

Race Brief TRI DAY 2022

[Sport Ireland Campus, Blanchardstown](#)

Sunday 8th May

Race Brief, Event Timetable & Race Distances



TRI DAY 2022

Splash N Dash

Race brief 10am - all athletes to attend

Wave / Start time	Age group	Swim	Run	Start Point
Wave 1 @ 10:15am	14 - 15 years	3 laps (150m)	2 laps (1.5km)	NAC
Wave 2 @ 10:20am	12 - 13 years	2 laps (100m)	2 laps (1.5km)	NAC
Wave 3 @ 10:25am	10 - 11 years	1.5 laps (.75m)	1 lap (1km)	NAC
Wave 4 @ 10:30am	8 - 9 years	1 lap (50m)	To Marker 1 (800m)	NAC
Wave 5 @ 10:35am	6 - 7 years	1 lap (50m)	To Marker 2 (600m)	NAC

Club Aquathlon Relay

Race brief 11.15am - all athletes to attend

Start		Start Time	Swim	Run	Instruction
Team Captain		11:30am	3 Laps	1 Lap 2K	Tag waiting team mate once you've completed the distances.

2021 Triathlon Ireland Awards Ceremony

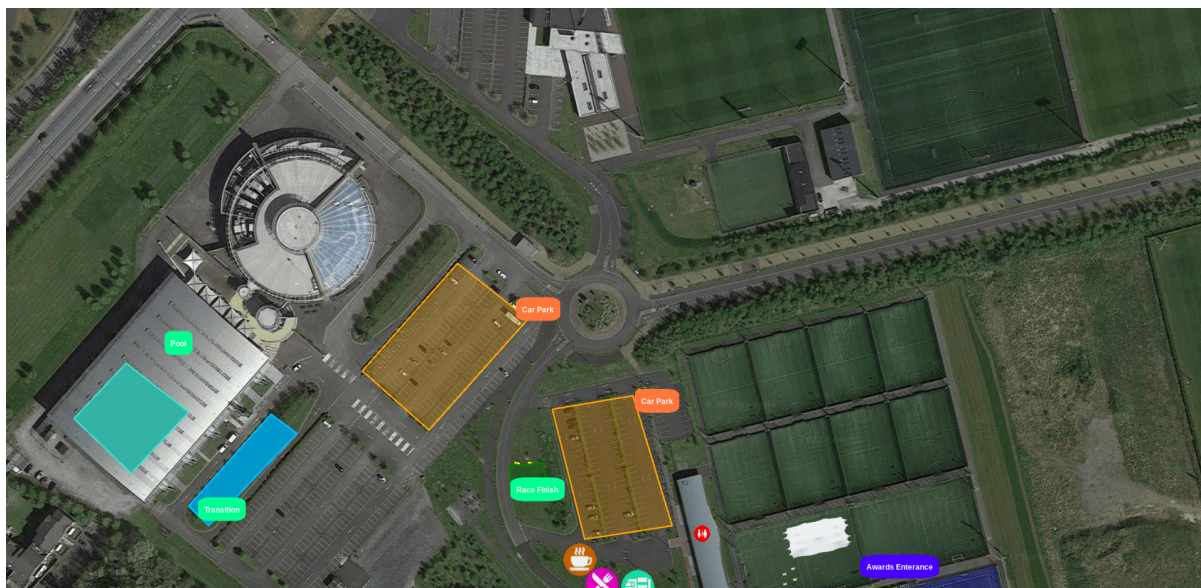
1pm - Event Marquee
Sport Ireland Campus Astro Pitches

For medical support contact:
CodeBlue Medical
PH: 086 8947808

Car Parking

Car parking is free and located at the National Aquatic Centre and the Astro Pitches.

Car park map



Registration

Splash & Dash Athlete Registration

Where: Triathlon Ireland tent in front of the car park by the astro turf pitches

Time: 9:15am - 9:45am

Who can register: Parent/carer/adult appointed by parent guardian must accompany minors on race day and sign in at registration

Club Aquathlon Relay athlete registration

Where: Triathlon Ireland tent in front of the car park by the astro turf pitches

Time: 9:15am - 9:45am & 10:15am - 10:45am.

Who can register: One team member can register the team.

What to Bring

1. Swim Cap - Every season, tens of thousands of swim caps are generated by Triathlon Ireland sanctioned races. Small measures to reduce this total can add up to meaningful changes. Let's make a difference - please bring along your own swim cap from a previous race or whatever swim cap you use in training.

2. Swim suit / Tri suit
3. Runners
4. Running gear
5. Towel
6. Water
7. Awards ceremony after the event is casual / sporting attire

Race Route

The swim is in the National Aquatic Centre at the diving pool. Transition is right outside of this in the car park. The run route will go alongside the pitches on an out and back course and will turn back to the finish line. The turnaround points for each event on the run route will be marked and marshalled.

Run course map



Transition Area

THERE IS NO NUDITY ALLOWED IN TRANSITION.

Please use your towels to cover yourselves if you are changing clothes.

Take your time.

Medical Details

Codeblue Event Medical Services will be at the event.

Contact Derek on 0868947808.

Parents/Carers Briefing

Safeguarding - Junior event

Safeguarding Lead

Niamh O'Gorman - Phone: 087 3627106

Risk Assessment

A Safeguarding risk assessment has been carried out. This includes appropriate volunteers, marshall placement, first aid availability, missing children procedure, reporting procedure, sign in and codes of conduct.

Safe Recruitment

Most of the marshalls are TI staff. We also have some volunteers from other clubs. Anyone who has not completed Garda Vetting will be in a role where they are not supervising or in direct contact with juniors.

Changing facilities & toilets

Please accompany your child to the toilet and changing area in the National Aquatic Centre. The junior events will be first so there should not be adult competitors in the changing room at the same time, however the changing area will not be supervised.

Medical Information

If there is any relevant information in relation to your child that the medical staff on site will need to know in the event of an emergency please forward to niamh@triathlonireland.com if not already provided at registration. This information will be kept confidential and only shared with those who need to know in case of an emergency.

Junior finish area

There will be a handover procedure in place for younger juniors at the finish line.

Reporting

Please report any incidents related to child protection or poor conduct to Niamh O'Gorman. Email: niamh@triathlonireland.com Phone: 087 3627106

Appropriate clothing

Please ensure your child is dressed in shorts and top for the run section. Children may not run in swim wear only.

Photography

There will be official photographers on site on the day from Inpho photography. Photographers will be signing in and have been issued with the TI photography guidelines for junior events. We ask that parents also follow these guidelines. [Please see them here.](#)

Key points:

- No photography in the pool area.
- While taking photographs of your own children is fine, parents should respect other young people's privacy.
- Do not post images for other children on your social media accounts without permission.
- If you are concerned about an individual taking images at an event this should be verbally reported to the relevant responsible person - Niamh O'Gorman.
- If in doubt about the suitability of a photograph do not photograph or delete the image.

Safeguarding - 15-17 year olds

Information for the Parents/Carers of 15-17 year olds taking part in the mixed team relay.

Safeguarding Lead

Niamh O'Gorman - Phone: 087 3627106

Risk Assessment

A Safeguarding risk assessment has been carried out. This includes appropriate volunteers, marshall placement, first aid availability, missing children procedure, reporting procedure, sign in and codes of conduct. Marshals will be briefed to let them know there are juniors on the course.

Parent/Carer Responsibilities:

Parent/carer/adult appointed by parent guardian must accompany minors on race day and sign in at registration with their name and contact number for the day in case of emergency.

Changing Facilities & Toilets

Please accompany your child to the toilet and changing area in the National Aquatic Centre. The changing area will not be supervised and there will be adults using the changing area.

Medical Information

If there is any relevant information in relation to your child that the medical staff on site will need to know in the event of an emergency please forward to niamh@triathlonireland.com if not already provided at registration. This information will be kept confidential and only shared with those who need to know in case of an emergency.

Photography

There will be official photographers on site on the day from Inpho photography. Photographers will be signing in and have been issued with the TI photography guidelines for junior events. We ask that parents also follow these guidelines in relation to any athletes under 18. [Please see them here.](#)

Covid-19

Please do not attend this event if you are unwell and/or have any symptoms of Covid-19, have a positive test result, or are still within your isolation period after receiving a positive result.

Rules and Regulations

Some of the most basic rules to be aware of when taking part in a triathlon are set out [here](#)

Food

Food will be provided, should you have any dietary requirements please make the team at Rocksalt aware.

After the Race

At 1pm, we invite everyone to stay for the 2021 Triathlon Ireland Awards. At the outdoor Tri-Day Marquee, we'll be awarding all of the awards like Club of the Year, Race of the Year, Spirit of Triathlon, Volunteer of the Year, Technical Official of the Year and Club Coach of the Year as well as National Series and National Championship Overall Winners. Medals for age group winners will be available to collect in the marquee, there will be photo opportunities for all winners.

Rubbish and Litter

We kindly ask that you do not litter the race route. Please put all rubbish in bins provided.