



Sunday 19th June 2016
Race start time 06:50 hrs (approx)

Race Briefing Document 2016



Firmus Energy City of Derry Triathlon

Sunday 19th June 2016

Sprint Distance Triathlon

Swim: 750 mts Cycle: 20 km Run: 5 km

Registration

Registration will take place;

Saturday 18th June 2016, 17:00 --- 20:30 hrs. in the Sports Building Magee University

Sunday 19th June 2016, 05:00 --- 06:00 hrs **SHARP** in the Sports Building Magee University

Marquee (close to transition) will be used as a bag drop **ONLY**

All local people are requested to register on the Saturday evening

Event Timetable

Event Timetable	Date	Time	Venue/Location
Registration Opens/Closes	Sat 18 th June	17:00 hrs 20:30 hrs	Race HQ in the Sports Hall Magee University
CAT 1 (Male and Female) race briefing	Sat 18 th June	20:00 hrs	Race HQ in the Sports Hall Magee University
Registration Opens/Closes	Sun 19 th June	05:00 hrs 06:00 hrs	Race HQ in the Sports Hall Magee University
Transition opens	Sun 19 th June	05:30 hrs	Queen's Quay
Age group race briefing	Sun 19 th June	06:15 hrs	Queen's Quay (holding area close to the transition)
Age group (Wave 1) start	Sun 19 th June	06:50 hrs	Fort George steps
Age group (Wave 2) start <i>(if required)</i>	Sun 19 th June	06:55 hrs	Fort George steps
Age group (Wave 2/3) start	Sun 19 th June	07:00 hrs	Fort George steps
CAT 1 Transition opens	Sun 19 th June	06:45 hrs	Queen's Quay
CAT 1 (Male and Female) pre-race briefing	Sun 19 th June	07:30 hrs	Queen's Quay (close to transition area)
CAT 1 Male start	Sun 19 th June	08:05 hrs	Fort George steps
CAT 1 Female start	Sun 19 th June	08:15 hrs	Fort George steps
Event finishes	Sun 19 th June	09:45 hrs	Queen's Quay
Transition Closes	Sun 19 th June	11:30 hrs	Queen's Quay
Presentation in City Hotel	Sun 19 th June	11:30 hrs	City Hotel

Car Parking

Competitors can park in the car park at Magee University, spectators should park in the Sainsbury's car park and walk up to the transition area. There are quite a few pay and display carparks in the area and on-street parking also. Use google maps or equivalent to locate a suitable car parking location if you don't know the area. If you plan to use the Sainsbury's car park please exit the car park by 12:30 hrs as Sainsbury's opens at 13:00 hrs.

Important Note

Age Group (Wave 1, 2 and 3) including the Relay group

Please note your race briefing will be held in the holding area close the transition at 06:15 hrs on Sunday 19th June 2016. It is mandatory that you attend this briefing. Failure to attend the race briefing may result in you being withdrawn from the race.

CAT 1 (Male and Female)

Please note there will be a briefing at 20:00 hrs. on Sat 18th June 2016 in the registration area of the Sports Hall of Magee University and a pre-race briefing at 07:30 hrs. on Sunday 19th June 2016 close to the transition area.

CAT 1 triathletes you will be able to set up your transition area while the age group race is running as you will have a racking systems to the left of the transition area (as you come out of the water) with extra space between the horizontal racking bars.

Transition

(Opens at 05:30 hrs Sunday 19th June 2016 and closes at 11:30 hrs)

The transition area is located in a car park at Queens Quay round-a-bout. There will be rows of racks and the bike racks will be numbered, you are required to put your bike/gear in your allocated position only. Remember only take into the transition the gear you require for the event, leave everything else outside in the drop zone at the marquee (remember to leave your car keys with someone outside transition).

Transition Entry Checks Bikes will be checked for road worthiness and Helmets checked for fit and fastening on the way into transition please ensure you are wearing your wrist band, you have attached your bike sticker to your bike and your helmet sticker is attached to your helmet. Transition is a secure area and only race competitors are allowed into the transition area. Transition will close at 11:30 hrs sharp please ensure that all your belongings are removed from transition before this time. Transition will open for equipment and belongings collection at 10:00 hrs. **ABSOLUTELY no exceptions to this rule.**

Bag Drop

There will be a bag drop in a marquee just beside transition, here you can leave your post race nutrition, warm clothes etc. In your race pack you will have received a bag sticker. Any bags left into the post race marquee must have this sticker attached. The marquee is a dry covered secure area but for safety please don't leave any cash or valuables in this area.

Swim

Swim will start at 06:50 hrs approx. (tide/time dependant) on the tidal section of the River Foyle for the Age Group competitors, the CAT 1 competitors will start at 08:05 hrs. **Wet suits are compulsory for this swim for everyone.** Before competing in the swim all swimmers have declared that they have been in water of the same temperature within the last month and have covered the required distance within the last month.

The swim is a 750 metre course. It will be in a straight one direction swim parallel to the quay wall, keeping the wall on your right side and the marina on your left side, so you will swim between the marina and the quay wall. You will have to walk the 800 mts to the start line so make sure you have some sort of covering on your feet (Flip Flops will be supplied by the race organiser). The course will be marked out with 2m high visible buoys. The cut off time for the swim will be 40 minutes; anyone still in the water at this time will be removed but will be allowed to carry on with a 40 minute swim time allocation.

No persons will be allowed to enter the water other than the competitors for the duration of the race; marshals will be in place to manage both competitors and spectators. The swimmers will wear approved coloured swim caps appropriate to their wave start and all will have electronic timing chips (worn on the left ankle) so they are monitored in and out of the water. There will be two CAT 1 and two or three age group wave starts, the second and third age group wave will start at the discretion of the water safety officer so all competitors must be down at the start area and ready to enter the water when instructed to do so.

The swim will start in the water behind a start point, swimmers will start when the start horn sounds, remember to keep a safe distance from the person in front of you so you do not get kicked. There will be canoe/kayak cover, Jet Ski cover and River Rescue on the water during the event, if you experience any difficulties lay on your back, raise your arm and wait for kayak assistance.

As the event is tide dependant all swimmers will be brought to the start area and will remain close by until called to the start line. There will be no acclimatisation swim permitted on the day but there will be one on Thursday 16th June 2016 at 18:00 hrs. a few days prior to the event (check Website, Facebook).

When the start horn sounds you will swim up river towards the Marina Gangway keeping the quay wall on your right side. Swim up river between the Marina and Quay wall to the exit pontoon close to the Marina exit gangway. You will exit the swim area through the gate at the top of the gangway and follow the route into the transition area where you will remove you wetsuit, goggles swim cap and securely put on your helmet before collecting your bike and heading out on the cycle course.

There will be 2 or 3 wave starts each approx. 3 to 5 minutes apart. Each wave will be denoted by a different coloured swim cap. If you are in any ways nervous or anxious please

request a **RED** swim cap at **REGISTRATION**. Water safety has been briefed to pay particular attention for red cap swimmers in any of the 3 waves.

Cycle

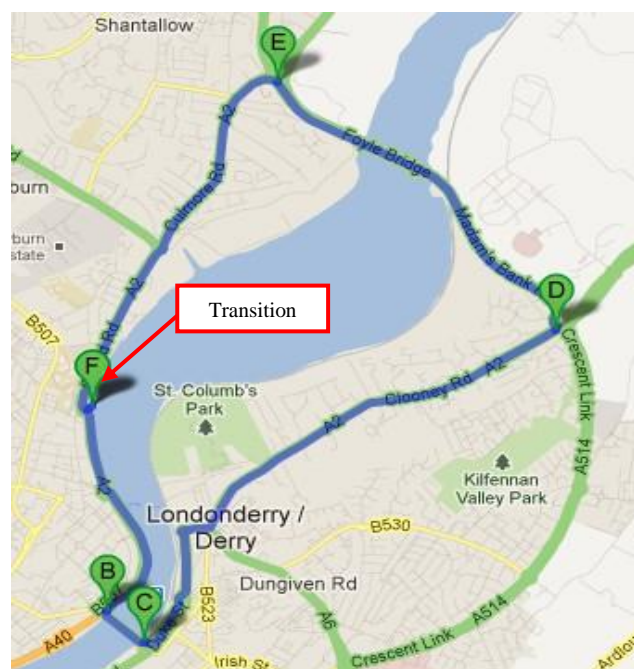
Triathletes will exit transition following the **BIKE EXIT** signs onto the Queen's Quay (road) where the mount line will be located, staffed and clearly visible. Ensure you cross this line before mounting your bike. The cycle is on a two lapped left hand turns only course. Obey the marshals and Police when out on the course. If you are involved in an accident stay where you are until told to proceed by the Police or TI Technical Officials.

At the City Hotel round-a-bout you will take the first exit and travel along the Foyle Embankment Road to John's Street round-a-bout, where you will take the first exit on to Foyle Road. At the end of Foyle Road turn left on to the Craigavon Bridge (BIG BLUE BRIDGE lower deck) at the end of the bridge you will keep left onto Duke Street.

You will then travel along Duke Street to Railway Station round-a-bout, taking the second exit off this roundabout onto King's Road, at the next roundabout you will take the second exit and travel up to the traffic lights at Dale's Corner, turning left **via the slip lane** onto the Limavady Road. This is now a long run to the Caw roundabout with lots of side roads, all these roads will have marshals in position and are closed to traffic, but keep in mind some traffic may have to get onto the course in an emergency. **As you approach the Caw roundabout the road goes downhill, this is a very fast part of the course, if the weather is bad we may introduce a no passing zone here YOU WILL BE NOTIFIED AT THE RACE BRIEF.**

At the Caw roundabout you will take the second exit to the Foyle Bridge. Crossing the Foyle Bridge (exercise caution if a windy day) you will approach the Culmore round-a-bout; you will take the first exit (the slip road) and travel along the Culmore Road (a very fast downhill section with lots of side roads, all these roads will have marshals in position and are closed to traffic, but keep in mind some traffic may have to get onto the course in an emergency) to the Pennyburn round-a-bout. Triathletes will take the second exit onto Strand Road to the Queen's Quay round-a-bout --- lap one has now been completed you will have to complete a second lap to complete the bike course. Each lap is a distance of 10 kilometres.

At the end of the second lap you will take the first exit off Queen's Quay round-a-bout and will be directed up a small side road to the transition entrance. The



dismount line is positioned just before the entrance into the transition area. When you dismount your bike you will proceed to the bike racks returning your bike to its original numbered position --- remember to keep your helmet securely fastened until you have racked your bike.

You now change into your running gear and head out of the transition area onto the run course

Safety on the bike:

- **OBEY ALL MARSHALS, POLICE, AND ALL ROAD MARKINGS AS PER RULES OF THE ROAD**
- Stay to the left side of the race lane unless overtaking other cyclists. The ITU rules must be observed by all competitors.
- Bike helmets must remain fastened for the full duration of the cycle section of the race. Athletes with unfastened helmets will be asked to rectify before being allowed progress further.
- If weather conditions are very windy, the use of disc wheels will not be permitted. If proposing to use a disc wheel, please bring a replacement spoked wheel as an alternative just in case (you know how reliable our weather is).

Drafting

- Drafting is the term used to describe the act of taking shelter behind or beside another competitor or vehicle.
- Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.
- A competitor may enter the draft zone but must be seen to be making forward progress.
- A competitor is overtaken when the front wheel of another competitor's bicycle is ahead of theirs.
- Side by side riding is not allowed.
- Your attention is drawn to the ITU competition rules, that can be found at;

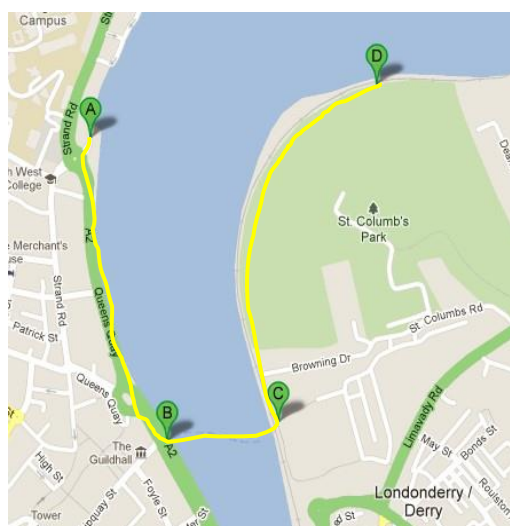
http://www.triathlon.org/uploads/docs/itusport_competition-rules_november2015.pdf

For your information ---- the CAT 1 (only) competitor event is a draft legal event, so different rules, bike set and helmets up will apply for them.

Run

You will exit the transition area following the **RUN EXIT** signs and run along pathway heading towards the Craigavon Bridge keeping the river Foyle on your left hand side. You will run past the Peace Bridge for a short distance, turn at the **marshal staffed** turn cone and head back towards the Peace Bridge, you will then turn right and go over the Peace Bridge -- keeping to the right hand side of the marked course. You will follow the course along Ebrington Barracks on the path under the Peace Bridge to the turn point in St Columb's Park (well done your over half way in the run now) . At the end of this path is the turning point that will bring you back along the same course ---- remember to stay on the right hand side of the run course.

When you cross the finish line take off your sunglasses so the photographer gets a good photograph of you. Move away from the finish line to the holding area to allow others cross the line unhampered and collect your finish medal and water etc. and surrender of the timing chip.



Showers are available to all competitors in the Sports Hall area of Magee University at the end of the event.

Presentation

The presentation for 1st, 2nd and 3rd male/female will be made on the podium at the finish line with the official presentation in the City Hotel afterwards. Please note --- only competitors with arm/wrist bands will be able to avail of the banquet food in the hotel, however the hotel will lay on finger food that can be purchased in the Hotel Foyer.

Age group and other award presentation will be in the City Hotel at 11:30 hrs.

Finally

We hope you have a safe and enjoyable race, if this is your first triathlon or first open water triathlon thank you for choosing us. Over 3000 hrs of planning and event management has gone into today and if you wouldn't mind please thank the marshals on the course as you go by them. They are giving up their Sunday morning to look after you.

Race Safe and see you at the after party in the City Hotel at 21:00 hrs

Sign On Sheet

Below is the disclaimer you sign when signing on to do any TI sanctioned Triathlon;

I HEREBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS OR BI-SPORT/DUATHLON EVENTS.

I certify that I am physically fit and have sufficiently trained for participation in this event(s), and have not been advised against participation by a qualified health professional. I acknowledge that my statements are being accepted by Triathlon Ireland ("TI") and are being relied upon by TI and the various race sponsors, organisers and administrators in permitting me to participate in any TI sanctioned event.

In consideration for allowing me to participate in this TI sanctioned event, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns, or anyone else who might claim or sue on my behalf, and I expressly acknowledge that it is my intent to take these actions:".

a) **I AGREE** to abide by the Competitive Rules adopted by TI, including the Medical Control Rules as they may be amended from time to time, and I acknowledge that my permission to participate may be revoked or suspended for violation of the Competitive Rules;

b) **I AGREE** that prior to participating in an event I will inspect the race course, facilities, equipment, and areas to be used and if I believe any are unsafe I will immediately advise the person supervising the event activity facilities or area.

c) I waive, release, **AND DISCHARGE** from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may in the future arise out of or related to my participation in or my traveling to and from this event, **THE FOLLOWING PERSONS OR ENTITIES: TI, EVENT SPONSORS, RACE DIRECTORS, EVENT PRODUCERS, VOLUNTEERS, ALL CITIES, COUNTRIES, OR LOCALITIES IN WHICH EVENTS OR SEGMENTS OF EVENTS ARE HELD, AND THE OFFICERS, DIRECTORS, EMPLOYERS, REPRESENTITIVES AND AGENTS OF ANY OF THE ABOVE. EVEN IF SUCH CLAIMS, LOSSES, OR LIABILITIES ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS I AM HEREBY RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY;**

d) **I ACKNOWLEDGE**, that there may be traffic or persons **ON THE** course, route and I **ASSUME THE RISK OF RUNNING, BIKING, SWIMMING OR PARTICIPATING IN ANY OTHER EVENT SANCTIONED BY TI.** I also **ASSUME ANY AND ALL OTHER RISKS** associated with participating in the events including, but not limited to falls, contact and/or effects with other participants, effects of weather including heat and / or humidity, defective equipment, the condition of the roads, water hazards, contact with other swimmers or boats, and any hazard that may be posed by spectators or volunteers. All such risks being known and appreciated by me, I further acknowledge that these risks include risks that may be the result of the negligence of the persons or entities mentioned above in paragraph (c) or of other persons or entities;".

e) **I AGREE NOT TO SUE** any of the persons or entities mentioned above in paragraph (c) for any of the claims, losses, or liabilities that I have waived, released, or discharged herein;".

(f) **I INDEMNIFY AND HOLD HARMLESS** the persons or entities mentioned above in paragraph (c) from any and all claims made or liabilities assessed against them as a result of: (I) my actions or inaction's: (ii) the action's, inaction's or negligence of others including those parties hereby indemnified: (iii) the conditions of the facilities, equipment or areas where the event or activity is being conducted: (iv) the Competitive Rules; or (v) any other harm caused by occurrence related to the event;".

(g) **I GRANT PERMISSION** for the use of my name and / or likeness relating to my participation in the event, and I **WAIVE** all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness;".

(h) **Photographs/Media** - I give permission and consent to the taking and use of photographs and/or video footage in which I feature at sporting events and understand that these may be used in the promotion of the activities of Triathlon Ireland and related companies, clubs, societies and selected third parties. These photographs will only be used in keeping with Triathlon Ireland Safeguarding Code's "Guidelines on use of Photographic and Filming Equipment" which is available at www.triathlonireland.com in our Child Protection Information section.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OLD OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.

If this is your first Triathlon or you are an experienced Triathlete;

CHECK THE COURSE AND TRANSITION AREA BEFORE THE EVENT STARTS SO THAT YOU KNOW WHERE YOU ARE GOING

SAFETY IS YOUR RESPONSIBILITY, SO MAKE SURE YOU STAY SAFE OUT ON THE COURSE

HAVE A GREAT FIRMUS ENERGY – CITY of DERRY TRIATHLON AND ENJOY THE EXPERIENCE

THIS EVENT IS ORGANISED BY THE NORTH WEST TRIATHLON CLUB, CELEBRATING 31+ YEARS IN THE SPORT OF TRIATHLON AND STILL GROWING