



MS AMLIN WORLD TRIATHLON BERMUDA



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MS Amlin

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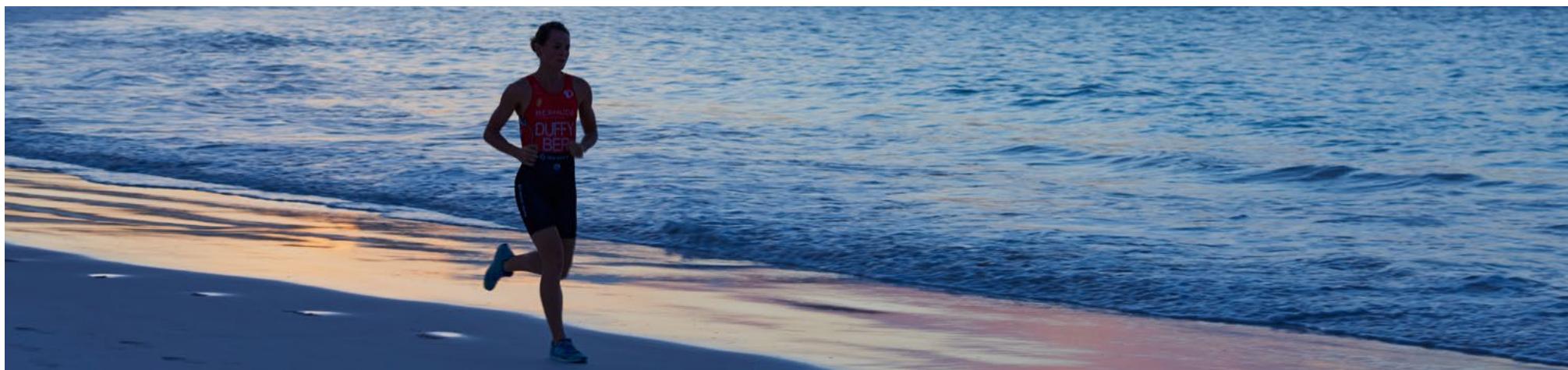


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ITU WELCOME LETTER



Greetings and welcome to the 2018 MS AMLIN World Triathlon Bermuda!

It is my enormous pleasure to welcome you all to Bermuda for the second race of this year's ITU World Triathlon Series. This is an especially gratifying moment being the first time that Bermuda has hosted an ITU World Triathlon Series event, and we look forward to a long and successful relationship with this beautiful country.

It is fitting that the island that has given birth to one of triathlon's modern greats, Flora Duffy, now takes up the responsibility of hosting a prestigious WTS event; recognition of her back-to-back series wins in 2016 and 2017 that have given the sport such an enormous boost in the region.

What Flora's achievements have done for the sport here is incredible, and this weekend of activities and racing gives us the perfect opportunity to turn even more young people on to our wonderful sport for the first time.

Indeed, Bermuda's team in the Triathlon Mixed Relay at this month's 2018 Commonwealth Games in the Gold Coast is a direct result of the incredible growth that Bermuda has witnessed over the past few years, and that development can serve as an example to all of our National Federations.

The World Series race is the focus of the Bermuda Triathlon Festival Weekend, running from Thursday April 26 to Sunday April 29. Novices are welcome to participate alongside seasoned triathletes of all ages, for an occasion that will once again underline the unique accessibility and comradery of triathlon.

The world's best triathletes can certainly expect to be challenged here. Following a 1500m swim in the clear blue Atlantic waters, a challenging bike course tackles hilly terrain that includes a gruelling climb up narrow Corkscrew Hill, before the run follows picturesque Front Street's colourful buildings through the centre of Bermuda's capital, Hamilton.

This weekend represents an important debut for Bermuda on the WTS calendar and I would like to thank the Bermuda Triathlon Association and the local organisers for putting together this wonderful course. As ever, I wish all the athletes the best of luck and I hope that everybody gets to enjoy the spectacle of WTS racing and triathlon up close.

Sincerely,
MARISOL CASADO
President, International Triathlon Union
IOC Member

LOC WELCOME LETTER

Hey Age Group Athletes - expect a race like no other.

How do you combine the best features of the WTS courses into one? The city center swim from Hamburg, the bike hill from Rio, the run hill from Stockholm, the home hero atmosphere from Leeds...

When I first set out to create a new race on the WTS circuit all of those aspects came to mind. What you have in front of you is the result.

A swim in Hamilton Harbour right off the Flagpole - the epicenter of Bermudian festivities.

A bike up Corkscrew Hill - the sharp biting hill with two quick switchbacks.

A run on Front Street - flat and fast - but watch out for Burnaby Street.

The heart of activity is the Birdcage right near the Transition and the Finish. A policeman dressed in a British Bobby uniform used to stand inside and direct traffic. You'll come past this intersection 25 times during the race. Once out of the water, twice on every bike lap and four times on the run. Kris Gemmell and the folks at ITU gave me special permission to have this 10 short laps on the bike.

This makes for a super condensed inner city course with a very clear focal point for spectators and television. I hope that also creates a fun atmosphere with a motivated crowd to cheer you on!

Welcome to the island and have fun!

PHILIPP SCHMIDT
Chairman WTS Bermuda

P.S: Stop by the Athletes Party next to the swim start on Saturday night and join us at the Hangover Swim on Horseshoe Bay beach on Sunday morning!

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WELCOME TO BERMUDA

Welcome athletes, coaches and spectators to the first of 3 WTS events to be held in Bermuda over the next 3 years. I am thrilled that Bermuda has the opportunity to be the host of this spectacular, world class event that will showcase the best in our sport. It's an opportunity to have an event that I believe will have a positive, long term impact on Bermuda's youth, community and economy. The staging of this WTS event has involved countless hours of hard work by a dedicated team of race organisers. This experienced team, together with all those involved from Bermuda, have designed a world class race course and many other related activities for you to enjoy during your stay.

Bermuda has a strong and important history of triathlon and also with the ITU, having hosted many professional events since 1987, 3 ITU World Cups in the 90's where our own Flora Duffy, the current World Champion, watched as a 10 year old. Bermuda had its first triathlon in 1979 and had representation at the inaugural ITU Grand Final in Avignon, France in 1989.

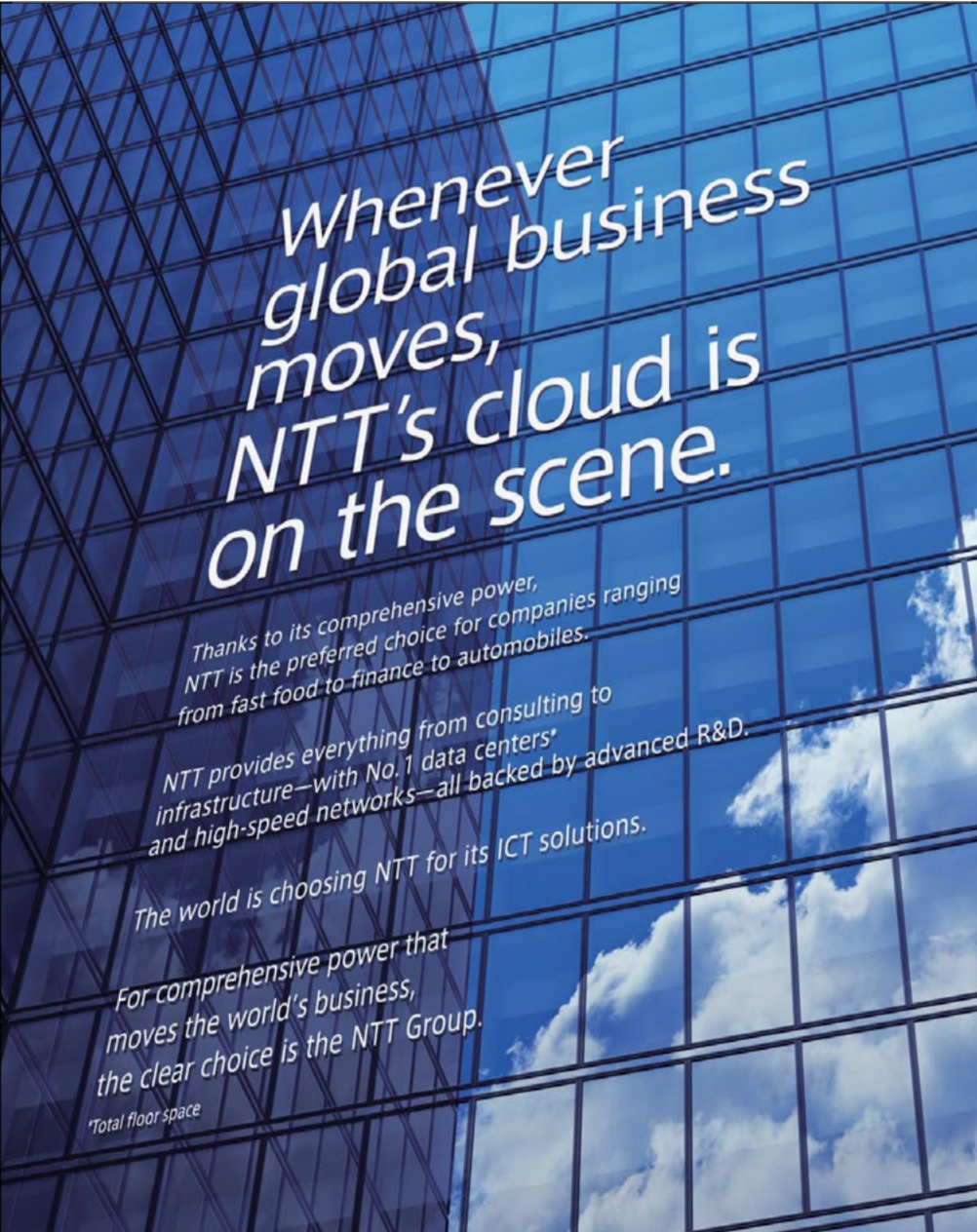
On behalf of the Bermuda triathlon community, I want to wish all triathletes the best of luck in the upcoming races. I know you are going to enjoy the many sights, sounds and tastes of this friendly and wonderful Island.

We look forward to seeing you at the finish line.

STEVEN PETTY

President

Bermuda Triathlon Association



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**#FROM NOW
UNTIL RACE DAY**

FROM NOW UNTIL RACE DAY

CONFIRMATION OF ENTRY

All competitors who have registered for the event will have received a confirmation email. If you have not received this, please email: info@tribermuda.com

WEEKEND PLANNER – YOUR TRIATHLON FESTIVAL WEEK

This is a guide for Sprint and Standard Distance participants to help you get the most out of your weekend and to ensure you are prepared well in advance. The Weekend Planner is intended to give you an overview of key logistics and timings, including registration, transition, kit bags and transport.

Official Opening

Be ready for an early start from Front Street, swim in the clear waters of Hamilton harbour, bike up the challenging Corkscrew Hill and run along the capital city's charming Front Street. Be sure to visit the World Triathlon Expo and join in the music and fun when the street comes alive in Bermudian style. Visiting athletes will enjoy local cuisine and the 'pre-race carb' meal offered by food vendors. Be part of the warm Bermudian welcome for hundreds of visiting athletes and their friends.

Tokio Millennium Re (TMR) Kids Duathlon

Friday April 27th and the start line on Front Street will be filled with eager kids, aged 7 – 15, many of whom are new to triathlon. This is a duathlon (run, bike, run) great for starter athletes. Be in the crowd to cheer on local and visiting young athletes for a 7:00pm start. Registration is FREE and online at www.tribermuda.com. Children will run and bike along Front Street, using part of the very same race course that the world's top triathletes will race on the following day, including the famous blue carpet finish.

Digicel Feather Mile & Street Party

Bermuda Heroes Weekend fans and partygoers are invited to strut their stuff in a Carnival-style Street Party on Front Street later on Friday night, April 27th. The Digicel Feather Mile is a joyful untimed run or walk to music, to warm you up for the party until midnight. This free public event is a prelude to Bermuda Heroes Weekend and all Carnival bands and fans are encouraged to participate.

MS Amlin World Triathlon Bermuda

Saturday April 28th is race day. Cheer loudest for Bermuda's home sweetheart and World Champion, Flora Duffy! Make your plans on where you will watch, and if you're volunteering, thank you!

Hangover Beach Swim

Sunday April 29th. A chilled out Bermuda wind down after a big weekend of racing and parties, Horseshoe Bay Beach is the scene for a relaxed soak in the sun and an ocean swim for tired muscles to some island vibes from a Bermudian DJ. It's a great chance to mix and mingle with visiting athletes and an opportunity for autographs and selfies on our picturesque shores.

Schedule [here](#)



RACE DAY CHECKLIST

To ensure you have a smooth race day, here we've listed the essential items to pack.

FOR REGISTRATION

- Photo ID
- Your race number (this will be emailed to you when available)
- Safety pins
- This athlete guide, to help you with last minute details

FOR THE SWIM

- Trisuit
- Swimming goggles
- Wetsuit
- Some wetsuit specific lubricant, to stop your wetsuit chafing
- We don't expect this to be a wetsuit swim

FOR THE BIKE

- Bike, in a road worthy condition and bike shoes (if you use them)
- Bike helmet – you won't be allowed to cycle without one
- Tri suit/clothing
- WTS Bermuda water bottle – part of your race kit
- Any gels or food you might need
- Sunglasses
- Bike tool
- Puncture repair kit/spare inner tube

FOR THE RUN

- Running shoes
- Any gels or food you might need
- A cap and/or sunglasses – it gets hot in Bermuda

THINGS TO REMEMBER

- Friends and family! Bring your support network with you – there's plenty for them to enjoy
- A change of kit, so you can stay dry and warm after your race
- Sunscreen, you will definitely need some

WHAT YOU GET FROM THE EVENT ORGANIZER AT REGISTRATION

- Backpack
- Swim Cap
- Flip Flops
- Water Bottle
- Timing chip
- Tickets for Thursday's Pasta Party
- Helmet stickers (3) – both sides and front of helmet
- Bike sticker (1) –
- Body decals –
- Bag sticker/number for the bag drop off



ACCOMMODATION & TRAVEL

ACCOMMODATION

Unless you live locally, we recommend you stay in Hamilton at the Host Hotel, the Hamilton Princess & Beach Club or the surrounding area to make your experience more enjoyable.

As the Official Travel Supplier, Nirvana is the number-one choice for MS Amlin World Triathlon Bermuda event accommodation. You can book a room at the Official Age-Group hotel here: <https://www.ntravel.ae/>

TRAVEL & GETTING AROUND

We recommend you plan your travel route in advance, so you arrive stress-free and ready to race. The main venue is downtown Front Street – the Age Group Transition Area is in City Hall Car Park.

Getting to Hamilton is easy. To travel to the City of Hamilton, we recommend you ride your bike or take the ferry. Please visit the page on our website, to learn more about Bermuda. <https://bermuda.triathlon.org/welcome-to-bermuda/>



**# THE DAY
BEFORE**

THE DAY BEFORE

TRAVEL ADVICE

FREE competitor parking is available at Bulls Head Car Park on Saturday, April 28.

There will be stewards and signage to show you where to park and how to get from there to the Main venue. See venue maps at the end of this guide.

Due to the fact that cars are not allowed for tourists, we recommend you come by bike or ferry, depending where you are staying. **Please note:** We do ride on the left hand side of the road. It is mandatory for anyone riding a motor cycle (renting or local) to wear a helmet.

Pedal cyclists are not required to use a helmet on Bermuda's road however the Bermuda Triathlon Association will go by ITU guidelines that a helmet must be used in all official activities when the athletes ride the bike for competition, familiarization and training sessions.

ROAD CLOSURES

To ensure the event runs smoothly there will be road closures in place and changes to public transport over the weekend. Please make sure you plan your journey in advance.

A map showing affected routes is available here:

https://bermuda.triathlon.org/event_info/road_closures/

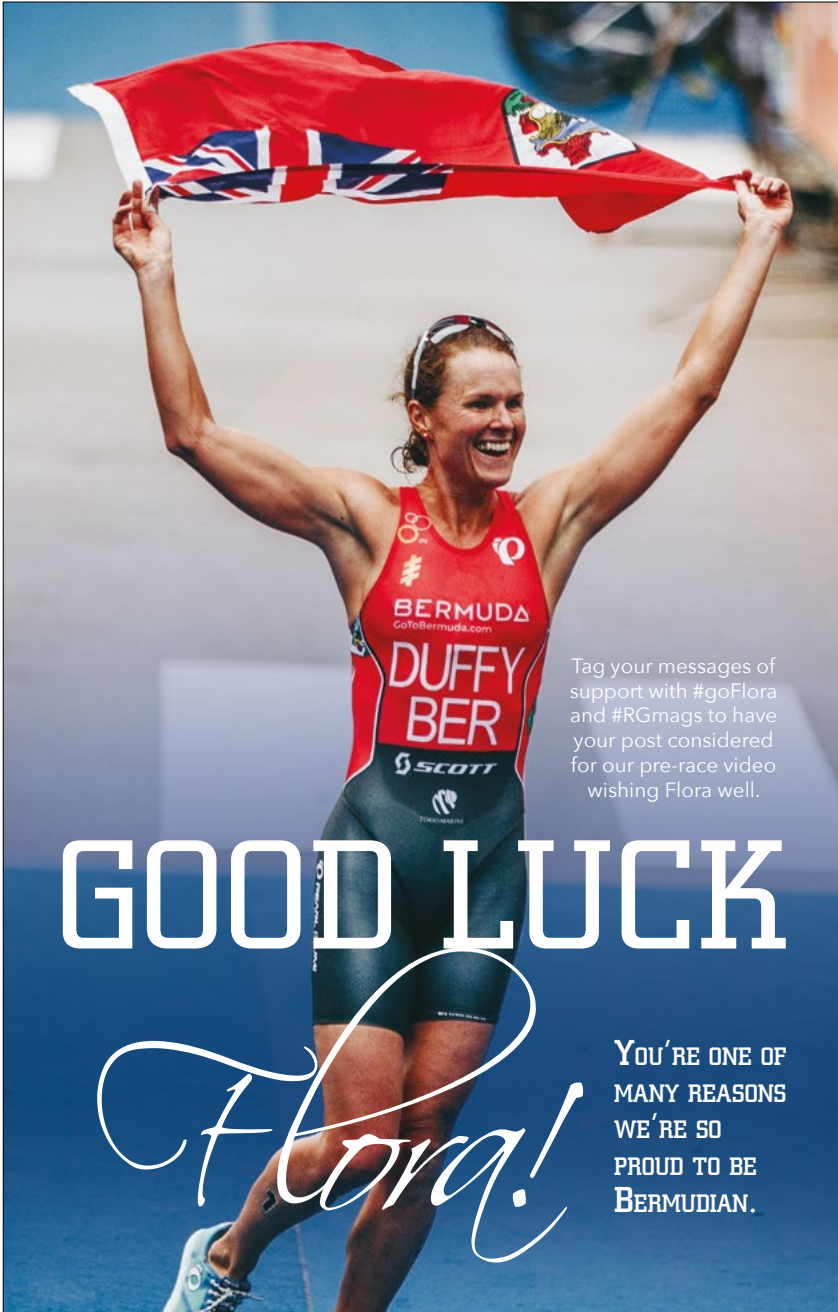
REGISTRATION

Registration will take place in Pier 6, lower level at Front Street.

Thursday 26, 2018: 2:00pm - 7:00pm

Friday 27, 2018: 9:00am - 10:00pm

In order to pick up your race package, you will need your race number, photo identification. We will email you your race number and wave start time before the event. You must register in person, nobody else can do this for you. If for some reason, you can't make registration on Friday, please e-mail info@tribermuda.com and we will do our best to sort a solution for you.



Tag your messages of support with #goFlora and #RGmags to have your post considered for our pre-race video wishing Flora well.

GOOD LUCK

Flora!

YOU'RE ONE OF MANY REASONS WE'RE SO PROUD TO BE BERMUDIAN.

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The Royal Gazette is a proud Main Sponsor for the MS Amlin World Triathlon Bermuda. We're even more proud of all that Flora has accomplished throughout her amazing, inspiring career.

THE DAY BEFORE



AGE-GROUP RACE PACK

At registration, you will be given your personal race pack. This will include:

- Race Bib Number (worn on the front for the run segment)
- Bike Number Sticker (Please attach to your seat post)
- Helmet Number Stickers (Please attach to the front and sides of your helmet)
- Swim Cap
- Drinking Bottle
- Premium Backpack (to be used for bag drop)
- Flip Flops, to use for the Swim prep
- Timing Chip and Strap (to be worn on left ankle)
- Safety Pins (available on request)
- Body Tattoos

Registration staff will be on hand to advise how to attach any of the above items.

RELAY TEAM RACE PACK

One team member, preferably the team captain, should come to registration to register on behalf of the team and collect the race pack.

This will include:

- 3x Wristbands (one for each team member to access transition).
- 1 Bib Number (to be worn by the runner on the front)
- Bike Number Sticker (Please attach to cyclist's seat post)
- Helmet Number Stickers (Please attach to the front and sides of cyclist's helmet)
- Swim Cap
- 3x Premium Backpack (to be used for bag drop)
- Timing Chip and Strap (to be worn on left ankle and transferred to the next relay leg by participants)
- Safety Pins (available on request)

THE DAY BEFORE

Venue

The main venue is located in the heart of Hamilton.



THE DAY BEFORE

RELAY TEAMS

All relay team members will be allowed access to the transition area using the provided wristbands. But remember, there should not be three relay team members in transition at the same time on race day.

SWIM FAMILIARISATION

Age-Group swim familiarisation will take place on Friday, April 27 from 2:00 - 3:00pm at the harbour/Front Street meet at the flagpole.



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THE DAY BEFORE

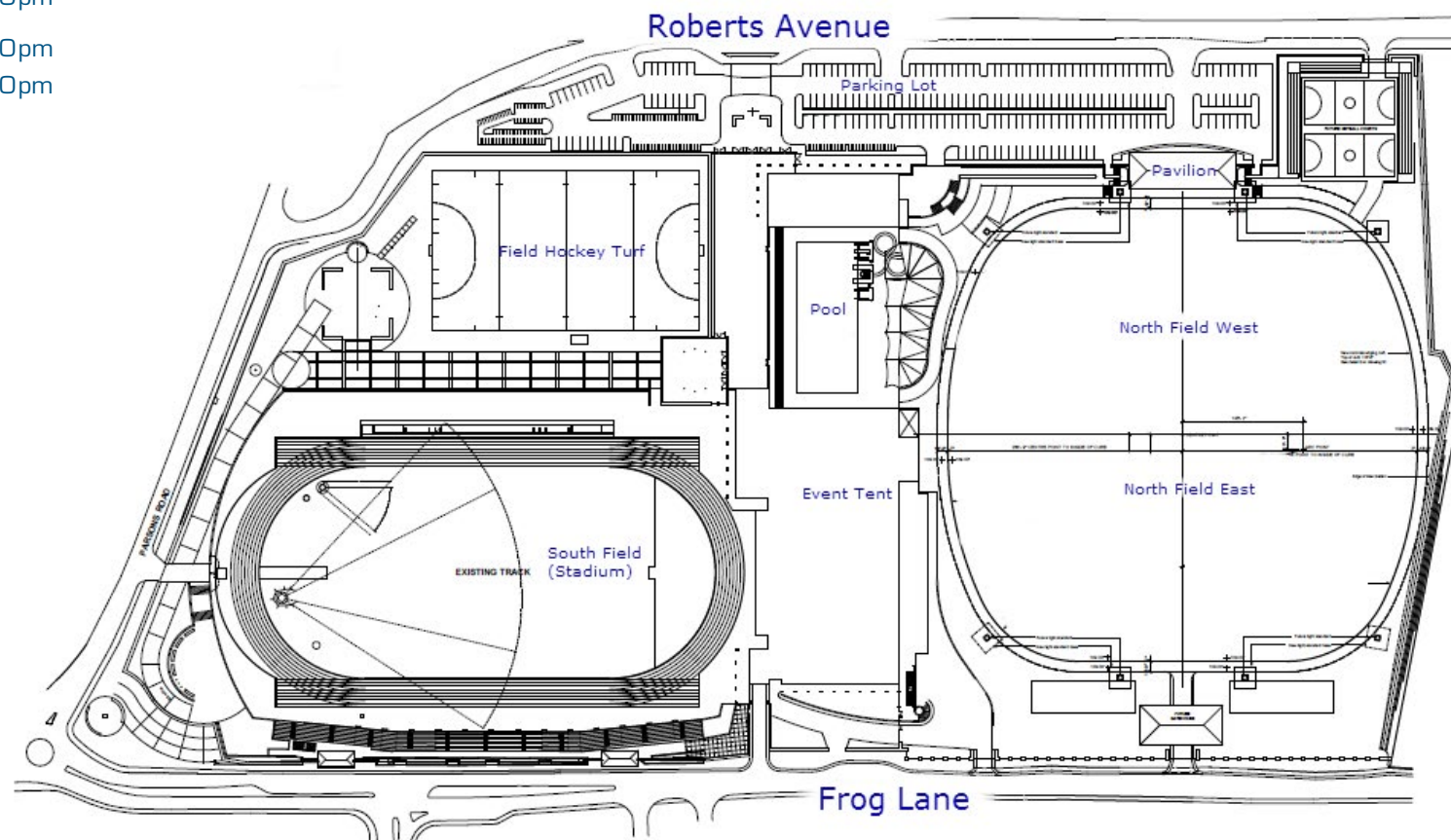
Training

The BDA National Stadium will offer perfect opportunities for your training. The stadium is 15 minutes away from the main venue by bike. (**address: #65 Roberts Avenue, Devonshire DVO1, Bermuda**). You will only have access if you show your race confirmation or bib number.

Swimming Pool in the National Stadium

Thursday, April 26, 2018 9:00am – 12:00pm
2:00pm – 4:00pm

Friday, April 27, 2018 9:00am – 12:00pm
2:00pm – 4:00pm



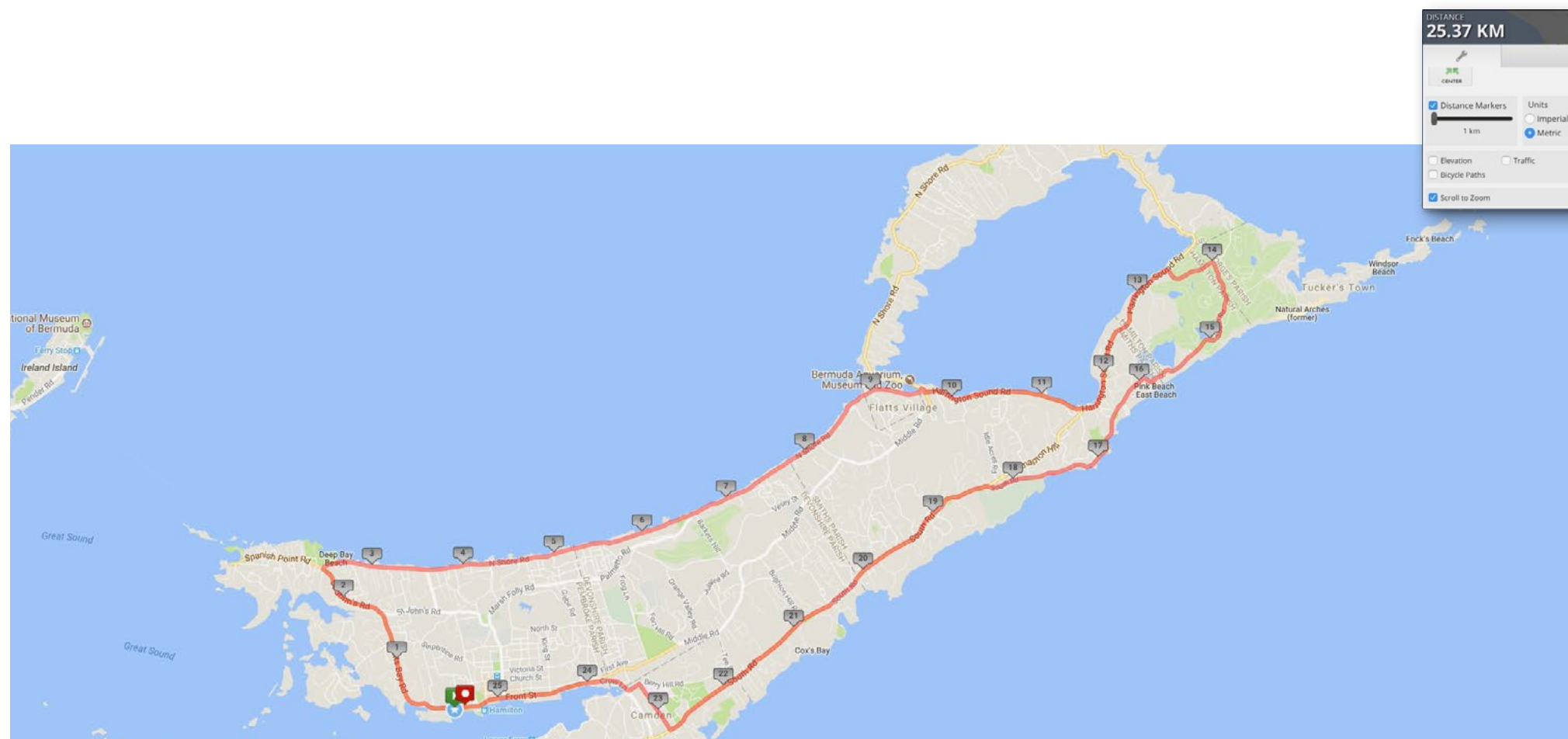
THE DAY BEFORE

Bike Training

Bike Training Route Option 1:

Starting Point: Hamilton Princess Hotel

Please note: Times to train on these courses is before 7:00am. The roads are narrow and open to traffic so please use caution. Corkscrew Hill is not open to training at any time prior to the race, due to one way traffic; the race course goes against the traffic. It will be open to you only during the scheduled elite bike familiarization.



THE DAY BEFORE

Bike Training

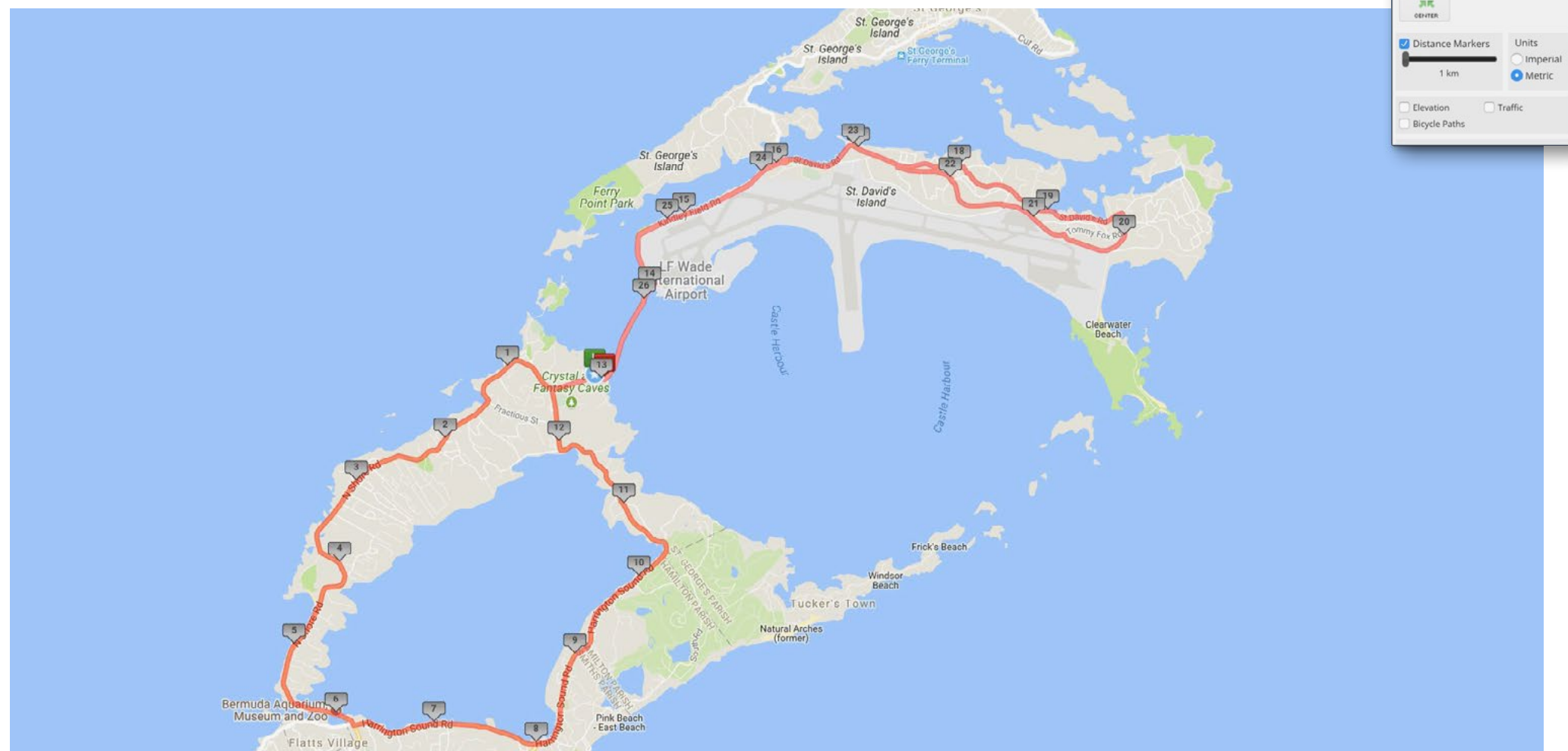
Bike Training Route Option 2:

Starting Point: Grotto Bay Hotel

Please note: Times to train on these courses is before 7:00am.

The roads are narrow and open to traffic so please use caution.

More details [here](#).



THE DAY BEFORE



MS AMLIN EVENT VILLAGE AND EXPO

Front Street will host the Event Village (see venue map on page 13 of this guide for location) which will include Registration in Pier 6, Expo in Car Park #5 and catering concessions, toilets and more.

The Event Village provides a central location for the triathlon community and fans of the sport to soak up the atmosphere. You will be able to check out and buy the latest triathlon and sports gear, including any last-minute items you need to race. A bike mechanic service will be available for any final bike checks and tweaks, at a cost to participants at WINNERS Edge Bikes Shop (Front Street).

BIKE SERVICE

Our sponsor WINNERS Edge will provide the Bike Service for the event. All services need to be paid by participants.

- Thursday and Friday at the shop (during opening hours)
- During Check in at AG Transition: 5:30 - 7:45am (just last minute check and tune up)

SCHEDULE

THURSDAY, APRIL 26, 2018		LOCATION
14:00 – 19:00	Race Pack Collection	Pier 6 / Lower Level
14:00 – 16:00	Swim and Run Open Training*	National Stadium
19:00 – 23:00	World Triathlon Harbour Nights (Street Festival)	Front Street
FRIDAY, APRIL 27, 2018		LOCATION
9:00 – 22:00	Race Pack Collection	Pier 6 / Lower Level
11:00 – 19:30	Triathlon Expo	Front Street / Parking Lot No. 5
11:00 – 12:00	Press conference Elite Athletes	Hamilton Princess Hotel I Trudeau Ballroom
14:00 – 15:00	Swim Familiarization Age Group Athletes	Harbour / Front Street
19:00 – 21:00	Kids Duathlon Run	Front Street
21:30 – 22:00	Feather Mile	Front Street
22:00 – 23:00	Feather Mile Party	Front Street
SATURDAY, APRIL 28, 2018*		LOCATION
5:30 – 7:00	Age Group Check-In Transition	City Hall Car Park
7:00 – 18:00	Triathlon Expo	Front Street / Parking Lot No. 5
7:00	First Start Olympic Distance (OD)	Harbour / Front Street
8:00	First Start Sprint Distance (SD)	Harbour / Front Street
13:06	Start Elite Men	Harbour / Front Street
16:06	Start Elite Women	Harbour / Front Street
20:00 – open end	Athletes After Race Party	Pier 6 / Front Street
SUNDAY, APRIL 29, 2018*		LOCATION
9:00 – 12:00	Hangover Swim	Horseshoe Bay

* *schedule, subject to change] | *only for participants

**#RACE
DAY**

RACE DAY

Please ensure that you arrive at Age Group Transition in plenty of time for your race start, we suggest at least 90 minutes prior to your race.

CHECK YOUR TRANSITION

Before you start your race, ensure that your race equipment (and any nutrition you may want during your race) is arranged neatly next to your bike, within the area allocated to your race number. Please be mindful of other competitors when setting up your transition area.

No equipment is allowed in the aisles, before or during the competition. Personal belongings, other than your race equipment, are not allowed at your numbered position in transition and should be safely stored at the bag drop. Please note nudity in transition is forbidden.

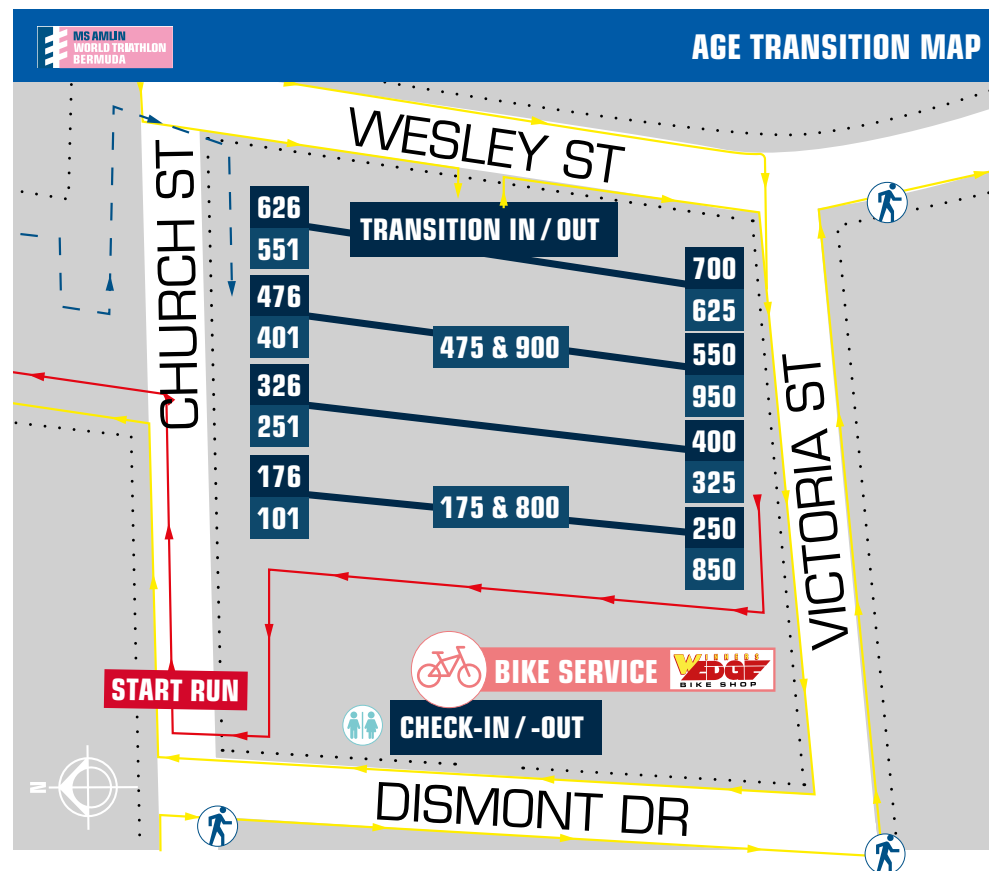
TRANSITION CHECK-IN AND BIKE RACKING

Transition check-in will be open on Saturday April 28 between 05:30am and 07:00am. You must rack your bike in transition within this time. You will need your race number given at registration to access transition. Your bike and helmet must have your race number stickers clearly visible on them and your corresponding wristband will be checked. Helmets must be worn and fastened whenever you are handling your bike within the transition area.

Your transition space is for you to leave your race equipment only, it is not a place to leave large bags or boxes. Competitors are not allowed to 'mark' their position in any way that gives them an advantage over another competitor. Technical Officials will be checking this throughout the event.

BAG DROP (MS AMLIN WORLD TRIATHLON EXPO)

You can securely leave a bag of clothing and personal belongings in the Expo at Car Park #5. At registration, you will be given a backpack to use as your Bag. This bag can be left at the bag drop off and will get a bag tag with the number. In this bag, we recommend that you put warm, dry clothes and any other belongings you may want once you have finished your race (e.g. sunscreen, money for refreshments). See venue map on page 13 of this document for bag drop location.



RACE DAY

EXPO BAG DROP

A secure area is available within the expo on your way to the swim start to leave your bag prior to race start, or you can leave it with friends and family whilst you race. After you finish your race, you can collect this bag before you return to collect your bike from transition.

ELECTRONIC RACE TIMING

This event uses electronic chip timing. Once issued with your chip at registration, ensure you do not get it mixed up with someone else's. Wear the timing chip on your left ankle. Please ensure you only cross timing mats whilst you are racing, or when instructed to by a marshal at the swim start, so that your race results aren't affected. You must return your timing chip to the volunteers in the finish area at the end of your race. Any timing chips not returned will incur a charge of 75 USD.

RACE NUMBERS

In your race pack you will be issued with a pack of race numbers; these must not be altered. Your bib number should be worn facing forwards on the run. The bib number does not need to be worn during the swim. In fact if it is a non-wetsuit swim, it is illegal to wear your bib number. Failure to display your number correctly could lead to a time penalty.

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RACE DAY



WITHDRAWAL ON RACE DAY - PRE-RACE

If you wish to withdraw from the race prior to your start (but after you have registered), please inform the help desk at registration and return your timing chip. If you do not return your timing chip you will be charged for its replacement. It is important that you let us know if you are no longer racing so that all athletes are accounted for and we know you are safe.

WITHDRAWAL ON RACE DAY - DURING THE RACE

If you feel the need to withdraw at any point during the race, please do. It is vital that you inform the nearest marshal or Technical Official (we need to know you're safe) and give them your timing chip.

RACE DISTANCES & LAPS

AG Sprint - 750m Swim | 20km Bike (2x Laps) | 5km Run (2x Laps)

AG Standard - 1500m Swim | 40km Bike (4x Laps) | 10km Run (4x Laps)

RACE BRIEFING

This guide acts as your main race briefing so please read it carefully! A Race briefing will be online and shown on a screen at AG registration at Pier 6.

GETTING TO THE SWIM START

See venue map on page 13 of this guide for more information. Please follow the signage and marshal's instructions for a smooth start to your race experience. Competitor only toilets are available at Swim Start.

TIP – temporary footwear such as the World Triathlon Bermuda flip flops or sandals should be considered to protect your feet before the start of the race. There will be a small area at the swim start where shoes can be left at your own risk and picked up after the race.

**#THE
RACE**

COURSE MAP



THE RACE – SWIM

START TIMES & SWIM CAP COLOURS

Individual wave allocations and start times will be available on the website closer to the event and sent to you via email. You will be issued with a coloured swim cap in your race pack at registration, which must be worn as this identifies your swim wave to our water safety team. Make sure you check your start time and don't just follow other Swim caps of the same colour! There will be several other waves with your colour swim cap.

SWIM START PROCEDURE

Access to the Swim Start will be down the stairs and onto the platform. Competitors should walk to the end of the platform and lower themselves into the water, **NO DIVING OR JUMPING**. Sprint distance participants will hold onto the edge of the platform until the start signal is given.

Standard distance athletes will have a deep water start. Each wave will be started using an air horn. The swim course will be marked with large orange inflatable buoys. (See swim course maps.)

WETSUIT RULES

Wetsuit rules are, as per Bermuda Triathlon Competition Rules dependent on water temperature:

- < 14°C Wetsuits Mandatory
- 14°C - 21.9°C Wetsuits Recommended
- > 22°C Wetsuits Banned → (this will be expected – Trisuits are recommended)

CLOTHING RULES

AG athletes are not required to wear an ITU approved competition uniform as long as torsos are covered during all segments of the event.

SWIM SAFETY

On the swim course, there will be a large Swim Safety team to support competitors. Should you require any assistance or want to pull out of the race during the swim, lie on your back and raise your arm in the air and a kayak lifeguard will come to assist you. Don't panic! If you withdraw during the swim it is vital that you report to a marshal immediately to let us know that you're safe, and hand in your timing chip.

SWIM TO BIKE TRANSITION

Once out of the swim, follow the 300m carpeted route to transition to collect your bike. Please be careful of other competitors whilst running. Take care when running as the carpet can become slippery when wet and remember, nudity is not permitted. Take all your equipment with you to your transition area including cap and goggles - failing to do so, can result in a penalty.

RELAY ATHLETES

After your swim, run into transition to your allocated bike racking location where your cyclist should be ready to start their relay leg. Remove the timing chip from your ankle and pass to the cyclist to put around their left ankle. **REMEMBER** – put your helmet on first before touching your bike.

BIKE OUT – MOUNT LINE

Always follow the signage and marshal instructions to bike out and to the 'mount line'. You may only mount your bike **AFTER** you have crossed the 'mount line', which will be clearly marked with green tape and marshalled by Technical Officials. Bikes must be pushed until you are over this line.

REMEMBER – Set your bike up in a **LOW GEAR** to make it easy to start your cycle.

THE RACE – BIKE

DRAFTING

This is a non-drafting race, as per Bermuda Triathlon Competition Rules, and penalties will be issued. Drafting is when you enter someone's slipstream. The minimum distance between two athletes is 10 meters (measured from the leading edge of the front wheel). insert info regarding no passing zones.

NON - DRAFTING

Drafting is to enter in a drafting zone and not completing the overtake in 20 seconds or less.

BIKE IN – DISMOUNT LINE

After completing your final lap, head back into transition where you will be instructed to dismount BEFORE the line. Again, this will be marked on the ground just before the entrance to transition in red tape and marshalled by technical officials. Bikes must be returned to the same racking position and helmets may only be removed once your bike is racked.

BIKE SAFETY & MEDICAL SUPPORT

There will be medical support at strategic points (St John Ambulance) along the bike course, please inform the nearest course marshal or official if you require medical attention. There will NOT be any mechanical support on the bike course and no aid stations. You must carry your own fluids on the bike. Make sure your bike is in a roadworthy condition for the event and you will need to fix your own flat tyres if necessary. A bike mechanic will be present on Thursday and Friday before the race at Winner's Edge Bike Shop and on race day at AG transition for check-in for any last-minute pre-race checks which can be addressed at a cost.

If you need to withdraw, please hand your timing chip back to the info point at the Expo if possible, or to the nearest volunteer if not.

RELAY ATHLETES

After your cycle, return to transition to your allocated bike racking location where your runner should be ready to start their relay leg. Remove the timing chip from your ankle and pass to the runner to put around their left ankle.



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THE RACE – RUN

COURSE

The run will take place at Front Street with a turning point at Lane Hill.

Please see course maps on page 25 end of this document for more detail. Remember, it is the competitors' responsibility to know the route and where their turn point is. Any athlete who does not complete the correct distance may be disqualified.

RULES

Whilst running, your race number must be worn on your front. No personal music devices are permitted. The Rules of Bermuda Triathlon Association are valid.

AID STATIONS

On the run course, there will be two aid stations which can be accessed from both sides of the run course. You will get water here. You must carry any specific sports nutrition (such as energy gels or bars) you wish to use on the run yourself. Do not litter on course, please use the bins provided at aid stations where possible.

RUN SAFETY

There will be medical support at strategic points along the run course, please inform the nearest volunteer if you require medical attention. (It is vital that if you withdraw you tell us; we need to know you're safe! Remember to return your timing chip).

THE FINISH

The finish area will be located at Car Park #1 at Front Street where you will get to finish on the famous blue carpet, with spectators, friends and family cheering you over the line.

Please return your timing chip before leaving the finish area. Medical support is available at the finish if needed.



**# AFTER
THE RACE**

AFTER THE RACE

MEDAL & REFRESHMENTS

At the finish line, you will be given your hard-earned finisher's medal, food and water.

BAG COLLECTION

On completion of your race, you can pick up your bag until 01:00pm from the bag drop in the expo. Please bring your bib number to get your bag back.

TRANSITION CHECK OUT

You will need to head back to Age Group Transition to check your bike and equipment out of transition. You will need your race number to re-enter the transition area after your race. Please be aware of other athletes still racing when you re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can. Transition check-out is possible from 10:00am to 06:30pm.

RESULTS

Live timing will be available at bermuda.triathlon.org Results will be available on the event website on Sunday, April 29. If you have a timing query after your race, please contact info@tribermuda.com

CEREMONIES

The Age Group ceremony will take place during the Athletes Party at Pier 6 starting at 08:00pm.

WATCH THE WORLD'S BEST ELITE ATHLETES

Once you have finished your own race, don't miss the chance to watch some of the world's best triathletes compete in the elite races as part of the ITU World Triathlon Series. They do their swim on the same course as you do and have the Transition Zone and Finish down at Car Park #1 on Front Street to complete bike and run laps on a technically challenging course, before crossing the same blue carpet finish line as you!

Timetable

- Elite Male Race – 1:06pm
- Elite Female Race – 4:06pm

Big screens to watch the Elite races will be located on Car Park #1 or come out to Corkscrew Hill to cheer on the athletes. More information can be found [here](#)

EVENT VILLAGE

Triathlon is set to come alive at Front Street. The Event Village will provide a central location for the local community and sports fans to soak up the action, cheering on both friends and family and, come Saturday afternoon, the world's best.

The Event Village will include the following:

- Official Event Expo, in which to browse for a range of triathlon and non-sporting products.
- Mechanical support on hand to deal with any last-minute bike tweaks.
- A big screen to watch the action, with live finish line footage from Saturday's age-group races and elite coverage and commentary come Saturday afternoon.
- A host of food and drink concessions and amenities

Come down and soak up the atmosphere!



**ADDITIONAL**
INFORMATION

ADDITIONAL INFORMATION

RULES & COMPETITOR CONDUCT

The sprint and standard distance races are run under Bermuda Triathlon Competition Rules, which can be viewed [here](#). It is the competitor's responsibility to know and abide by the rules. Technical officials will be present at the event to enforce these rules.

LITTERING

There are opportunities to discard litter at littering zones near aid stations on the run course. On the bike course, you should carry your used litter with you. Littering on the course can result in a penalty. Let's all do our best to keep Bermuda beautiful.

TOILETS

There are toilets within the Event Village on Front Street and in City Hall Car Park at Age Group Transition. There won't be toilets on the course.

LOST PROPERTY

Please visit the Info Desk in the expo on the day of the event. Alternatively, email us at info@tribermuda.com with a detailed description of your lost item(s)

MS  **Amlin**

**Good luck to
all participants**



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**#SPECTATOR
INFORMATION**

SPECTATOR INFORMATION

Be a part of the MS Amlin World Triathlon action at prime viewing locations.

Bermuda's first ever World Triathlon event is carefully designed to include the best of other courses on the world circuit. The city center swim from Hamburg, the bike hill from Rio, the run hill from Stockholm, the home hero atmosphere from Leeds... it's all here in Hamilton Bermuda and there are plenty of prime viewing locations.

We suggest any of these 'Fan Zones'.

Corkscrew Hill. Watch amateur Age Group athletes push up the steep twists and turns in the morning, then marvel as the elite athletes take it from a 'standing start' in the afternoon. Bring your tents, chairs and a picnic lunch because between races, you'll have the cool party vibes of DJ Chubb. It's party time.

Front Street. Expect a hive of activity all the way along Front Street, from Queen Street to Seon Building, outside the office of our Title Sponsor, MS Amlin. The famous ITU blue carpet Transition Zone, and the Start and Finish lines are all at No 1 Car Park on Front Street. The Clarien Bank VIP Lounge viewing area and free public viewing stands will be in the midst of the action.

International Fan Zone. We invite you to bring national flags from different countries and support all the visiting athletes in Bermuda for the race. The parade of nations will be lined up in front of the Cabinet Office on Front Street, representing countries from far and near. US, Canada, Great Britain, Italy, South Africa, Russia, Australia, Germany, Mexico and more! Join in the international action.

Your favourite club or school. Warwick Academy invites alumni to join their Fan Zone on Trimmingham Hill and at the bottom of Corkscrew Hill, and the Port Royal Primary Fan Zone will be at the top of Burnaby Hill, at Reid Street. Flora Duffy had her winning start at both of these schools, she was born and raised in Bermuda until her training took her overseas to live. Keep an eye out for more Fan Zone announcements from several local organisations. Dotted along the route, you'll find entertainment, music and food. Bring your noisemakers, wave your flag and cheer loudly!

Front Street Balcony Restaurants. Take it easy, sit back at a Front Street restaurant and enjoy a special breakfast, lunch, or dinner as you watch all the live action from your balcony table overlooking the event venue. It couldn't be easier!

LIVE ONLINE

Charge up your mobile device for Saturday morning because wherever you are on the course, you can watch the full race, live streamed online at the Royal Gazette website. You will find the link on the homepage of www.royalgazette.com

If you prefer to watch from the comfort of home or at your favourite sports bar, the race is also broadcast on local television, by the Official Broadcasters ZFB TV7, Bermuda Broadcasting.

SOCIAL MEDIA

There will be live updates over the race weekend on our Twitter and Facebook pages. Please ensure you "like" the pages for up to date information. Pass it on to your friends and family who may not be on site watching you. Post about your journey before and after the event using the #WTSBermuda #TriBermuda and we'll share some of the best posts.

