

Dear Athlete

Thank you for entering Trinity Germiston #3 at Germiston Lake on 14 April 2019.

Please read and understand all information below. We look forward to seeing you at the race!

Important Information:

- **Race #:** You will receive your race number via email & SMS on Thursday 11th April 2019
- **Identification:** Please bring identification with you to collect your race pack. Acceptable forms of identification are: driver's licence, barcoded green ID book, passport or birth certificate. We may ask to verify your identity and we can't verify who you are, you won't be able to collect your race pack and will be removed from the race entry list
- **Race Pack:** Your race pack will contain a race bib (all) & timing chip (Juniors 12+ & Seniors 16+ only). The use of a race belt is highly recommended as we do not provide safety pins or elastic in the race pack
- **Triathletes:** **Swimming caps are NOT provided.** Please ensure you have a **brightly coloured swimming cap** for the race
- **Race Finisher Medals:** Every athlete that completes the race will receive a finisher's medal
- **Race Address:** Lake Avenue (M37), Germiston Lake (closest corner William Hills Avenue)

Race Registration:

- Registration must be done in person and identification must be provided if requested
- Registration times will be strictly adhered to, no late registration will be accommodated
- **If you miss registration, you will be removed from the entry list**
- Times:
 - 10h00 to 13h00 Saturday 13th April 2019, at Troisport ONLY - Troisport, Shop 4, 61 Woodlands Avenue, Sandton
 - 05h00 to 07h00 Sunday 14th April 2019 at Ekurhuleni Metropolitan Municipal Park entrance (near the fountain)

Parking Information:

- Parking area: Victoria Hall parking lot (**GPS coordinates 26°14'13.2"S & 28°09'28.6"E**)
- Parking address: Lake Avenue, just off Rand Airport Road (next to Germiston High School)
- **Please note: there is NO parking at the registration/race venue.** Parking is available at the lot next to the Victoria Hall at the Municipal Park which is about 500m away from registration, next to Germiston High School. Please follow the signs to the parking lot. Athletes must park there and walk to the venue to register and check in their bikes.

Other Important Information:

- **Race Distances:** As per the race schedule (available to download from our website)
- **Bag Drop-Off:** There is a designated bag drop-off area permanently manned by staff. This area is located close to registration and food vendors. We will treat your bag as if it was our own, but Trinity Sports will not be held liable for any potential/actual damages to or items missing from your bag or loss of your bag
- **Race Briefing:** It is compulsory for all athletes to attend race briefing
- **Race Start Times:** As per the race schedule (available to download from our website)
- **Course Routes:** As per the course routes document (available to download from our website)
- **Wetsuits:** Wetsuit criteria will be utilised as per ITU rules. The Technical Director will make a ruling on the day of the event and announce it accordingly at race briefing.
ITU rules:
 - Up to 1 500m (age group athletes)
 - Water temperature > 22°C = wetsuit illegal
 - Water temperature between 14°C and 22°C = wetsuit optional
 - Water temperature < 14°C = wetsuit compulsory
 - Up to 1 500m (Elite athletes, U23 and Youth athletes)
 - Water temperature > 20°C = wetsuit illegal
 - Water temperature between 14°C and 20°C = wetsuit optional
 - Water temperature < 14°C = wetsuit compulsory

- **Swimwear:** There are no change facilities available in transition after the swim leg of a race. Athletes are advised to either wear a tri suit or swim in their cycling pants
- **Bike Check-In Times:** As per the race schedule (available to download from our website)
- **Bikes & Drafting:** Note that TT bikes (time trial bikes) are allowed in the standard/Olympic distance events and are **non-drafting** races; for all other races only standard road and mountain bikes may be used and are draft legal races
- **Handle Bars & Clip-On Bars (Tri Bars):** The tube ends of all handle bars MUST be plugged. Clip-on bars (tri bars) including the bridge must not exceed the foremost line of the brake levers. Tri bars must have a solid factory bridge or be touching each other. Brake levers or gear levers must not be attached to the clip-on bars.
- **Transition:** Only athletes and officials are allowed in transition. Athletes may only use race essential items in transition (i.e. what you will need to finish the race). Bicycles must be racked one up (black tape), one down (white tape). The front of the saddle must rest on the marked tape segment, with athletes taking care not to encroach to the left or right of the tape since it will affect the amount of space available to another athlete. Please follow the instructions of the officials in transition regarding racking. No tog bags are allowed in transition.
- **Timing:** Athletes will receive a timing chip in their registration pack. The chip must be worn on the left ankle to prevent it from possibly getting stuck in the bike chain. All timing chips are the property of the timing company and must be returned when you check out your bike after the race. If you lose your chip, please inform a member of staff. Athletes are liable for lost chips. **Lost chips will be charged to athletes at replacement cost = R150**. If your chip is lost we will have no times or results for you. Provisional results will be available 15 minutes after an athlete has finished the race and will be available in case of protests or appeals.
- **Bike Check-Out:** Athletes must hand in their chip to gain access to the transition area. **NO CHIP, NO BIKE**. The Race Referee will determine when transition may be opened so that athletes can remove their bikes and is purely at his/her discretion. This will be announced on the day of the race. Provisionally the bike park will open at 12:00pm on Sunday 14th April 2019.

RACE RULES & RACE PROTOCOLS

Your race briefing is compulsory, ensure you attend. Please consult the race schedule for briefing times. Please take note:

- RACE TIME LIMITATIONS will apply to each leg of each race taking place on the day. Time limitations will be enforced and should the Chief Race Referee determine that any athlete has not completed any leg of the event in a time which would compromise the race schedule as advertised and/or safety of other competitors, such athlete will be removed from the event and not be allowed to compete further;
- The start time will be determined according to the size of the field and may be adjusted to avoid overlapping by any 2 waves or events;
- Triathletes must swim in a brightly coloured cap;
- For the cycle and run legs of each race, athletes must wear shoes and the top half of the body must be covered;
- As a general rule for cycling and running, please keep left and pass right;
- Helmets must be worn throughout the bike leg and must be in good condition (i.e. no cracks or damage);
- TT bikes are allowed for the standard distance race and is non-drafting; Only standard bikes may be used for all other races and drafting is allowed;
- Protests & appeals will be dealt with in accordance with ITU rules (specifically chapter 12)

Please ensure you are familiar with all information provided in this Athlete Information Guide.

Race Schedule, Distances, Course Information, Entry List, etc is available to download from our website (www.trinitysports.co.za).

Wishing you a great race!

Trinity Sports