



# 3D Super Aquathlon

## Skerries South Beach

### 11th July 2010

Thank you for entering the 3D Super Aquathlon in aid of Skerries R.N.L.I. With only a short time to go to the race we would like to provide you with some detailed information on what to expect on the day. It is important that you read through this information carefully and understand the rules of an Aquathlon to ensure a fun, fair and safe event for you and all participants. Please read through the information contained below and take this with you to the event. If you have any questions after reading through this information please do not hesitate to contact us.

#### **Race Day Timetable**

<b>Time</b>	<b>Event</b>
11:00am	Registration opens
12:30pm	Registration closes
12:45pm	Race briefing
12:55pm	Sprint Aquathlon athletes enter water
13:00pm	Sprint Aquathlon Race Starts
13:10pm	Super Aquathlon Athletes enter water
13:15pm	Super Aquathlon Race Starts
15:00pm	Race concludes
16:00pm	Presentation & Post Race food at Skerries R.N.L.I. Station



### **Event Overview**

The 3D Super Aquathlon is made up of two races with each participant choosing which race they wish to participate in

- A Sprint Aquathlon - 750m Swim followed by a 4K run
- A Super Aquathlon - 1,500m Swim followed by a 8K run

The race will take place at the South Strand in Skerries beside the Lifeguard Station. The race will start at

- Sprint Aquathlon Race – 1300
- Super Aquathlon Race – 1315

and should finish by 1500. Once the race finishes participants will be invited to join us for prize giving and sandwiches at Skerries R.N.L.I. Station on Harbour Road.

### **Sponsorship**

Any sponsorship you have raised can be handed in at registration.

### **Getting there**

Follow the signs for Skerries from Junction 4 of the M1 (Northbound) or Junction 6 of the M1 (Southbound). Once you enter Skerries town follow the signs for Town Centre and then for Harbour. Registration will take place at the Skerries R.N.L.I. Station which is located at the top of the Harbour Road.

### **Parking**

Free public parking is available at Red Island in Skerries. This is located at the top of the Harbour approx 300m from Registration.

### **Registration**

Registration will take place at the Skerries R.N.L.I. Station from 1100 to 1230 on the morning of the race. If you have not registered by 1230 you will not be allowed to race

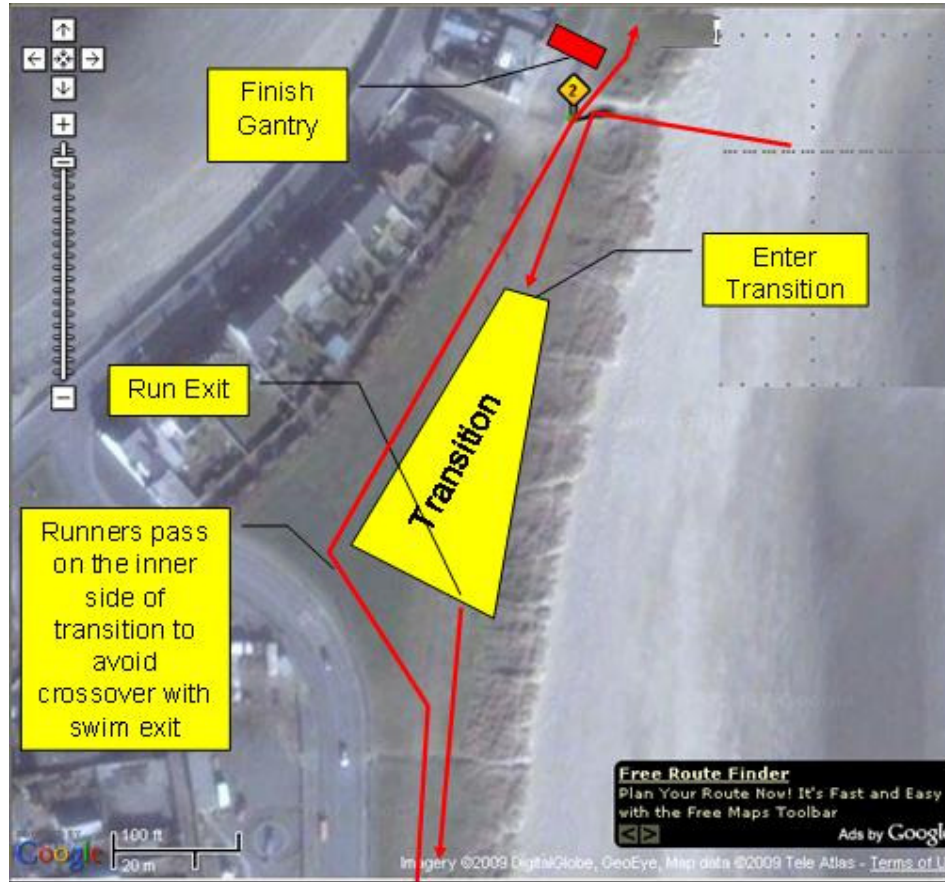
Please bring your Triathlon Ireland membership card to registration. If you do not show your TI card you will have to pay a one day licence fee (EUR10).

At registration you will be given your race number and a swim hat. The swim hat **MUST** be worn during the swim section of the race and the race number **MUST** be worn on the front of your running gear during the run section of the race. Pins will be provided to fasten your number to your running gear.

## Transition

Transition will open at 1130 and each competitor will be allocated a numbered transition box. Only equipment essential to your race will be allowed in this box. The area around your transition box should be kept clear and tidy in the interests of safety.

Transition will close at 1245 and no competitors will be allowed re-enter transition after this time.



## Swim

The swim section of the race will take place on the South Strand in Skerries. **WETSUITS ARE COMPULSORY.** No competitor will be allowed race without a wetsuit.

All competitors must also wear the swim hat supplied to them at registration.

The swim course consists of a 750 metre triangular course with turns marked by large yellow buoys. The swim start will be in the water.

“Sprint” competitors will complete one lap of the course.

“Super Aquathlon” competitors will complete two laps of the course. After the first lap they will exit the water and round a marker on the beach and then re-enter the water to complete a second lap.

On completing the swim course competitors should exit the water and run as up to the grassed area off the beach and turn left towards transition.



The cut off time for the swim will be 30 minutes for the sprint event swim and 60 minutes for the Super Aquathlon. Any athletes remaining in the water at the cut off time will be taken from the water by boat and transported to the transition area. Such athletes may be permitted to continue onto the run, but will not receive an official result.

### **Swim Safety**

Before entering the water, you will be directed through a channel to enable the swim safety marshals to note your number.

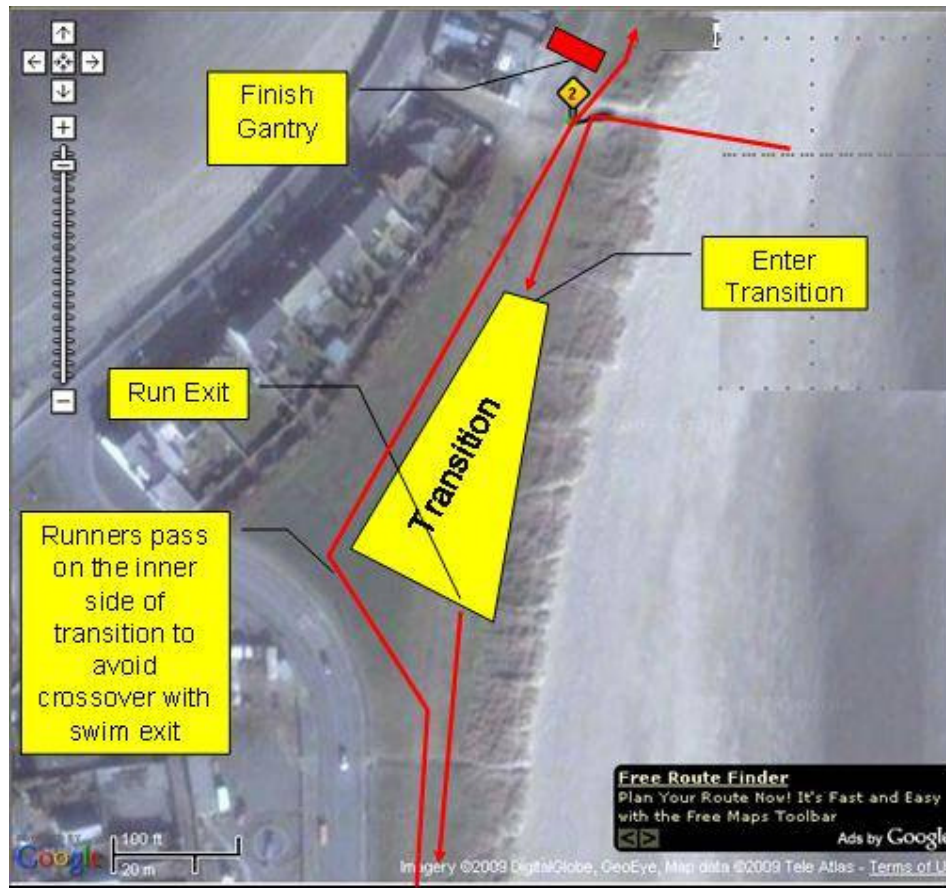
On exiting the water, you must run along the taped off channel and you will be directed to take off your swim hat and drop it into a container. The swim safety marshals will check these in to ensure we have accounted for all swimmers.

Should you get into difficulty during the swim, you should roll onto your back and hold one arm in the air to alert a rescue vessel. There will be 6 canoes and 4 Rescue boats in the water and a canoe will come to assist you. You should follow the instructions of the canoeist who will bring you to a rescue boat who will remove you from the water. If necessary you will be brought to the Order of Malta ambulance for appropriate care.

### **Run Section**

The entrance to transition is at the end nearest to you once you have left the beach and are on the path.

On entering transition competitors should change into their run gear at their numbered transition box. Please respect other competitors by storing your wetsuit and swim hats/goggles in your transition box.



You exit transition at the opposite end that you entered heading towards Holmpatrick.

On exiting transition, follow the tarmac path straight down to the bottom of the path to turnaround 1 where you will turn around a marker (opposite Skerries Rugby Club). Participant numbers will be noted at each turn to ensure that each competitor completes the course. Please run on the left hand side.

Continue by running back toward and past transition (again keeping to the left) to the end of the tarmac path to turnaround 2. Turnaround 2 is at the bandstand beside the R.N.L.I. Station around the headland.

Return along the tarmac path to the finish (near transition).

Those doing the Super Aquathlon will run this course twice.

**Finish**

Please ensure you have your race number clearly attached to the front of your running gear to enable marshals to identify you at the finish.



**After Race**

Please join us for Prize Giving and food at the Skerries R.N.L.I. Station after the race.