

Basic Information

General Schedule

- Google Meets Meeting: 11:00 AM, Saturday
- Kit Pickup (St. John's Area): 1:00 PM – 3:00 PM, Saturday, The Works
- Kit Pickup (Clarke's Beach): 1:00 PM – 4:00 PM, Newfoundland Distillery
- Transition Opens, Check-In: 7:30 AM
- Transition Closes: 8:15 AM
- Start for Sprint, Aquabike, & Relay: 8:30 AM
- Start for Duathlon: 8:40 AM
- Start for Try-a-Tri: 8:45 AM
- Start for Aquathlon: 9:00 AM
- Mad Moto Check-In: 9:15 AM – 9:30 AM
- Start for Mad Moto for Youth: 9:45 AM (approx.)
- Reception and Awards: 11:00 AM

Athlete Preparation & Google Meets Information Meeting

Preparation for Sunday's race begins with reading this document, especially the basic information and the information particular to your race category. With over 60 racers, it will be important for everyone to understand their own event. Although race officials will be present to help with directing participants on the course and through the event, racers are ultimately responsible for knowing times, places, and the courses they will be on.

It is very important that participants are ready for starts and complete each segment of their event on a timely basis. Our event is closing many of the main roads of the town for several hours, and we need to keep to our schedule to reduce the disruption to a minimum.

Please be aware, that although both the bike and run courses are closed to vehicle traffic, there is always a chance a vehicle may stray onto the course, even though all residents have been notified. Please keep situational awareness at all times!

Athletes will receive items for identification during the event including: bib number, bike number, helmet number, and timing chip. The timing chip will be provided at athlete check-in at the transition zone while the rest of the items will be in your kit. Athlete's must be properly identified to ensure both safety and the ability of the organizers to do timing.

Athlete's Meeting - Clarke's Beach Tri

Saturday, August 22 · 11:00am

Google Meet Video call link: <https://meet.google.com/ybv-hoyt-ozr>

Kit Pickup

For those in the Clarke's Beach area, kit pickup will be at the Newfoundland Distillery in Clarke's Beach from 1 PM – 4 PM on Saturday, July 5.

For everyone else, kit pickup will be at The Works, Game Entrance (south-west glass doors), Memorial University from 1 PM – 3 PM on Saturday, July 5.

Your pickup location is identified in the email this document arrived in. If the chosen location is not suitable, please advise before Friday 10:00 AM to admin@trinl.com so that an adjustment can be made.

Your kit will contain identification items, swim cap, TriNL badge, and a reception food ticket. It is important to collect your kit Saturday so that you can be better prepared.

Parking

Parking for athletes is available in three locations (see map):

- RV Park (~25 spots)
- Railway Station on the T'Railway (500 meters)
- Town Hall (1 km)

Note that vehicle access to/from the RV park is only available before the race course closes at 8:15 AM, and after all events are over at approximately 10:45 AM.

Note that there is very limited parking near the reception area. Please **do not park** at the nearby "Some Good Market" building to the east of the Newfoundland Distillery building.

Transition Zone

Athletes can begin checking in at the check-in booth located next to the washroom building at 7:15 AM. Check-in will include a quick bike check (general condition, working brakes, helmet) and provision of a timing chip. **The timing chip is worn by wrapping the soft belt tightly around the ankle** and fastening it with the Velcro closure. The chip should be wrapped tightly to ensure it does not come off – it will not be uncomfortable!

Athletes should quickly set up their equipment for the race in the transition zone being aware that space must be provided for the other athletes nearby. Only equipment that is to be used in the race should be left next to the bike racks. Backpacks, etc should be moved to the edge/fencing around the transition zone. It is advisable to bring only essential items with you to transition. Washrooms are available beside the check-in booth.

Transition consists of one entry and one exit. During the race you will always enter through the official entrance, and exit through the official exit. So Swim In, Bike In, and Duathlon Run 1 In will all use the same entrance, while Bike Out and Run Out will both use the same exit. This ensures that all athletes have a fair transit through transition no matter the position in the racks. Timing mats are located at the entrance and exit of transition to capture segment and transition split times.

All finishes take place at the finish arch just outside the transition area.

Water will be available at the transition area. There will be no water stations on the bike or run courses.



Mad Moto Check-In

Athletes competing in the Mad Moto for Youth can check in between 9:15 AM and 9:30 AM, although they are welcome to do so earlier.

Please be aware and be careful when approaching the transition area during the Sprint race as cyclists and runners will be on Park Avenue. **Please keep to the running side (west side) of Park Avenue.**

Swim

All swimmers must wear the **swim cap** provided in your race kit.

Anyone wishing to get a warm up in the water is asked to do this before the start of the Sprint event and to leave the water before 8:25 AM.

Swimmers will be counted into the water for each swim start. Swimmers exiting the water will be counted to ensure everyone has safely completed the course.

Swimmers will be supported by kayakers including two lifeguards. There will also be a motorized rescue boat in case of emergencies. If you have any difficulty, signal to the kayakers. You are allowed to hold onto a kayak in case of an issue, but you must not move forward on the course while doing so, if you intend to complete the race.

Spread out at the start line to reduce the chance of a collision with another swimmer. Use sighting techniques to keep the buoys in sight and you heading in the right direction, and to avoid other swimmers. Don't start so fast that your breathing gets out of control – calm and controlled will allow you to maintain good swimming form and get you to the beach as rapidly as possible.

Swimmers will be in the water for all starts. Swimmers will move clockwise around the course so that they make right-hand turns around the buoys. Please review the specific information for your category with respect to start time, start location, finish, and distance. Swim times will be taken at the entrance to transition.

To avoid safety concerns on the bike course on Park Avenue, and for the safety of swimmers in general, all swimmers must complete their course by 9 AM (with the exception of Aquathlon which is 9:15 AM). The time limit of 30 minutes for a Sprint distance swim is mandated by the ITU. This will be strictly enforced.

Bike

All bikes must be identified using the **bike number** in your kit. The number is designed to wrap around the seat post and stick out the back of the bike. Please ensure this is done properly so that it is easily visible.

All bikers are required to wear a **helmet number** on the front of their helmet (not the top please!).

Bikers are not allowed to remove their bike from the rack before putting on their helmet. Bikers may not remove their helmet before returning their bike to the rack.

The mount/dismount area is at the start of the pavement in the parking lot for the park. Mats will be placed between the transition area and the mount/dismount area. Bikers must walk/run while wheeling their bike between transition and the mount/dismount area. When returning after the bike segment, bikers will move from the dismount area, along the side of transition, and enter transition through the official entrance.

The first and last 500 meters of the bike course is on Park Avenue, and is shared with the run course. Cones will be placed down Park Avenue to ensure separation between runners and bikers. Please ensure you stay in the cycling lane at all times! On the remainder of the course, please keep to the right hand edge of the road as much as possible.

The length of the bike course is coordinated with all the race categories to avoid a situation where the last biker entering the course would still be on Park when the fastest cyclist was completing the course and already on Park. To avoid this safety issue we will have a **strict cutoff for completion of the swim and exiting Trans 1 to start the cycling course.**

This is not a "draft-legal" event. You are not allowed to follow close behind another biker and gain an advantage by staying in the lead's "draft". If you catch a biker and wish to overtake, you must move out to the left of the biker ahead while at least three bike lengths behind, then complete your pass. Call out "on your left" as you are overtaking to ensure the other biker knows you are there.

Please review the map of the course for your specific category and ensure you know the route and the **number of loops** required.

Run

All runners must wear their race bib on the **front of their torso** – not on the back, or on the leg. Improper bib placement makes it difficult for the timing team.

All runners will exit through the official transition exit, complete their run course, and then finish at the archway close to transition.

Please review the map of the course for your specific category and ensure you know the route and the **number of loops** required.

Awards & Reception

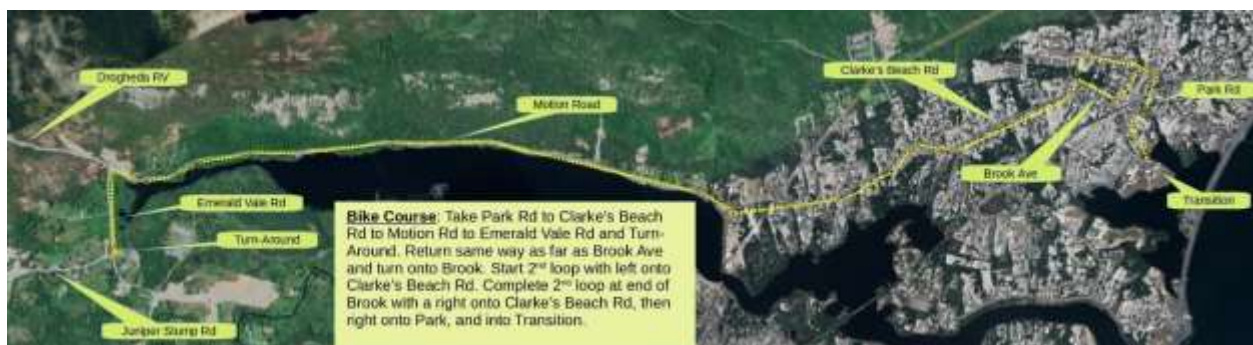
All participants will receive a Finisher's medal. At the awards ceremony, age group winners and placers will receive a decal they can place on the back of their medal.

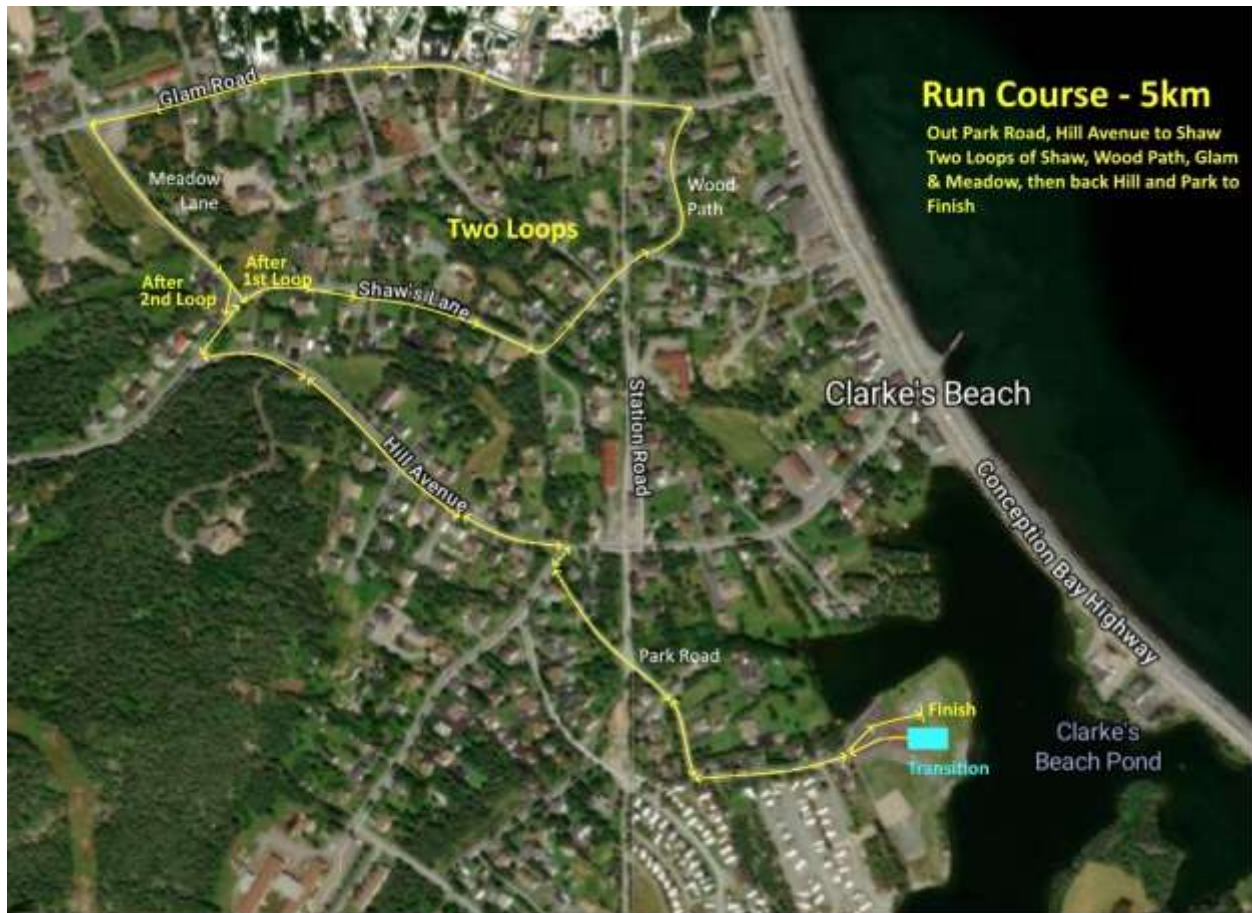
All registered participants will receive a food ticket in their kit to be used at reception. Additional food or drinks can be purchased at the reception.

Sprint & Relay

Start: 8:30 AM

Please be out of the water and ready to be counted in by 8:25 AM. In the relay, the timing chip is transferred between team members in transition, **and must be placed on the ankle.**





Try-a-Tri

Start: 8:45 AM.

The start location for the Try-a-Tri is near the first turn buoy on the main course. Swimmers should be counted into the water immediately after the start of the Sprint swim, and can then slowly move toward the start location. Swimmers should position themselves near enough to the shore to be able to stand on the bottom for the start.

Transition is the same as for the Sprint (see map above). The bike route is only a single loop with a turn-around as shown in the map below.

The Run route is the same as for the Sprint, with the exception that Try-a-Tri runners will only do one loop of the Shaw/Wood Path/Glam/Meadow loop instead of two loops. See Sprint maps above.





Aquabike

Start: 8:30 AM

Aquabike starts with the main Sprint swim and follows the same course for swim, transition 1, and bike. See maps for these courses above.

The difference is at the finish of the bike course. Finishing aquabikers will dismount and place their bike on the rack provided, then run to cross the nearby finish line. Be careful when dismounting and racking as other bikers may be nearby who are going to transition.



Aquathlon

Start: 9:00 AM

Aquathlon starts in the water off the beach and follows the same swim course as the Sprint (see above). Aquathlon racers should be **counted into the water immediately after the start of the Duathlon at 8:55 AM**. Be aware that some Sprint swimmers may be finishing at this time and so stay clear of the main finish route to the beach. In Trans 1 the racer will switch to running gear and do the same running course as the Sprint (see above), finishing the race under the finish arch.



Duathlon

Start: 8:40

Run 1.35km, Bike 20km, Run 5 km. The start location for the first run of the Duathlon is near the beach, on the park trail. Runners will head along the park trail, exiting into the running lane on the run course. After reaching the turn-around at Hill, they will return exactly the same way, onto the park trail, and finish the run at the start line. From there they will enter transition, and complete the rest of the race the same as the Sprint (see maps above).



Mad Moto for Youth

Start by: 9:45 AM approximately

The Mad Moto starts after the last biker from the other events has entered transition. This should be about 9:45 AM.

Participants will enter the water at about 9:40 and move slowly across the pond to the starting buoy as a warm up. At the start, swimmers will head directly towards the beach exit to enter transition. The bike course for the Mad Moto consists of two loops of the Brook/Clarke's Beach Rd loop before return to transition. The run for the Mad Moto consists of an out and back to the turn-around at Hill. It is likely that a few runners from the other events may also be on the running route at the same time.

Swim



Bike



Run

