

The Allander Autumn Aquathlon Briefing

Sunday 18th March 2018

Start @ 9.30 am

www.glasgowtriathlonclub.co.uk

Registration opens at 8.35am and closes at 9.10am – please arrive early to avoid delays.

The information provided below will help you on the day of the event. A route map is available on the Website and you are strongly advised to fully familiarise yourself with the race course. Any questions you may have will be answered at the pre-race briefing.

PROGRAMME

Upon arrival, please make your way to the Swimming Pool where you should register and be issued with:-

- Race Number (attaches to your running vest or tee shirt, number belts permitted)
- Safety Pins (should you not have access to a running belt)
- Heat Number and Swim Lane details

THE RACE

Competitors should assemble in the cafe area following Registration in readiness for the race briefing and subsequent start of the heats. If the weather is fine, this will be held outside in front of the cafe.

Competitors then make their way to the poolside where they will be held prior to being called to the start area. A final briefing will be given before the start and time will be allowed for a warm-up swim.

Some points to note:

All competitors will start in the water, in an allocated lane and in a specified "cap order" (notified on the day). Dive starts are not permitted.

Competitors should place their running shoes and any clothes they intend to use for the run in the Transition Zone outside the pool area, (this may be moved under cover if the weather is really poor). Together with a pair of running trainers it is usual to have access to a tee shirt and possibly, but not absolutely necessarily, running shorts. If the weather is bad – the Race Organiser may insist that extra clothing is worn by all competitors to ensure a good body temperature is maintained.

Follow the Marshall's instructions as you complete the run course – remembering to count the number of laps you complete. Bands will be issued at the turn-point to assist you in the process.

Once finished you will be asked to keep clear of any swimmers emerging from later heats before being allowed to collect any items you have left in the pool area or Transition Zone.

AFTER THE RACE

Shower and change in the swimming pool area of the Leisure Centre. A light snack and Hot Drinks can be purchased in the Leisure Centre where a presentation will be given as soon after the last competitors have finished as is possible.

Peter Soden
Race Organiser, Glasgow Triathlon Club
January 2018