

RACE BRIEFING SHEET – Amman Valley Sprint Triathlon

Because this is a Pool based triathlon there is no Pre-Race Briefing as you would get at an Open water triathlon. Every athlete on Race Day will be asked to read this Briefing note.

POOL – 400m

- This is a 400m swim – you will swim 16 lengths
- No athletes allowed in the Pool until asked by the Senior Pool Official.
- You will start in the water at the Deep End of the pool .
- You will be provided with a colour swim cap at poolside.
- A marshal will place a float in the water when you have two lengths to go.
- You must leave the Pool through the Fire Exit – no running at Poolside.

BIKE – 15k

- Be mindful of other athletes in Transition – there will be a lot of activity there.
- You need to fasten your helmet before taking your bike off the racking
- Bike Exit will be signed – please leave through this exit only
- Push your bike down to the Mount/Dismount Line
- Mount your bike and exit the Leisure centre and turn left at the end of the road.
- You should have familiarised yourself with the Bike Course
- The Bike course will be well signed with marshalled
- On your return please Dismount at correct location.
- Push your bike back into Transition
- Once you have racked your bike then you can remove your helmet.
- This a NON DRAFTING EVENT and there will be Motor Bike Officials on the Course.

RUN – 5k

- Exit Transition at the correct point
- Please run out of transition taking care of other athletes in Transition
- Stay to the left hand side as exiting the car park and then onto the Pavement
- The run course will be well signed and marshalled.
- The 5k turnaround point is just before the bridge on the cycle path – there will be a bollard here and marshalls.
- Re-trace your steps back to the Leisure Centre and the FINISH line

Please Respect all Marshalls and members of the public whilst out on the Course