



Columbia Carlingford Triathlon 2009 Race Briefing

COMPETITOR RACE BRIEFING

1. Introduction

This is our 4th running of the Carlingford Olympic Triathlon, its getting bigger and better every year, thanks to all who have entered.

The course hasn't changed from last year, all we are looking for this year is a change in the weather after two years of rain, we think we're due some sun!

2. Directions

Carlingford is very simple to find coming from North, South or West.

From the South & West

Make your way to the M1, driving North and take exit 18 and following the directions fro the R173 to Carlingford. Once you get onto this road its roughly 18km to the turn for Carlingford at Millgrange, take the left run here and this will bring you into Carlingford Village.

When you arrive at the village, pass the Four Seasons hotel on your left, and take the right immediately after this down to the Sailing Club which is down the end of this road on your left.

From the North

Make your way to Newry, following the signs for Dublin following the A2. When you get the centre of Newry, follow the signs for Omeath / Carlingford R173, you will take a left along the quay in front of the Quays shopping centre. Follow this road down, taking a left at the end, this brings you onto the R173, it's a straight road from here to Carlingford

When you arrive at the village, pass the Castle on your left, and take the left immediately before the Four Seasons Hotel, after this drive down to the Sailing Club which is down the end of this road on your left.



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3. Parking

There is no parking available in the Carlingford Sailing Club.

There is plenty of parking in Carlingford Village, **PLEASE DO NOT PARK ON EITHER SIDE OF THE ROAD AT THE FOUR SEASONS HOTEL** as this is where you will be cycling and running, so your only making it more congested for you and your fellow athletes.

We are working on parking adjacent to the sailing club, please come back to the setantatri.com site for an update on this.

4. Registration

Registration is at Carlingford Sailing Club is open on **Friday evening from 7pm – 9pm** and on **Saturday morning from 9am – 10.45 am**.

You will need your Triathlon Ireland card for registration and if not you will need to either pay the one day license fee (€15.00) or show appropriate evidence that you have paid the license fee online (see our race page for more detail or www.triathlonireland.com).

IF YOU DO NOT BRING YOUR TI LICENCE YOU WILL HAVE PAY €15 FOR THE ODL

On registering you will receive;

- timing chip
- race numbers (which must be pinned to the front of your jersey)
- Pins
- Columbia Race T Shirt

We will be taking entries on the day, but only until 10am



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5. Event Timetable

Friday 21st

7pm – 9pm Race Registration

Saturday 22nd

9am Race Registration Opens

10 am Transition opens. No more on the day entries after 10am

10.45 am Registration closes

11:30 am Marshall Briefing

11:40 am Race Briefing

11.55 am All athletes to be at the start line on the slip way

12:00 pm Race Start

There is one wave only.

3.30 pm Food, BEER and Prize Giving

6. Course Map

This map is also available as a google map on our race page www.setantatri.com

The Swim is a 750 m course, 2 laps

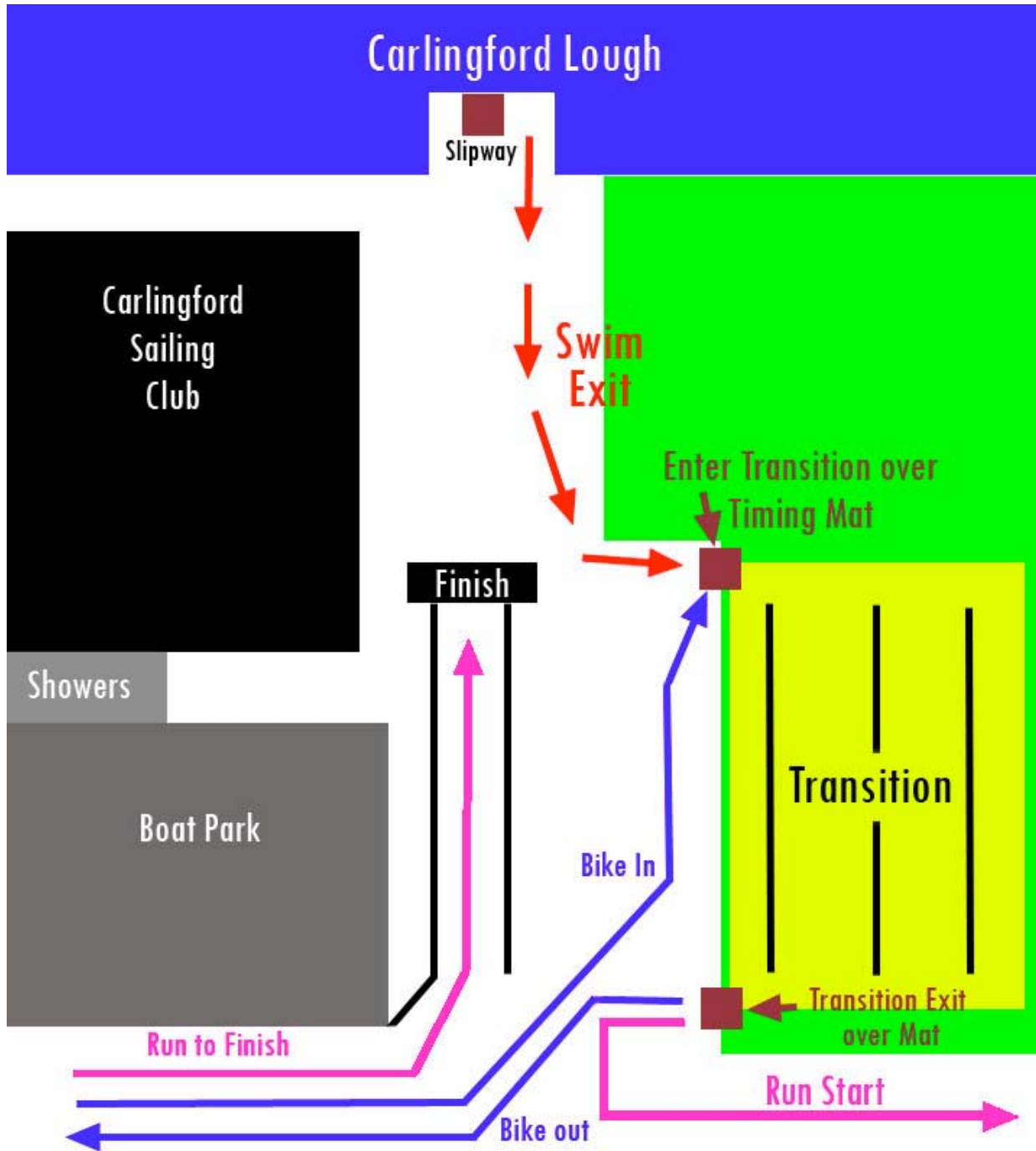
The bike is a 20 km course, 2 laps,

The run is 10km, straight out to Greenore Village and back to Carlingford

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7. Transition Briefing

The transition area, which opens at 10am is located in Carlingford Sailing Club as outlined below.





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This is the area where competitors change from swim to bike and from bike to run.
Transition will open around 10am.

General points or notes

- All athletes will be required to move in a certain direction within the transition area and all entrances and exits will be strictly controlled to ensure that only athletes are permitted to enter the area.
- All bike racks will be numbered.
- Only athletes will be allowed within the transition area.
- The transition area will be cleared of all athletes 15 mins prior to the start of the race
- No bags or towels will be permitted within the transition area 30mins prior to race start. Car park is beside transition so please leave your bags in your cars.
- The only equipment permitted at each athlete location prior to the start of the race is bike, runners, cycling shoes, helmet, sunglasses and food
- Any material other than those stated above will be removed and stored for collection after the race.

Transition Area Organisation

- Swimmers will enter the transition area from the slipway in line with the transition entrance and will proceed directly to their bike.
- **Athletes must put on and buckle their helmet prior to removing their bike.** You can then proceed down through the transition area wheeling your bike until you cross the mount\dismount line. You can then mount your bike and start cycling.
- When returning **you must dismount your bike at the dismount line** and wheel it back to its original location before re-racking it **at your allocated space**. Only at this point can athletes' un-buckle their helmets change into running shoes and exit the transition area through the same point you entered it from the swim and start the run.



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8. Swim

Distance: 1500m – Two laps of a triangular 750m course

Swim is taking place in the Carlingford Lough. This route is 750 meters, starting at the end of the slipway at Carlingford Sailing club, this is also your exit and entry point after the first 750 meters. Wetsuits are mandatory for this event.

- Concerned About Safety?

On the day we will have approximately 10 rescue kayaks, 2 rescue boats, Civil Defense Ambulance, Land Life Guards & Swim Marshals – ensuring that you are all safe at all times. We will also be setting athletes off in 1 wave –. Large buoys will be placed at the each turnaround point.

General Swim Information

- IF YOU ARE A WEAK SWIMMER KEEP TO THE BACK OF YOUR START.
- Swim to the first large buoy and turn left and continue to the next buoy. Once again, keep the second buoy on your left hand side. Swim around the second buoy and directly back toward the slip where you started.
- Exit the water, run around the cone and back in for your second lap. **PLEASE WATCH OUT FOR OTHER ATHLETES WHEN ENTERING AND EXITING AT THIS POINT**
- Canoeists, assisted by power boats, will marshal the swim course.
- **If a swimmer wishes to retire from the swim for any reason, they should lie on their back, raise their clenched fist in the air, stay calm** and a rescue canoeist will come to your assistance. Follow the instructions of the marshal who will bring you to safety.
- There will be a **time limit of 55 minutes on the swim**. This will be confirmed on the day by the race director. A swim marshal has full discretion to remove you from the swim if they feel that you are endangering yourself or others. Don't worry; the vast majority of swimmers will be finished in good time.
- If you are assisted in the swim or your swim is cut short by the race director, you will be allowed to continue the race if you wish to do so but will receive no official time and your timing chip will be removed.
- If you choose not to finish the race for any reason, you must hand your timing chip to a marshal.



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9. Bike Briefing

The cycle route is on the google map on the website.

You leave transition **EXITING RIGHT OUT OF THE SAILING CLUB**, down to the end of the road, turn left and onto Greenore, taking a left at Milltown.

There will be a Garda Car at this junction, slow down and take the corner carefully.

When you get to Greenore go around the cone and cycle approx 10km to Bush, where there will be another cone to turn around, cycle back to Carlingford for a turnaround and complete the same course again to the Greenore turnaround, the Bush turnaround, and finally back to Carlingford and into Transition.

Cyclists must obey the rules of the road, failure to do so may result in disqualification from the race. This is an **OPEN ROAD** race. Exercise caution at all times on the cycle route as there may be vehicles, pedestrians or stray animals. Please do not litter the cycle route.

- Cycling is not allowed in transition area. Cycling helmets are compulsory.
- A competitor may not compete in the cycling segment with a bare torso. The lower body must also be covered adequately.
- As the bike course is not closed to other traffic, rules and regulations of the road must be obeyed at all times. Instructions and directions from the Garda and race marshals must be obeyed.
- Competitors are personally responsible that their bicycles are in satisfactory condition and for providing necessary tools and spare parts to carry out repairs themselves. Receiving help, in the course of the competition, from others is not allowed.
- The helmet must be securely fastened at all times when the competitor is in possession of the bicycle, i.e., from the time they remove their bicycle from the rack at the start of the cycle, until after they have placed their bicycle on the rack at the finish of the cycle.
- It is the responsibility of competitors to ensure that their helmet and bicycle are in safe and roadworthy condition. Competitors who fail to do so may, for safety reasons, will be denied participation.
- Allocated race numbers must be attached to the front of the helmet. Race numbers must also be pinned to the front and back of your jersey / race top.
- All athletes will be required to move in a certain direction within the transition area and all entrances and exits will be strictly controlled to ensure that only athletes are permitted to enter the area.



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- Cyclists are warned to slow down for entry to transition and must dismount before the dismount line otherwise time penalties may apply. Please do not litter.
- Cyclists must dismount and take their bikes into transition where they must rack them **before** taking off their helmets.
- Cyclists are warned to slow down at the following crossroads;

Once again, this is an OPEN ROAD race. Exercise caution at all times on the cycle route as there maybe vehicles, pedestrians or stray animals. Please obey the rules of the road, failure to do so may result in disqualification from the race.

10. Run Course

The run course is a 10k circuit route (see map on website).

The run will be an out and back 10km circuit comprising of 5k out to Greenore and back. **Competitors will exit transition RIGHT and run down the road to join up with the main road**

There will be a water stations along the route ☺. You must run to the turnaround point at Greenore, displaying race numbers pinned to the front and on the back of your jersey, back into Carlingford, PAST THE FOUR SEASONS HOTEL, and take the right down to the sailing club that you took on your bike.

Don't worry, there will be plenty of marshals to guide you and encourage you on your way.

11. Finish

The Finish is located at Transition. Remember to hand over your chip to the marshals. Water will be available at the finish line.



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12. Prizegiving, Food & Results

Prizegiving will be in the bar of the Carlingford Sailing Club at 3.30pm, there is food available to all competitors beforehand.

Results will be available at the prizegiving and from our website, www.setantatri.com

13. Facilities

Toilets will be available at Carlingford Sailing Club

Showers are available after the race in the Carlingford Sailing Club also