

ATHLETE GUIDE – 6 OCTOBER 2024

PLEASE READ AND UNDERSTAND ALL THE INFORMATION PROVIDED BELOW.

Race Address: Ring Road, Vaal Marina (close to Sole Del Riva complex)

Important Information:

- **Race #:** You will receive your race number via email & SMS on Thursday 3 October 2024
- **Identification:** Please bring identification with you to collect your race pack. Acceptable forms of identification are: driver's licence, barcoded green ID book, ID card, 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), race goodies (all) & timing chip (Sprint triathlon (16+) only). The use of a race belt is highly recommended as we do not provide safety pins or elastic in the race pack
- **Race Chip:** all athletes participating in the sprint triathlon must wear a race chip. It's also the only way to get an official race time. If you lose/forget your chip before the race, there will be replacement chips on sale at registration on race day at **R100 cash** per chip.
- **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 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:

Race Day at race venue:

Sunday 6 October: 06:00-07:30 close to the swim start (next to Sole Del Riva complex on Ring Road, Vaal Marina)

Parking Information:

Please note: there is NO parking at registration/race start. There is a parking area at the race finish area (corner of Anchovy Road and Ring Road). From there, it is about **2km** to the race start. Athletes are permitted to ride their bikes down to the bike area. Spectators can either walk down to the start or wait at the finishing area.

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 at the finish area. We will treat your bag as if it were 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:** may be used but are NOT 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 NOT allowed. Drafting is allowed.
- **Handle Bars & Clip-On Bars (Tri Bars):** handle bars must be plugged at the ends. Tri bars/aero bars/clip-on bars are NOT allowed
- **Cut-off times:** Athletes will be allowed to continue racing as long as they are not a safety risk to themselves or other athletes. If the race referee deems any athlete to be a danger to themselves or other athletes, the athlete will be stopped and not allowed to continue racing.
- **Transition:** Only athletes and officials are allowed in transition. **Please note: we make use of 2 transition areas for the race.** **Transition 1:** at the water where the race starts, this is where you rack your bike and place all accessories needed for the bike leg of the race. **Transition 2:** at the finish area. This is where you put all your run gear. After the bike leg, you rack your bike here, and put on your running gear. Athletes may only use race essential items in transition (i.e. what you will need to finish the race). 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.
- **Timing:** Athletes must buy a timing chip, charged at R50. The chip will be in their race pack. The chip must be worn on an athlete's wrist. Timing pods are used on the course, and athletes need to tap & go the pods at certain points. The pods will be at: swim start, transition entry, transition exit, finish line. If your chip is lost we will have no times or results for you. Replacement chips will be for sale on race day at a cost of **R100 cash** per chip
- **Bike Check-Out:** 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 race day. Provisionally the bike park will open at 10:00 on Sunday 6 October 2024

RACE RULES & RACE PROTOCOLS

Your race briefing is compulsory. Please consult the race schedule for briefing times.

Please take note:

- 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 right and pass left on the cycle; keep left and pass right on the run;
- Helmets must be worn throughout the bike leg and must be in good condition (i.e. no cracks or damage)
- Most importantly, remember to have fun!