



Midland Aquathon Series

Aquathon

750m swim + 4km run

Lilliput Adventure Centre, Mullingar, Co.

Westmeath

Wednesdays 1st, 8th & 15th of June 2011

Triathlon Ireland Sanction

This event is sanctioned by Triathlon Ireland.

Proposed Event

Aquathon; involving a 750m swim followed by a 4km run for 3 successive weeks, held on three Wednesday evenings in June. June 1st, 8th and 15th. Registration opens at 6.30pm and race starts at 7.30pm sharp. (*Appendix A* provides a map of each part of the race route).

Registration Process:

Registration takes place on the evening of each event commencing at 6.30pm. Registration will cost €5.00 on each successive evening. TI membership cards will be checked at registration. If you are not a Full, Student or Junior Triathlon Ireland member, you are required to purchase a one day licence. One day licences for Aquathon's cost €5.00.

All competitors will be required to sign the disclaimer and a swim proficiency declaration at registration.

Relay teams will be accommodated as long as they register as so.

First Aid/Medical Cover

The event will be covered by an on-site race doctor/medic (on land).

Competitors with any medical conditions will be required to make this known at the time of registration.

The Routes

Swim course

The swim will be in Lough Ennell and will consist of a 750m swim. The swim will be a mass start in the water and will travel in an anti-clockwise direction around two buoys with competitors keeping them to their left hand side. The swim will be completed in a small beach area in shallow waters. The distance from the swim exit to transition is approximately 50metres.

Competitors should assemble according to ability. Please have common sense. If you are a weak swimmer go to the rear. You will enjoy the race far more if you don't have other stronger swimmers swimming over the top of you for the first 25 metres.

- The swim course will be clearly marked with fixed buoys of at least 1 meter height.
- A warm-up or acclimatization opportunity **may** be provided prior to the start depending on conditions and safety.
- The start will be from a static position in the water.
- The start and finish areas will be clearly identified.
- Navigation of the course is the personal responsibility of the competitor.
- Swimmers will wear swimming hats and these will be provided by the competitor.
- Swim course map is detailed in this document (*See Appendix A*)

Safety cover will be provided as follows: -

- Canoe/kayak/boat cover will be provided.
- The names of all competitors rescued will be recorded and communicated back to the Water Safety Officer, who will in turn inform the Race Director and TI Officials.

Other water safety issues: -

- If you are identified cutting the course short by not swimming to the proper sides of the buoys you will be stopped, sent back to do it properly, or disqualified. Be warned.
- Wearing of wetsuits will be compulsory.
- You must place your wet suit at your spot in transition. i.e. if you take it off when you exit the water, carry it to transition.
- A swim cut off time of 30minutes will be applied.
- If you wish to retire during the swim, lie on your back, raise a clenched fist in the air, and stay calm. A canoeist will come to your assistance.
- Competitors who abandon the swim should make themselves known to a marshal immediately upon exiting the water.
- Competitors who abandon the swim will only be allowed to commence the run when either the last swimmer has exited the water or the swim cut off of 30 minutes has elapsed, whichever comes first.
- Non-Race personnel will not be allowed in the water, as permission has been given to competitors and safety crew ONLY.
- Anticipated water temperature is 14 degrees. Again depending on weather conditions on the day this could vary by 1-2 degrees either way.
- A manual system will also be put in place to ensure the same number of swimmers exit the water as entered. Number of competitors will be checked prior to race start. Please co-operate with marshals instructions.

Transition Area

The transition area will be approximately 50metres from the lake shore and will be de-marked by cones and high-viz tape. (see **Appendix A**).

Nudity is not permitted in transition.

Access to transition will be limited to competitors and stewards only at all times.

The Run route

After exiting transition the competitors will be directed onto a 2km loop to be completed twice. The route has low level of traffic (mostly local) but will have marshals in all appropriate locations to warn competitors and provide direction. The course is flat and is completed after completing the second lap.

Results

The official results will be posted on the Midland Website and will also be printed and made available at the next event. The final evening the results will be posted at 9pm and presentation of prizes will be made.

Participant Parking

Site is well catered for parking. Traffic Marshals will be in attendance directing participants to parking areas. Please obey Traffic Marshals.

Event Timetable

- | | |
|----------------------------------|------------------------------|
| 1. Race sign on and registration | 6.30-7.15pm |
| 2. Race Briefing for competitors | 7:20pm |
| 3. Event start | 7:30pm |
| 4. Event Finish | 8:30pm |
| 5. Cut-off time | 30mins for swim |
| 6. Prize-giving | 9:00pm (only on third night) |

Prizes

1st, 2nd and 3rd Female

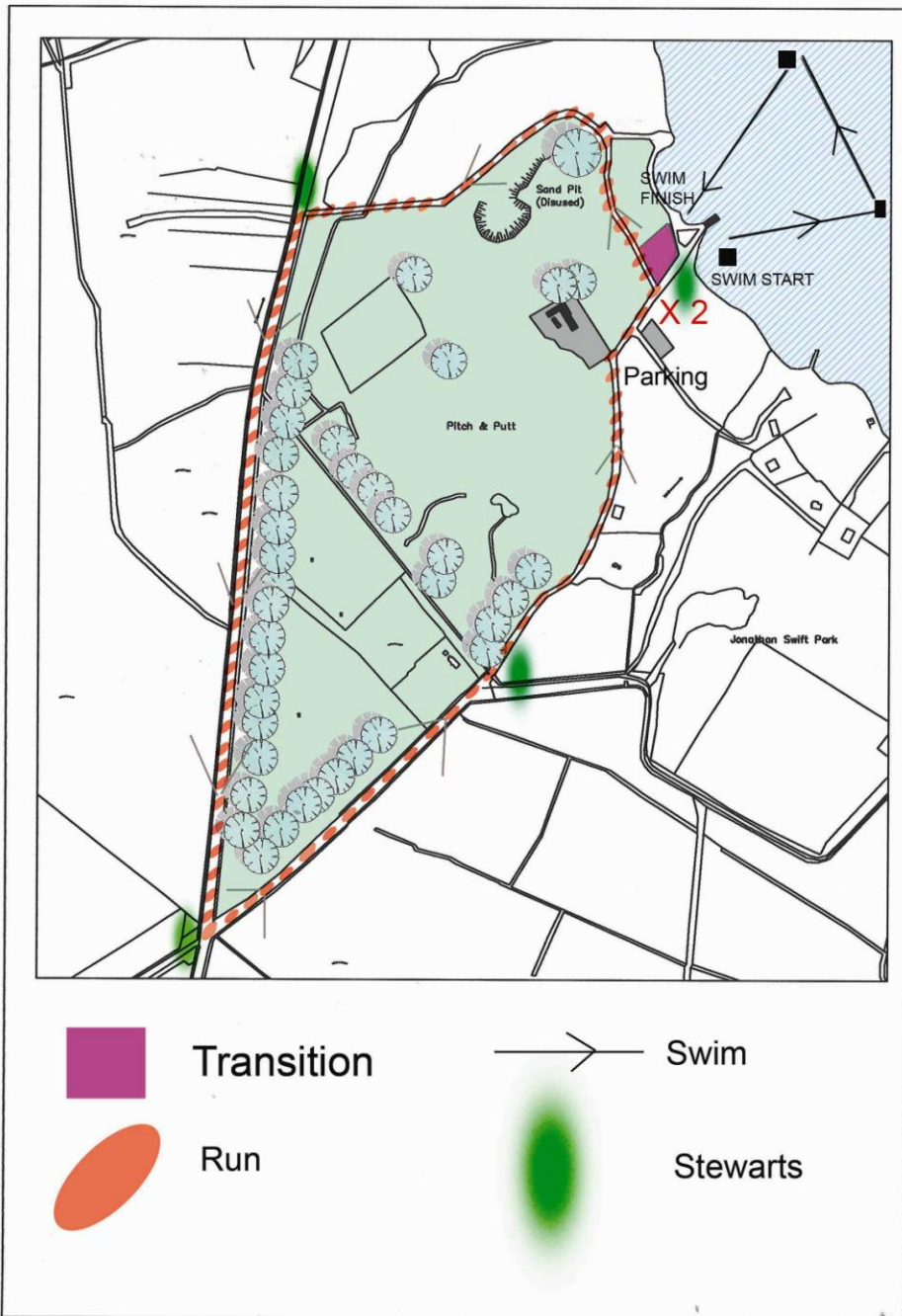
1st, 2nd and 3rd Male

Appeals/Protests

A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance. Penalties will be posted on a notice-board at the finish line.

APPENDIX A

Map of Race Course





midland aquathlon 2011 series

SWIM 750m / RUN 4KM

1st, 8th & 15th of June,
Lilliput Adventure Centre,
7.30pm start.

In association with our partners in sport...

