

TRILAOIS 2019

**Portlaoise Leisure Centre
Portlaoise, County Laois
6th April
2019**



Race Insurance

Insurance for Competitors –

You must have one of the following.

Full Triathlon Ireland Racing Membership

OR

One Day Race License for your race type either Sprint or Tri-a-Tri

The latest time to purchase a one day license is the Thursday before the race which is next Thursday April 4th.

If you have not already done so we strongly encourage you to do this now as it is getting very close to the event and it take times to process and post out new race licenses and we can't allow you to participate without race insurance.

LINKS to Purchase Race Insurance

See the following website for details on getting your required race insurance with full membership , usually better value if you plan to do several races this year .

<https://www.triathlonireland.com/Get-Involved/Become-A-Member/>

or if you just want insurance cover for Trilaois go for a one day license at

<https://www.triathlonireland.com/Get-Involved/One-Day-Membership/>

Event Timetable			
	Date	Time	Venue/Location
Site set-up	5 th April	14:00pm	Portlaoise Leisure Centre
Race sign on and registration All Waves	5 th April	19:00pm – 21:00pm	Portlaoise Leisure Centre
	6 th April	07:00am – 08:00am	
Race sign on and registration Waves 8 -11 Only	6 th April	9:00am – 9:45am	Portlaoise Leisure Centre
Transition Open for Bike racking All waves	6 th April	07:00am – 08:00am	Astro Turf behind Portlaoise Leisure Centre
Transition Open for Bike racking Only for Waves 8-11		9:00am – 10:00am	
Marshal/stewards etc. sign-on	6 th April	18:00pm	Portlaoise Leisure Centre
	6 th April	06:00am	
Marshal/stewards etc briefing	6 th April	08:10am	Portlaoise Leisure Centre
Marshal/stewards etc in place	6 th April	08:20am	Pool/Cycle Route/Run Route
Competitor race briefing Waves 1-7	6 th April	08:05am	Portlaoise Leisure Centre Foyer area
Waves 8-11	6 th April	10:15am	
Event start	6 th April	08:30hrs	Portlaoise Leisure Centre
Cut off time for swim	6 th April	30 min for 750M Swim	-
		20 Min for 400M Swim	
Event finish - this is the time when the organisers are no longer responsible for athletes in recovery area, transition or run courses.	6 th April	15:00pm	-
Prize Giving	6 th April	15:05pm	Portlaoise Leisure Centre

Race Brief

Distances

Tri with Tri Laois – 400m, 16 X 25m Pool Lengths, 19.3km Cycle, 5km Run.

Sprint– 750m 30 X 25m Pool Lengths, 19.3Km Cycle, 5Km Run.

Car Parking

There will be no parking available in the Portlaoise Leisure Centre Car Park as this must be kept free for Gym members. The Gym will be open from 9am onwards. Also there will be no parking allowed in the immediate vicinity of the Leisure Centre as these are the roads that will be used for both the cycle and the run. We have planned on 3 possible locations for parking. And 2 are free and one is paid, St, Vincent's , Old Convent grounds, and there is parking available in the County Council Car Park which is on the Ridge Road at a cost of €2.40 for the day. There will be marshals around on the morning of the race directing people towards this parking. We will also be directing people to other parking places on the morning before registration closes so please arrive early to ensure you get a parking space close to the event. Please do not cause an obstruction in the immediate vicinity of the Leisure Centre. It is in your own interest.

Registration Process

Registration to take place between 18:00pm and 21:00pm on Friday evening 7th of April at Portlaoise Leisure Centre. For people who are based locally, it would be great to get all those registered on Friday night. That's leaves more time for those who will be travelling distances to register on Sat morning. Registration is usually very busy on Sat Morning and if you also have to get parking, rack your bike and deal with nerves it is also best to get here as early as possible if you can't make Friday evening and are leaving it until Sat Morning.

There will be limited registration on Saturday morning between 07:00am - 8:00am at Portlaoise Leisure Centre **for those who have to travel a significant distance.**

Because of feedback from previous years we are introducing on a trial basis a second registration , that is for competitors in the later waves 8-11.

Note **you must** be registered in waves 8-11 to register in this later registration that opens for a limited time from 9am to 9:45am. If anyone comes to this registration from Waves 1-7 we cannot allow them to register.

TI Membership cards will be checked at registration and one-day licenses must be presented where required. All competitors will be required to sign the disclaimer. Competitors with any medical conditions and/or disabilities will be required to inform us at the time of registration.

Transition Area

The transition Area will be in the Astro Turf pitch behind Portlaoise Leisure Centre. **THERE IS NO NUDITY ALLOWED IN TRANSITION. So use your towels to cover yourselves if you are changing clothes. Take your time.**

Transition will open at 06:30am on the morning and will close at 7:45am SHARP. All athletes must leave the transition area at this time as the race brief for the entrants will take place at 08:05am in the reception area of the Portlaoise Leisure Centre.

For entrants in Waves 8,9,10,11 you are allowed to register later and enter transition between 9-10 for this later registration. This later transition entry is marshalled and will be opened from 9am to 10am and **only people** for these waves will be allowed into Transition. Everyone else in **waves 1-7** **must register** either Friday from 6pm-9pm or Saturday Morning from 6:30am-7:45am and rack their bike from 7:00 -8:00am.

BAG DROP and Transition

Only Bike and running shoes helmets etc. are allowed at you Bike rack position, other items will be removed.

Changing facilities are available at the rear of the Leisure center, Please don't use the lockers here but instead the Bag drop at the rear of transition.

You will not be permitted to re-enter transition until after your swim.

Bike racks will be identified by 'Waves'. It is the responsibility of each competitor to remember where their bike is located.

It is the athlete's responsibility to have a road worthy bike and wear a hard shell helmet. When an athlete is entering the transition area to set up, he/she will be required to demonstrate that their bikes are roadworthy e.g. by spinning wheels and pulling brakes.

Marshals will be on hand to provide directions to the competitors.

Each bike will have a numbered sticker to go along with your race number. You must have your race number to collect a bike from transition at the end of the day.

Transition Closes at 8:00am for Waves 1-7 and for Waves 8-11

Transition Closes at 10:00 am

At this time all competitors must leave transition and bring any belongings not need for the race with them. Anything not deemed to be needed for the race will be taken from transition and moved to the Lost and Found.

Only Waves 8-11 are allowed rack their bike during later opening between 9-10am.

Competitor Race Briefing for Waves 1-7

At 8:05 am the Competitor Race brief will be held in the foyer of the leisure center and it is very important that every participant of waves 1-7 attends this.

Competitor Race Briefing for Waves 8-11

At 10:15 the Competitor Race brief will be held in the foyer of the leisure center for entrants in waves 8-11 and it is very important that every participant of waves 8-11 attends.

Race Start

The senior race will start at 08:30 with Wave 1 in the pool. We are starting out with 2 fast waves to get the action started early and ensure maximum safety and then this will be followed by the Tri-a-Tri waves, a relay wave and the remainder of the sprint waves.

Wave 3 , 4 & 5 will be the Tri with Tri Laois distance will have a 20 Minute cut off. All remaining waves will be every approx. 30 minutes or so with a cut off of 30 minutes as they are 750 M distance.

NOTE it is very important to be ready at poolside at least 20 minutes before your projected wave start time , this will allow us to organize you properly for the race and avoid delays in the pool and allow the race to run as smoothly as possible.

Wave Start Times will be announced on the Thursday before the Race.

Athletes must be in the pool area at least 20 minutes prior to your wave!

Rules and Regulations

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. This document is available on the Triathlon Ireland website: www.triathlonireland.com and we would ask that all athletes refer to section 3.8 – ‘General rules for competitors.’

Appeals/Protests

A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance.

NOTE ON MARSHALS

Ignoring the instructions of marshals will result in disqualification. Marshals are there to make sure you have a safe race – so listen to them and be courteous at all times. They have your best interests at heart. It may not seem that way at the time but they genuinely do.

Verbally abusing a marshal will result in immediate disqualification. The only reason you are able to participate in this race is because a marshal has volunteered his /her time to enable the race to be run. Don't forget this when the adrenaline is pumping and all you want to do is keep going.

The Routes

Swim Plan

PLEASE NOTE: THESE TIMES ARE JUST INDICATIVE AND ALL ATHLETES MUST MONITOR PROGRESS OF PREVIOUS WAVES AS WAVES STARTS MAY BE BROUGHT FORWARD IF EVENTS ARE BEING COMPLETED FASTER THAN ANTICIPATED/PLANNED.

The swim will take place in Portlaoise Leisure Centre in a 25m pool.

Wave 1 of Race will start at 08:30hrs.

Each wave will start as soon as the previous wave finishes. Aim to be ready to start early as the race sometimes moves faster than planned.

There is a 20 minute time limit on each of the first 2 waves.

Wave 3+ cut off will be 20 Minutes for the tri-a- tri swim (400m). This will be followed by the relay wave and then the sprint waves, these will be

progressively quicker as each wave is completed as the first waves will have the slower swimmers progressing onto the fastest swimmers in the final wave

5 lanes will be in use with 6/7 athletes per lane. There will be 2 lane counters per lane. The athletes will be seeded based on the times they supplied during online registration.

Water Safety

This is a 25m pool with 5 lanes. We plan to accommodate 385 athletes in 11 Waves. The swim cut off time for the Sprint race will be 30 minutes and 20 minutes for the Tri-a Tri. Swimmers who have not completed the distance in this time will have their times calculated on the distance covered. Wetsuits or other buoyancy aids are not allowed. **No Diving or Tumble Turns are allowed.** Firmly tap a slower swimmer on the ankle if you wish to overtake them, **overtaking is only allowed at the end of the pool.** If you feel a firm tap on the ankle please stop at the end wall and allow that swimmer to pass by. Marshalls may stop slower swimmers at a wall to allow a faster swimmer to pass safely by. Marshalls will count lengths completed, their count is final.

General Safety

The Portlaoise Leisure Centre will have its full complement of life guards on site. These life guards are well trained in all lifesaving and first aid techniques. Each lane will have 2 lane counters per lane. These lane counters are members of Trilogy Triathlon Club and can easily spot if any swimmer is in difficulty.

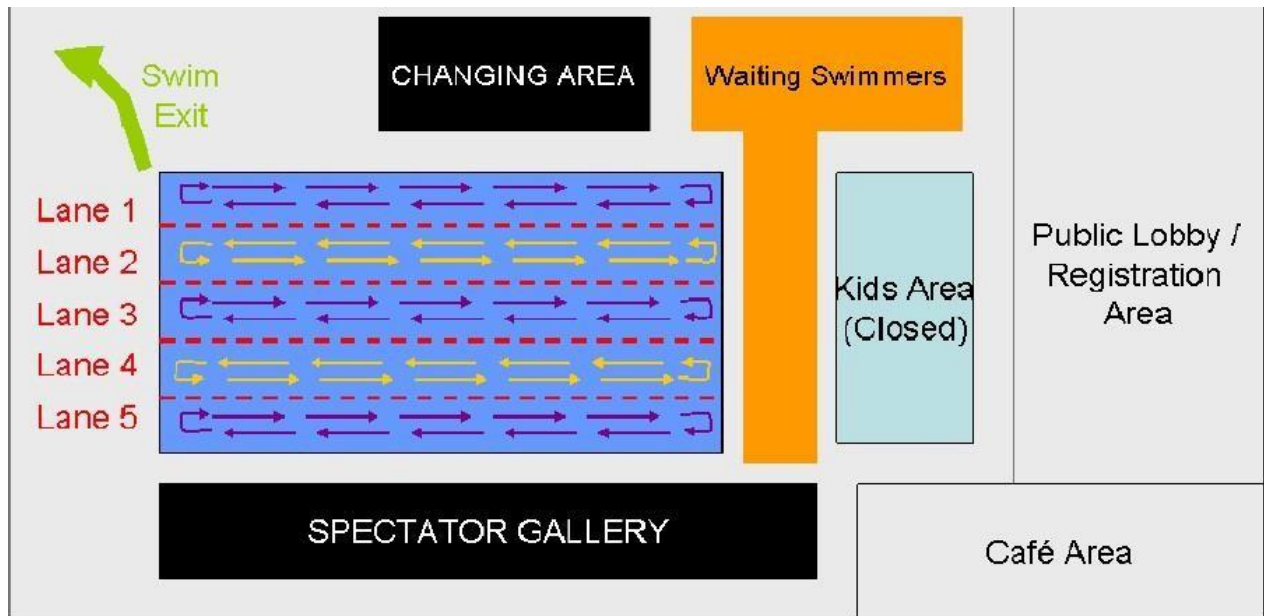
Swimmer Identification

Each swimmer will wear his/her own swim hat. In the event of two swimmers in the same lane having the same coloured swim hat, the lane counters will allocate a different coloured hat to the first swimmer. This is for swimmer identification. The lane counters will then use a specific form for each wave to count the lengths covered by each swimmer (as noted by colour of swim hat) as the race progresses. The Swimmer will receive a 'pat on the head' from the lane counter with two lengths to go. Swimmers will be advised to let faster athletes pass at the pool end wall. Marshal's word is final on lane count.

Retiring Swimmers

Athletes who retire early will have their timing chips removed by the Water Safety Officer. They are free to finish the course but will not receive an official time.

Pool Layout



Pool Exit to Transition.

Once competitors have completed the swim leg they will be directed towards the pool exit and from here follow the matting towards transition.

Marshals will be on hand to provide directions to the competitors. All competitors must follow the routes indicated by the marshals on hand to get to their bikes as the transition is neutralised so no competitor is at a disadvantage as to where they enter and exit in relation to the bike rack they are located at. It is the responsibility of the athlete to remember the location of their bike.

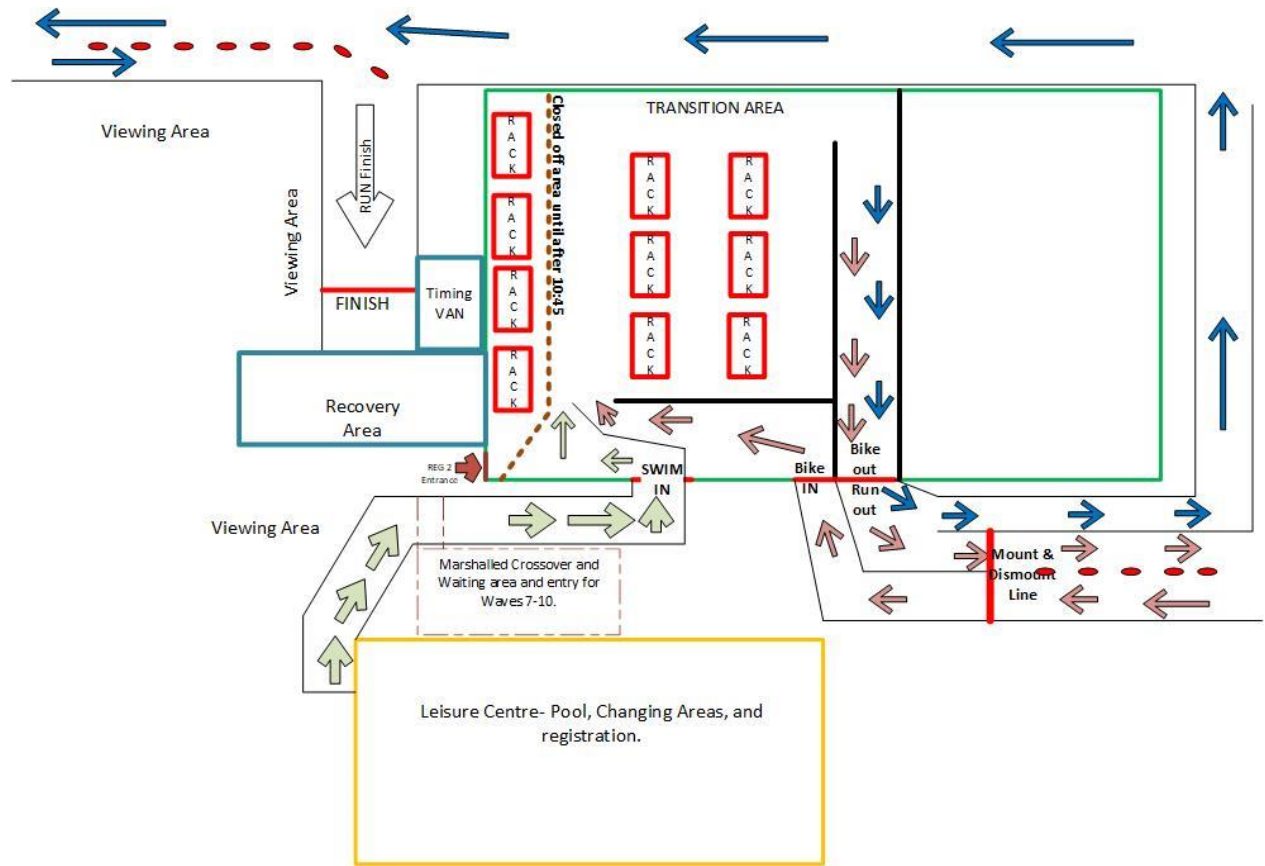
DO NOT REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR HELMET IS ON AND FASTENED.

Each bike will have a numbered sticker to go along with your race number. You must have your race number to collect a bike from transition at the end of the day.

No ear phones of any description are allowed on the bike route.

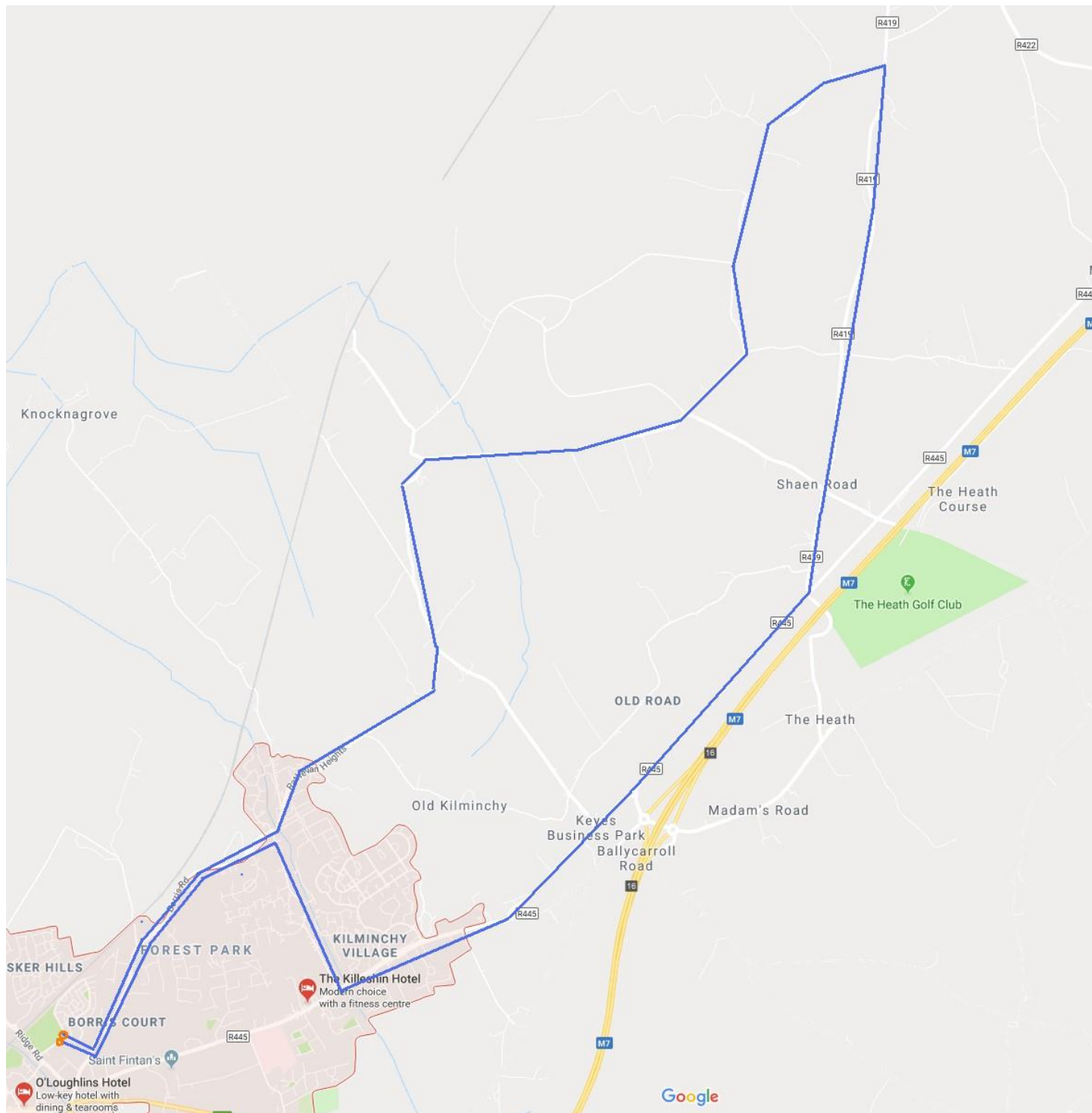
Marshals will alert competitors to dangers and descents. Adhere to marshals at all times. It is in the interest of YOUR safety.

Once you have your helmet on and bike ready you will leave Transition under the direction of the marshals and head for the mount line which is the start of the Bike Course.



Bike Course

Competitors will exit the transition area and mount their bike after crossing the timing mat. All athletes must fasten their helmets before touching their bikes.



TriLaois features a looped cycle route, which is 19.3km long. Competitors will head out of the town on the main Monasterevan / old N7 to Dublin, before turning towards Portlaoise and returning to town via country roads in Coolbanagher and Shaen (see map).

As you leave transition and enter the cycle course, proceed along following direction signs and the instructions of the marshal team. Please remember that everyone else in Portlaoise is going about their normal Saturday morning business – that means that Rules of the Road and common sense apply.

On the early part of the cycle route you will be directed onto the Borris road and will return along this route towards the end of the race. There are traffic control humps to watch out for along this section of the road be vigilant when approaching these please.

Also be extra careful negotiating the numerous roundabouts in the town and on the route – you must approach each of these with caution, some of these roundabouts will also have pedestrian crossings so be extra vigilant for these. Remember, you have no right to proceed through a roundabout just because you are racing – Rules of the Road apply.

Marshalls will be at all major junctions for safety and directions. In addition, signage will be placed at every major turn, and will also be marked with temporary road paint.

Please remember, the cycle course is on open roads – while safety marshals will encourage traffic to slow down, we cannot stop traffic at junctions for you. If a marshal instructs you to stop, then please stop. Likewise, you must approach all roads and junctions with caution – we do not want any accidents on the cycle course.

On your return to Portlaoise, you will be directed by our marshals back to Transition. Please remember to rack your bike only in your allocated space – failure to do so may impede another competitor's progress through transition, and may lead to you being penalised.

Be careful when you dismount as the legs will be tired and your coordination may not be as good as you think.

On returning to transition do not remove or unfasten your helmet until your bike is back on the rack.

Drafting is prohibited

Drafting rules will apply. There will be an official Triathlon Ireland Draft Buster on a Motorbike to ensure that no one will be able to break this rule unnoticed.

Drafting occurs when a cyclist is in a position to potentially gain an advantage by closely following another athlete. It is prohibited in age-group racing because it can offer a time advantage and it is dangerous.

The draft zone is a rectangle which has the lead cyclist's front wheel at its front and centre. In all race distances up to and including Standard (Olympic) the draft zone will be 12m long. As a following cyclist you cannot enter the draft zone unless overtaking, overtaking must be completed within 20 seconds. The overtake is deemed to have been completed once your front wheel gets ahead of the other cyclist who is now obliged to drop back out of the draft zone within 5 seconds. It is common to see athletes responding once they have been overtaken and immediately trying to retake their lead. This usually leads to the formation of a '2 up' time trial scenario whereby both competitors are cheating and breaching safety rules.

Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.

A competitor who does not clearly avoid violating the drafting rules may receive a penalty.

The draft zone of one competitor may not overlap the draft zone of another competitor.

A competitor is overtaken when the front wheel of another competitor's bicycle is ahead of theirs. It is then his/her responsibility to drop out of the draft zone, either sideways or by dropping back. Failure to drop back the required 12 meters will be deemed to be drafting.

Side by side riding is not allowed.

It is not allowed to gain unfair advantage of officials' escort vehicles or vehicles being used by media etc. Minimum bicycle/vehicle separation will be 35 meters long by 5 meters wide.

A competitor may enter a bicycle draft zone (subject to official's judgement) if the competitor enters the draft zone and progresses through it within 20 seconds.

For safety reasons drafting will not be enforced:

- At the exit or entrance of a transition area.
- Approaching or leaving roundabouts for 20m.
- At turnaround points.
- At an acute turn.
- If race officials exclude a section of the course because of narrow lanes, construction works, detours or for other safety reasons.

Marshals can instruct cyclists to “pull back” without giving penalties but also note that it is not necessary to give warnings of drafting, if marshals deem an offence to be worthy of a penalty

1st Penalty is 1 minute.

2nd Penalty is immediate disqualification.

If you are shown a yellow card or asked to stop by a marshal, you must stop, dismount your bike, raise both wheels off the ground and proceed when Draft Marshall signals. Failure to dismount will result in a red card and immediate disqualification. You will be permitted to continue the cycle but will receive no time. Draft Marshall will record your race number. If cyclists are found drafting as a group they will all be dismounted and signaled to continue at 15 second intervals at Marshals discretion and/or penalised/disqualified.

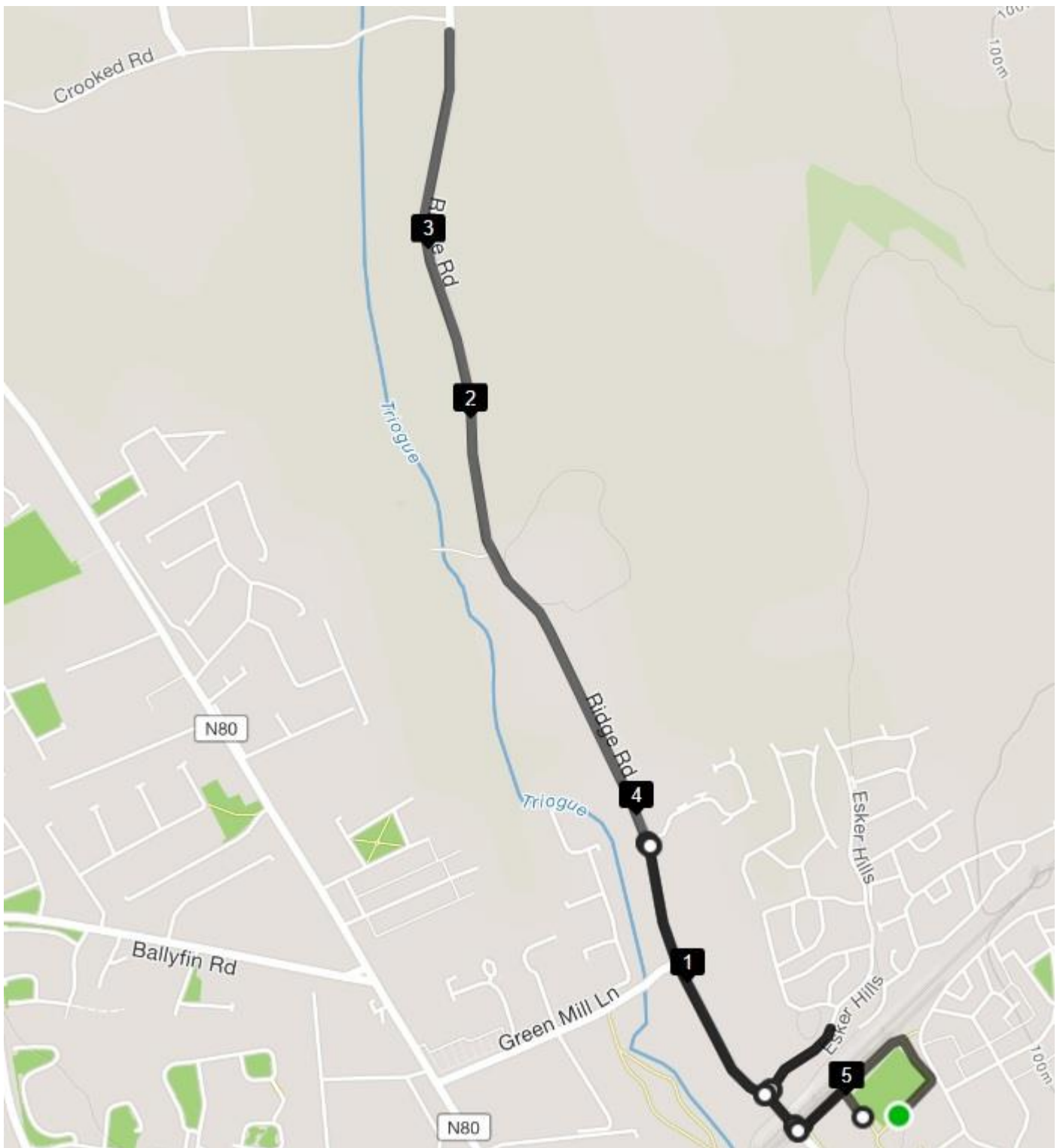
Run Route

The Run is an out-and-back course along ‘the Ridge Road’, a relatively quiet country road leading away from Portlaoise. After 2.8km, you will see the water station and you will meet a traffic cone and marshal. Please run around this cone and return to Portlaoise Leisure Centre. The run course is relatively flat, rising slowly out of the town and providing a gentle downhill return. Runners are asked to run on the right hand side at all times. On the way out runners need to keep on the pavement and then on the right hand side of the road until the turnabout. Runners will run on the right hand side of the road on the way back. There is a crossover on the run route which is marshalled and runners will cross over and run on the road adjacent to the pavement until you reach the leisure centre.

No ear phones of any description are allowed on the run route.

See strava link


<https://www.strava.com/routes/17387209>



The Finish

The finish line, with spectating alley, will be located in the grounds of the Leisure Centre. Finishers will receive a breakdown of their times for each of the legs, for their overall race, and their finishing position. While waiting for these results, competitors can use the shower and changing facilities at Portlaoise Leisure Centre and avail of the post-race refreshments

and celebrations nearby. Final results are expected around 15:00pm, with a prize presentation immediately following the announcement of results.

Remember to smile for the camera at the finish line! 

After the race, you will not be permitted to remove your bike until a Marshal has deemed it is safe to do so and will not hinder any athletes who are still completing their race. Because the transition is set up in waves, we do not have to wait for everyone to be finished to allow people to retrieve their belongings. But it is very important that finished competitors respect that there are others in later waves who will still be racing and avoid interrupting their race. **You must have a race number to collect a bike from transition.**

Lost and Found

Lost and found will be located in the transition area.

Rubbish and litter

We kindly ask that anyone who drops water bottles/ gels or any kind of litter to do so at the KM markings on the cycle and run route. This helps with the clean up as litter isn't strewn the whole way along the route.

Thank you

Trilogy would like to take this opportunity to thank you for entering our race. There will be many first time triathletes in this race so encourage one another, enjoy the experience and savour the achievement of the challenge tackled.

Should you like to train or get more involved in triathlons, we would love to welcome you into our club.

Check out www.trilogy.ie for details.