



# TORPEDOES SWIM CLUB TRIATHLON & TRAIL RUN

www.torpedoestriathlon.weebly.com | torpedoestriathlon@gmail.com



## What to do on Triathlon Day: Super Sprint

### PARKING

Vehicles can park in the following areas on race day:

- There will be **NO PARKING IN THE PRIMARY SCHOOL.**
- AISL Secondary School car park (no parking available in the Primary School grounds)
- Naledi School car park
- Along Leopards Hill Road away from the triathlon route (not opposite the Naledi School)
- Along the road leading to Ananda Conference Venue.
- Security guards will be provided in the above areas to assist with parking, but all vehicles are left at your own risk.

### COLLECTION OF RACE PACKS – FRIDAY 2nd March

- No competitor will be permitted to compete until he/she has received their race number. Swimmers do not have a number. One team member may collect on behalf of the team participants.
- When collecting race packs on Friday you have the opportunity to view and discuss the race instructions, collect your race T-shirt, receive your race number, meet fellow competitors and ask any questions or address any concerns to the triathlon committee.
- Absolutely no late registrations or changes will be permitted on race day. Should a competitor be unable to compete in his/her event due to illness or injury, please notify the race organiser on [torpedoestriathlon@gmail.com](mailto:torpedoestriathlon@gmail.com) immediately.

### SWIM

- Competitors must be at the pool area 20 minutes prior to the start of their event.
- Spectators can observe the swimming from the grandstand only.
- Competitors will wait under the shade cloth until called upon by one of the swim officials. Only then may the competitor move to the lanes.
- Upon reporting to the competitors' area, each competitor will be allocated a lane by the swim officials and the rules will be explained.
- Events will start precisely on time as indicated in the events listing. Competitors who fail to report to their swim lane on time will have to start late and the 'missed time' will be added onto their overall finishing times.
- At the end of the specified time limit, any competitor still in the water may be moved to another lane to finish before continuing to the cycling section of the course.

### TRANSITION ZONE

- The transition zone will be the grass area in front of the library/reception.
- The tag zone for teams will be clearly marked parking spaces in front of the grass.
- No cycling in the transition or tag zone, you may only mount your bike at the zebra crossing.
- Competitors should put their cycle and run equipment in the transition zone, ahead of reporting to the swimming pool to start their race.
- After swimming, competitors leave the pool area using the gate by the small pool and follow the route by the covered court, up the steps and in front of the music rooms, leading to the grass transition area.
- Change into cycling gear in the transition zone. All competitors **MUST** wear a helmet.
- After returning to the school gate, **KEEP TO THE LEFT** hand side of the school road along the fence.
- The cyclist must drop off his/her bike and helmet on the grass and proceed on the run.

- Teams - Swimmers and cyclist competing in a team event must tag their team member in the tag zone and only once tagged will they be permitted to leave the area.

## **CYCLE**

- All competitors must wear a helmet and closed shoes for the cycle.
- The cycling routes are on gravel roads and some of the surface is rutted, pot-holed, and very rough in areas. Therefore, a mountain bike is recommended.
- Marshalls will be present along the cycle course wherever there is a turn or change in direction. If you don't see a marshal, keep going straight!
- When the cyclist reaches a turn around point, please call out your race number and name to the official.
- Cyclists must CYCLE ON THE LEFT HAND SIDE OF THE ROAD AT ALL TIMES as runners will be on the right hand side of the road.
- It is recommended that cyclists carry a drink in the bottle cages of their bikes. However, there will also be water stations along the way should bikers need additional fluid or for bikers who do not have bottle cages.
- Should any cyclist experience any mechanical problems on the route or injure himself/herself, they should dismount and walk their bikes to the nearest marshalling point from where help will be summoned. All marshals will be equipped with mobile phones and will be able to call the race organizer or race doctor in the event of an emergency.

## **RUN**

- RUNNERS MUST KEEP TO THE RIGHT HAND SIDE OF THE ROAD AT ALL TIMES. The left hand side of the road is for cyclists.
- When reaching turnaround points, runners should call out their names or race numbers to the marshals to ensure that their presence has been duly noted and recorded. It will be assumed that runners not 'ticked off' at the turnaround points, did not reach that point and therefore will be disqualified.
- On entering the school gate, runners must proceed along the right-hand side of the school road where a marshal will direct them onto the athletics track
- Any runner who experiences difficulties during the run section should report to the nearest marshalling station so that help can be summoned from the race organizer or the race doctor.
- There are water stations at the turnaround points so runners do not have to carry water bottles with them during the run unless they prefer to do so.
- Note - Parents, if they wish for safety considerations, may cycle and run alongside their children who are participating in the events. However, on their return to the school after the run, parents must leave their children once they reach the athletics track.

## **FINISH**

- Once a competitor has crossed the finish line and has ensured that his/her time and number have been recorded by the finish officials, he/she should move away from the finish area.
- Each competitor on completion will receive a finisher's medal, or if part of a team the runner will receive three medals to distribute to the swimmer and cyclist of the team.
- If a competitor has entered another event, he/she should check his/her start times and proceed to the pool accordingly.

## **RESULTS AND PRIZE GIVING**

- Prize giving will commence once all the events have been completed.

## **GENERAL**

- Competitors are ultimately responsible for their own safety and the safety of others.
- It is the competitor's responsibility to know and correctly complete the full course of event.
- Competitors must be adequately clothed at all times, and take precautions from the sun.
- AISL does not sell water, please bring your own bottles to refill from the water dispensers.