you onto a hilly run section which lasts for a mile. There will be a water station located at the top of this hill. You then turn left on the Old Birr Road and head back towards town. Turn left onto Summerhill road and another left into the grounds of the CBS School. There is a steep downhill run out of the school. This brings you onto the Dublin Rd. and the sprint finish.

The map below shows you the cycle route:

**Nenagh -> Toomevara - > Nenagh**



The map below shows you the run route:



## ***Registration ( 7:00am - 8:30am )***

Registration on the morning of the event will be open from 7.00 - 8.30 am in the CBS Hall (entrance opposite Abbey Court Hotel). Triathletes will collect their race number, timing chip and goody bag when they register. Triathletes will also need to provide their TI membership card. Triathletes without TI membership cards or 1 day license will not be allowed participate. The cost of a one day license is €15 and this must be purchased from the Triathlon Ireland website before Thursday, April 15th. Relay teams should register together (Relay team will need to purchase 1 one day license to cover all members).

**\*\* Please note:** We will also have registration open on Friday evening from 8pm - 9pm in the CBS hall.

## ***Race Briefing ( 9:00am )***

The race briefing will take place at 9:00 from the transition area of the Nenagh Leisure Centre. The race briefing will be kept short and it is the responsibility of the triathletes to make themselves familiar with the course layout. This document should tell you all you need to know about the race so a detailed description of the course and rules will not be given.

## ***Race Start ( 9:30am )***

The first swim wave (wave 1) will consist of the swimmers with the slowest estimated swim time. This wave will be starting at 9.30am - therefore you should be toggged out and in the water no later than 9:20. There will be seven waves in total, and each wave will take roughly 30 mins. The last wave (wave 7) will feature the elite swimmers. Tumble turns will only be allowed in the final wave.

## ***Prize Presentation***

The prizes will be given out after the race in the Nenagh CBS hall. The presentation will take place roughly half an hour after the race is finished. Final time sheets will be available to everyone at this stage. There will be tea and food available in the hall after the race.

## ***Race Prizes***

**Prize money will be given out in the following categories:**

### **Senior Male / Female**

- 1st Place - 150 Euro
- 2nd Place - 100 Euro
- 3rd Place - 75 Euro

### **Junior Male / Female**

- 1st Place - 50 Euro

### **Veterans Male / Female**

- 1st Place - 50 Euro

### **Relay Team**

- 1st Place - 100 Euro

### **Age Group Winners**

- Medal & Voucher

**\*\* Please Note** - Each competitor at the North Tipp. Sprint will also receive a T-Shirt and Goody Bag.

## ***Facilities***

- **Changing rooms** - The Nenagh Leisure Centre has men's and women's changing rooms.
- **Hot showers** - will be available after the race in the Leisure Centre
- **Car Parking** - All competitors can park in the Abbeycourt Hotel which is located beside the leisure centre.

**\*\* Please note** - No parking will be allowed in the grounds of the Nenagh Leisure Centre. Parked cars that hinder the race route will also be asked to move.

## ***Detailed Directions***

**From Dublin** - the Nenagh Leisure centre is located on the Dublin Rd. on your left hand side as you enter the town.

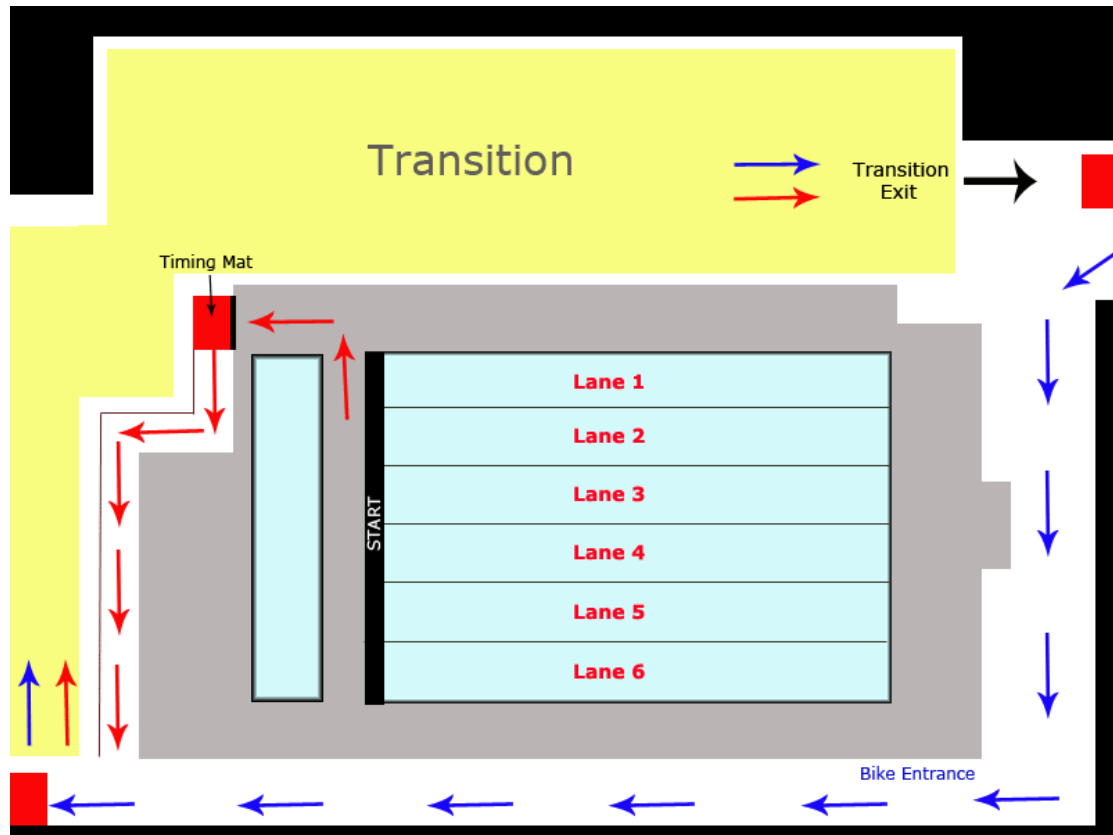
**From Galway** - take the first exit on both roundabouts as you enter the town. You will pass the CBS school on your LHS and the cinema on your right. Take the left at the next roundabout on the main street. You are now on the Dublin Road. Proceed down this road for about 500m and the Nenagh Leisure Centre is on your RHS.

**From Limerick / Cork** - Drive into the town and at the roundabout at Centra proceed straight ahead. This brings you towards the town centre. At the traffic lights take a left onto the main street. Pass straight through the first roundabout and take a right on the second roundabout. You are now on the Dublin Road. Proceed down this road for about 500m and the Nenagh Leisure Centre is on your RHS.

## ***Apres Race***

All marshalls and race competitors are invited to join the rest of the Nenagh triathlon club members in Una Powells pub later that evening. There will be a barbecue at 7 and plenty of drink to go around.

## Transition Layout



## ***General Triathlon Rules***

- a. Competitors must conduct themselves in a proper manner and not bring the sport into disrepute. Misconduct will not be accepted.
- b. It is the competitor's responsibility to be well prepared for the competition regarding general health and physical capability.
- c. The competitor is also responsible for pre race preparation, which includes attendance at the briefing, knowing and adhering to TI competition rules, knowing and following the prescribed course.
- d. The Competitor will at all times be conscious of safety, obey the law, traffic regulations and instructions from race officials.
- e. Competitors must follow instructions given by the police. Failure to do so will result in disqualification and may lead to disciplinary action.
- f. Competitors are responsible for their own safety and for the safety of others.
- g. It is the competitor's responsibility to ensure that their equipment is suitable and fit for its intended purpose.
- h. Race equipment must not be discarded at any point on the course but must be placed in the athlete's allotted position in transition.
- i. Teamwork in individual endurance events, (Triathlon, Duathlon and variations of same,) that provides unfair advantage over other competitors is expressly forbidden.
- j. Pacing or outside help is forbidden. This includes but is not limited to, being accompanied or paced by helpers in cars, motorcycles, bicycles or running. It also applies to help in transition such as removal of wetsuit or change of clothing. This rule will not apply in the case of an athlete with a disability where the Race Referee has been fully briefed as to the nature of the necessary assistance prior to the start. (See Paragraph 3.17) Receiving general advice and information from spectators may be acceptable but competitors must be careful that this does not extend to "Outside help" as determined by the judgement of the Referee/Race Marshal.
- k. It is not permitted to give or receive physical help, food or drink except at official refreshment stations.
- l. Medical assistance, first aid or massage provided by the organiser is permitted on the entire course.

- m. A competitor who in the opinion of any race official is physically incapable of continuing shall comply with any instructions to retire from the event and will not be permitted to continue racing.
- n. In the event of an accident, competitors may continue, having received first aid treatment, providing that race officials and/or medical opinion deems them fit to do so.
- o. A competitor will not block, charge or make an abrupt motion so as to interfere with the progress of another competitor whether intentionally or by accident.
- p. Shortcutting or disregarding the official course is forbidden. The entire course as marked by the organiser will be completed. Any competitor, who leaves the course for whatever reason, must re-join it at the same point where they left.
- q. A competitor who retires or withdraws from the race after having registered must inform the nearest race official who will take possession of the individuals Race Numbers and return them to the Race Referee.
- r. A competitor who has been disqualified may continue in the race in order to make an appeal afterwards. Race Numbers can be retained but will be marked "DQ" by the official imposing the penalty.
- s. TI or other Triathlon NGB Membership is a pre-requisite for all competitors in any event sanctioned by TI. All non-members of a Triathlon NGB must take out one-day membership licences. Evidence of membership must be produced on demand to the TI Technical Delegate and/or Race Organiser.
- t. It is the responsibility of the Parent(s) and/or Accompanying Adult(s) to ensure that a child understands these rules and that the child's equipment, clothing, etc, is suitable, maintained, correctly prepared and used.
- u. Failure by a parent/guardian/accompanying adult to carry out instructions from officials, or misconduct may lead to disqualification of the competitor and/or disciplinary action.
- v. Misconduct may include, but is not limited to:
  - o Threatening, abusive or insulting words or conduct
  - o Failure to obey marshals/officials instructions
  - o Handing water bottles or any other equipment to, or collecting them from competitors
  - o Tampering with the equipment of others
  - o Unsporting impedence
- w. Competitors should act with integrity. Where an individual realises that they have infringed a competition rule or race instruction they shall be obliged to retire promptly or to exonerate themselves by reporting the violation to the Race Referee.

- x. Competitors will treat other competitors, Race Officials, volunteers and spectators with respect and courtesy. Threatening, abusive or insulting words or conduct are not permitted and competitors may be disqualified for using such.
- y. Persons applying for membership of Triathlon Ireland, or entering for a Triathlon Ireland Sanctioned event, or registering as an official of Triathlon Ireland in any capacity, or otherwise seeking membership benefits will provide accurate, truthful information on any form of application howsoever constituted. Failure to do so may constitute an offence of "Fraud".

### **Equipment**

- a. The Competitor is responsible for his/her own equipment and must ensure that it accords with competition rules.
- b. Any equipment that acts as an impediment to hearing or concentration is prohibited from use during an event (including transition). This includes, but is not limited to, personal stereos and mobile telephones (which should be switched off if stored in transition). See Penalties.
- c. Glass containers shall not be used at any time.
- d. Tri bars are banned in children's races on grass and may only be used by children aged 13 or over when racing on tarmac.
- e. Race Numbers will be worn fully visible on the Back on the Cycle Section and on the Front on the Run Section.
- f. Race Numbers will not be cut, folded, or hidden.
- g. The organiser may provide additional body marking but this is not a substitute for, or replacement of, an official race number.
- h. Corporate advertising is permitted on Team Uniforms and Personal equipment.