

Race Day Checklist

Event:

- | | |
|--|---|
| <input type="checkbox"/> Triathlon Ireland Full Membership or One Day Membership | |
| <input type="checkbox"/> Photographic I.D | <input type="checkbox"/> Goggles |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Swim hat |
| <input type="checkbox"/> Cycle Helmet | <input type="checkbox"/> Sun hat |
| <input type="checkbox"/> Cycling Glasses | <input type="checkbox"/> Sunscreen / lipbalm |
| <input type="checkbox"/> Cycling Shoes | <input type="checkbox"/> Runners / Trainers |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Wetsuit | <input type="checkbox"/> Waterbottle |
| <input type="checkbox"/> Tri Suit | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Anti - chafing balm | <input type="checkbox"/> Triathlon Belt / safety pins |
| <input type="checkbox"/> Waterproof bag | <input type="checkbox"/> Sports Watch |

Key event info (location, parking, contact details) :

Key times (arrival, registration open/close, briefing, start) :
