



Triathlon Ireland



ULSTER POST PRIMARY SCHOOLS TRIATHLON CHAMPIONSHIPS 2018

GUIDEBOOK



WELCOME

Welcome

Triathlon Ireland is delighted to welcome you to the Ulster Post Primary Schools Triathlon Championships 2018.

The number of teenagers taking part in triathlon has grown enormously in the past decade and junior members now account for more than one in every seven Triathlon Ireland licence holders.

Triathlon for Life

As well as being a perfect sport for building confidence, fitness and well-being, triathlon teaches teenagers the important skills of safe swimming and biking, and gives them a pathway in to one of Ireland's fastest growing adult sports.

Don't Stop Here

Many Triathlon Ireland races now include Junior events and there are dozens of opportunities to race this summer - find out more on the Race Calendar section of triathlonireland.com



Bring Triathlon to Your School

Triathlon Ireland's Tri Heroes brings triathlon to schools in a safe and fun environment. Students get to learn the fundamentals of triathlon as part of their school's PE curriculum. At the end of each six week course, pupils participate in a non-competitive Try-a-Tri event.

If you would like to bring Tri Heroes to your school drop us a line, email: schools@triathlonireland.com



The Tri Heroes programme is supported by the generous assistance of Barilla.



EVENT TIMETABLE

SUNDAY MARCH 25TH 2018

8:30AM

Marshall's Briefing

9:00am - 9:45am

Registration:

9:45am

Athlete Briefing:

10:15am

Senior wave race start in the pool.

Intermediate, Junior & Minor age categories will follow in this order once the previous age category's bike leg has finished.

12:30-1.00pm

Estimated finish- (subject to slight change)

1:30pm-2:00pm

Presentations

Join Us On The Day



FINAL INSTRUCTIONS



REGISTRATION

Registration will take place in the minor hall in the Omagh Leisure Centre from 9am-9:45am. All athletes - regardless of their wave time must attend registration during this time.

Each athlete will be given their number and wave time.

You must go straight to transition following registration.

SWIM

The first wave will begin at 10am with subsequent waves following once each wave has finished their bike leg.

Six pool lanes will be available with a minimum of five athletes per lane.

You must be present on time to start in your designated lane and time.

TRANSITION

Transition will be positioned directly outside the swim exit door. A one way system will be in place and strict guidelines will be applied to transition rules and regulations.

During registration each athlete will be informed of their designated transition area to rack their bike.

Please ensure you rack your bike in the correct area as your bike may be moved if in the incorrect area.



BIKE

All age categories will be draft-legal.

There are no gearing restrictions, therefore, NO "roll-out" checks will be completed on any bike in any age group.

The following equipment restrictions will apply for ALL athletes competing in all age categories at this event

1. The following bicycle types are ALLOWED:

- a. road bike – must be used in Intermediate and Senior Championship
- b. hybrid bike
- c. mountain bike
- d. youth style bike

2. The following bicycle types are NOT ALLOWED:

- a. time trial style bike
- b. recumbent style bike
- c. BMX bike

3. Only standard drop, straight, or curved handlebars are allowed. No aero or time trial bars may be attached to the bike or used during competition.

This includes "Factory Bridged Clip On Bars" normally allowed under the ITU Competition Rules.



4. All wheels used in competition, with the exception of mountain bikes, hybrid bikes and youth style bikes, must have the following characteristics:

- a. Both wheels must be of equal diameter
- b. Wheels shall have at least 16 metal spokes
- c. Spokes can be round, flattened or oval, provided their width does not exceed 2.4mm
- d. The maximum rim dimension will be 25mm on each side

5. No disc wheels or wheel covers are allowed.

6. Tubular Tyres, if used, must be well glued, the levers of the quick releases must be closed tightly into the hubs and wheels must be properly fixed to the frame.

7. Time trial style helmets may NOT be used.



RULES

Minor/Junior Bike Course

These two age categories will complete the bike leg on a looped tarmac course. Details of the amount of laps will be provided on the day but distances will be up to the maximum provided on race entry.

The course will involve short steep climbs, fast descents and tight and twisty corners. If wet it may be slippery so please take this in to consideration and assess on the day.

Intermediate/Senior Bike Course

These two age categories will complete their bike leg on an out and back course on open roads. There is a long uphill drag on the way out and a fast decent on the way back. There is two small junctions and a turnaround point which will be marshalled. Normal rules of the road apply. We will have marshals and motor bike officials patrolling the route on the day.

Run

The run for ALL age categories will be run on a mix of track/grass/concrete around a football pitch and running track. This will be a looped course with a minimum of 800m lap.

The finish will also be close to the running track.