

RELAY WILD TRIATHLON!

Sunday 21 August

Kilgraston School, Bridge of Earn, Perth

Join event hosts **Perth Triathlon Club for Scotland's Most Enjoyable team relay triathlon race.**

Teams of 4 will in turn complete a short swim-bike-run course before tagging their next team member as the signal to go.

Ideal for those new to triathlon as the distances are very short, or for those already racing who want to try something new.

Team categories are 4 x male / 4 x female / 2 x male + 2 x female.

**Enter now at www.entrycentral.com/relay-wild-tri
Route & info at www.perthtriclub.com**

**Bring the kids too for the relay wild fun run!
Wild animal fancy dress encouraged.**



Relay Wild Triathlon key points

The Relay Wild Triathlon is a team relay format triathlon race, organised by Perth Triathlon Club. The race has been called relay wild as it was the first race of its kind to be held in Scotland and was founded in 2013. The team relay format also featured in the Commonwealth Games.

We have space for 36 teams of 4 people, so a limit of 144 participants. Each person in the team will in turn complete a short triathlon course, and then tag their next team member until all four have completed the course. The distances are 200m pool swim, 5.8km on road cycle and 1.2km run in the grounds of Kilgraston School. Each person will swim-bike-run before the next person starts and so is a great event for spectating.

Team categories are 4 x male / 4 x female / 2 x male + 2 x female. No other combinations are eligible to enter. Prizes will be awarded to the overall winners of each of our three categories, as well as second and third place. Name changes are allowed, but must be emailed to the race organiser by 12 August 2016.

So that the event is family friendly, we also host a free kids fun run before the main event. Sign up in advance via www.entrycentral.com/relay-wild-tri. At the school, the grounds are fantastic and there is a small adventure play area next to the finish line. There will also be a snack van present and a post event buffet.

The race is chip timed by Racing Timing Systems. We anticipate the schedule to be as follows, but this is subject to change

10.00am registration

11.00am kids fun run starts

11.30am registration closes for race briefing

12.00pm triathlon race start

Please visit www.perthtriclub.com for up to date schedule information and the race route.

Normal British Triathlon rules apply and there will be technical officials present on race day.

If you are new to triathlon, please visit the triathlonscotland website link below for helpful advice
www.triathlonscotland.org/events/your-first-triathlon

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—speciality coffee—

Parking

The race location is at Kilgraston School. Bridge of Earn, Perth, PH2 9BQ. Arrive at the school and follow the marshal directions for parking. This will either be in the wider school grounds, or close to transition in the sports hall car park. Overflow parking will be outside the school gates. Please car share where possible or take public transport. The nearest rail station is in Perth.

Registration

The exact location of registration is in the sports hall. Enter that sports hall building and follow the signs to registration. At registration your team will be ticked off our entry list and you will tell us the order of team members 2, 3 & 4. You will be given 4 identical race numbers, with pins for your t-shirt or race belt, a swim hat and your timing chip. Please can only one team member collect the team race pack to avoid congestion. Your team race number will be marked on one arm and the opposite leg of each team member.

Tip: Arriving in good time to get set up and register, gives you the best chance of being organised, being relaxed and performing at your best.

Transition set up

Before the race starts you need to set out your bike, helmet and running kit in the transition area. You need to place your bike in the area marked for your race number. You will need to remember where you placed your bike and kit. You need to clearly display your race number on your back during the cycle and then your front during the run. To do this you may need to turn your t-shirt around for the cycle.

Tip: Remember that you will be putting your shoes on in a hurry before you start cycling, so think about how you will do it and have a practise. Talcum powder and a small towel to stand on helps!

Changing

Competitors can get changed in the swimming pool changing rooms. Please do not leave your clothes in the changing area cubicles as other competitors will need to get changed. If possible please pass your day clothes to a friend/relative who will be able to store them in the sports hall where you can get changed after your race. Note that the sports hall will not have a secure area so please leave your valuables at home.

Race Briefing

There will be a race briefing in the viewing gallery at 11.30am before the race at 12pm. All athletes must attend the race briefing, where there will be an explanation of the race format and the route.

Swim

The first team members will line up in swim time order on pool side. The swim director will set the first swimmers off at 10 second intervals. Swimmers will start to swim in a chain or line up one side of the lane, turn and swim down the other side of the lane before ducking under the lane rope and starting the same process in the next lane.

When you approach the end of the pool lane you should move towards the middle of the lane, then turn and push off the wall so that you come up on the opposite side to avoid colliding with other swimmers.

If you want to overtake, tap the person in front on their ankle firmly. If someone wants to overtake you, they will tap your ankle. When someone is overtaking you should swim to the corner [on the same side] to give the swimmer behind you plenty of space to turn safely. It's important that nobody overtakes in the middle of the lane. You can receive a penalty from the technical official for this.

When you have completed 200m (8 lengths of the pool) you will get out of the pool and progress towards the transition area. Leave your swim hat at the door for the next group of swimmers.

Transition

Climb out of the pool and carefully exit out the pool door to the transition area. In transition you leave your swim kit (goggles) and put on your cycling kit, and fasten your helmet before you touch your bike. You can only get on your bike when you have passed the mount line marked on the ground. When you return to transition you must rack your bike before removing your helmet. A map of transition is available at www.perthtriclub.com.

Cycle

Follow the direction of the signs and marshals onto the cycle course. A map of the cycle course is available at www.perthtriclub.com. Drafting on the cycle route (riding directly behind or to the side of another competitor) is not allowed. Please leave a space of 7m behind x 3m wide when riding / passing another competitor.

Run

The run course is a 1.2km cross country loop around the school grounds and back towards the sports hall. A map of the run route is available at www.perthtriclub.com.

Tag zone

You will cross the finish line and then continue forward towards the tag zone. This is where you will tag your next team mate to allow them to start their triathlon. The next team member will then progress straight into the swimming pool.

Changing

After you finish get changed in the **sports hall changing rooms** before you become cold. If muddy, please take your running shoes off before going into the changing rooms, to keep them clean. Do NOT go back into the transition area to take your gear out until the transition area marshal has told you that you can. You don't want to get in the way of someone else's race.

Presentation (prize giving)

Presentations will be at the transition area, as soon as all athletes have completed the race. There will be prizes for the first, second and third teams in each category. Please be patient as working out the results is surprisingly difficult and may take a little time.

Spectators (friends, family, mums and dads)

The pool does not have an indoor spectator area, but you can watch from outside where there are big windows looking into the pool. There are ample spots along the run and cycle routes to spectate. Please do not get in the way of competitors and please obey marshal instructions.

Photography

We take athlete welfare very seriously. If you plan to take photographs or video at the event you are welcome. However we will wish to identify and keep a record of everyone recording images. If you wish to take photographs or video of the event please complete a photography form at registration. We will be issuing identification to everyone who has registered to take photographs and video. We request that photographers use sound judgement in what they photograph or video. We request that photographers also use sound judgement if uploading images to social media. Drones are not permitted to film at the event under any circumstances.

Volunteers

We cannot organise anything without volunteers. Anyone volunteering to help out would be greatly appreciated; there are lots of easy little tasks. Ask at registration or better still contact perthtri@gmail.com before race day.

Bring the kids too for the relay wild fun run!

**Let the kids go wild around our short 1.2km
fun run route before the adult relay race.**

**All ages welcome, children under 8 can run
with an adult.**

**Wild animal fancy dress is encouraged, with
prizes for all participants and the best fancy
dress costume!**

Sign up www.entrycentral.com/relay-wild-tri

**Beautiful grounds
Playground area by finish line
Snack van and post race buffet!**



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