



MS AMLIN
WORLD TRIATHLON
BERMUDA



AGE GROUP GUIDE

⚡ ITU WORLD TRIATHLON SERIES | ABU DHABI | BERMUDA | YOKOHAMA | LEEDS/NOTTINGHAM | MONTREAL | HAMBURG | EDMONTON | **LAUSANNE**

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We wish everyone taking part the best of luck.

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BERMUDA

GREETINGS AND WELCOME TO THE 2019 MS AMLIN WORLD TRIATHLON BERMUDA



It is with enormous pleasure that we return to Bermuda for only the second time in WTS history after the island made its spectacular debut on the circuit last year. Flora Duffy's involvement further underlined her position as one of the great figures in world triathlon, elevating the sport's profile with her achievements and galvanising the country behind the event, as well as being recognised with an OBE as a result.

It is the mark of the two-time World Champion that she also shrugged off the pressure to deliver one of the performances of the year on her home circuit 12 months ago. The atmosphere was incredible as Duffy took the tape having led right from the swim, while behind her the battle for second between Vicky Holland and Katie Zaferes gave us a hint of what was to come from the two impressive athletes across the remainder of the season.

The men's race proved to be no less spectacular, the Norwegian team making light work of ten climbs of the notorious Corkscrew Hill to register the first clean sweep of a men's podium in WTS history, Casper Stornes followed over the line by Kristian Blummenfelt and Gustav Iden.

Perhaps it is too much to expect a repeat of the excitement and entertainment of 2018, but don't be surprised if this year's MS Amlin WTS Bermuda even outshines its predecessor with another feast of triathlon for both the crowds and fans watching around the world on the new-look TriathlonLive.tv platform.

From the start of Thursday's Opening Ceremony on Front Street, the action brings young and old, Age-Groupers, novices and curious observers together once more. The RenaissanceRe kids' duathlon on Friday evening will get the racing underway ahead of a busy and exciting weekend of sport that will once again underline the unique accessibility and comradery of our beloved sport.

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

I would like to thank the Bermuda Triathlon Association and the LOC for putting together this wonderful course, and the people of Bermuda for embracing the event with such enthusiasm. As ever, I wish all the athletes the best of luck and I hope that everybody gets to enjoy another memorable WTS weekend.

Sincerely,
MARISOL CASADO
President, International Triathlon Union
IOC Member

LOC WELCOME LETTER

Welcome to our beautiful island for a fantastic weekend of racing.

Last year we stepped into the unknown with a brand new, untried course and many age group and elite athletes visiting the island for the first time. We were delighted to find that they loved it - the course, the people and the atmosphere - as much as we all hoped they would.

This year we are excited to present the same challenge, confident that we have some of the best that the sport of triathlon has to offer: clear, warm seas to swim in, fast and smooth roads with some twists and turns along the way and the short (but steep!) Cork-screw Hill to test your legs. Add a flat run along Hamilton's Front Street to finish with and it makes for a hugely enjoyable way to spend a morning!

You will find a wonderfully enthusiastic group of volunteers and friendly people wherever you go, proud to be showing Bermuda off to the world. We are very glad to have the spotlight on us for a little while.

Good luck to everyone and have fun out there!

ALEC SHEPHERD
Project Leader
WTS Bermuda

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WELCOME TO BERMUDA

Welcome athletes, coaches and spectators to the second stop on the ITU World Triathlon Series calendar for 2019 to be held here in Bermuda.

I am excited 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 organizers. 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, three ITU World Cups in the 90's where Flora Duffy, multiple World Champion, watched as a 10 year old.

On behalf of the Bermuda triathlon community, I want to wish all triathletes the best of luck in the upcoming races. 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.

WORLD TRIATHLON OPENING CEREMONY & STREET FESTIVAL

The countdown clock at the flagpole on Front Street is ticking toward Thursday, April 25th, 2019 the start of the weekend of festivities of the MS Amlin World Triathlon Bermuda. Join us at 19:00 for our opening ceremony and special triathlon-themed Harbour Nights street market, at the very heart of the event venue on Front Street. Join in the music and fun when the street comes alive in Bermudian style. Visiting athletes will enjoy local cuisine and a pre-race “carb” meal. Be part of the warm Bermudian welcome for hundreds of visiting athletes, their friends and families.

RENAISSANCE RE KIDS DUATHLON

Friday, April 26th the start line on Front Street will be filled with eager kids, aged 7 – 15, many of whom are new to triathlon. This duathlon (run, bike, run) is great for starter athletes. 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. Be in the crowd to cheer on local and visiting young athletes for a 18:30 start. Registration is FREE and online at www.tribermuda.com.

MS AMLIN WORLD TRIATHLON BERMUDA

Saturday, April 27th 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!

EXCLUSIVE ATHLETES PARTY

On Saturday, April 27th enjoy a night out in Bermuda. The Hamilton Princess Hotel hosts the exclusive Athletes Party for all athletes. The award ceremony for all age groups will take place at 20:00 and is the highlight of the evening. A DJ and local highlights will give every participant a special and unforgettable experience and end to a triathlon week. Friends and Family are welcome to join.

RACE DAY CHECKLIST

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

FOR REGISTRATION

- Photo ID
- Your race number (this will be emailed to you when available)
- This Athletes' Guide, to help you with last minute details

WHAT YOU GET FROM THE EVENT ORGANIZER AT REGISTRATION

- Drawstring bag
- Swim cap
- Flip flops
- Towel
- Water bottle
- Timing chip
- Voucher for Thursday's Harbour Nights Tri Festival
- Helmet sticker (1) – to be placed on the front of helmet
- Bike Sticker (1) – to be placed around your seat post
- Body decals (2) – to go on upper right arm and calf of right leg.
Decals should be applied before arriving in transition on race day
- Bag sticker/number for the bag drop off

FOR THE SWIM

- Trisuit
- Swimming goggles
- Wetsuit although we don't expect this to be a wetsuit swim
- Some wetsuit specific lubricant, to stop your wetsuit chafing
- Body tattoos need to be applied prior to race start

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



ACCOMMODATION & TRAVEL

ACCOMMODATION

Unless you live locally, we recommend you stay in Hamilton at the host hotel, The Hamilton Princess & Beach Club or in the surrounding area to make your experience more enjoyable. We have negotiated hotel deals for all participants of the MS Amlin World Triathlon. You can book a room at the Official Age Group hotel, The Hamilton Princess Hotel and other hotels on island [here](#):

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.

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 **THE DAY**
BEFORE

THE DAY BEFORE

PARKING AND TRANSPORTATION

Free local competitor parking is available at Bulls Head Car Park on the day of the race, Saturday, April 27. 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 tourists are not allowed to rent cars, we recommend you come by bike or ferry, depending on where you are staying. Please note: We ride on the left hand side of the road. It is mandatory for anyone riding a motorcycle (renting or local) to wear a helmet. Pedal cyclists are not required to use a helmet on Bermuda's roads however, the Bermuda Triathlon Association will go by ITU guidelines that a helmet must be used in all official activities when the athletes are on their bike for competition, familiarisation and training sessions.

If you prefer to take a taxi to town on the day of the race, we suggest you book ahead of time as availability on the day may be difficult. All taxis will need to drop participants off at Age Group Transition via the North Shore Road side of the island as Front Street and many roads surrounding town will be closed. Participants can also be dropped off at Bulls Head Car Park and then follow signs and marshals to transition.

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](#):

REGISTRATION

Registration will take place in the Hamilton Princess, Princess Louise Room
Thursday, April 25, 2019: 14:00 - 19:00
Friday, April 26, 2019: 09:00 - 20:00

In order to pick up your race package, you will need your race number and 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 Thursday or Friday, please e-mail info@tribermuda.com as soon as possible and we will do our best to sort a solution for you.



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 (attach to your seat post)
- Helmet number sticker (attach to the front of your helmet)
- Swim cap
- Water bottle
- Premium drawstring bag (to be used for bag drop)
- A towel
- Flip flops
- Timing chip and strap (to be worn on left ankle)
- Safety pins (available on request)
- Body tattoos (to be worn on the upper right arm and leg)

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:

- 2x wristbands (one for the swimmer and one for the cyclist to access transition and the finish chute to complete the race with the runner).
- 1 bib number (to be worn by the runner on the front)
- Bike number sticker (attach to cyclist's seat post)
- Helmet number sticker (attach to the front of cyclist's helmet)
- Swim cap
- 3x premium drawstring bags (to be used for bag drop)
- 3x water bottles
- 3x towels
- Timing chip and strap (to be worn on left ankle and transferred to the next relay leg by participants)
- Safety pins (available on request)
- Body tattoos (to be worn on the upper right arm and calf of right leg)

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

If an athlete is participating as an individual and on a team, the individual athlete must come to registration to pick up their individual race packet in person. Team members cannot pick up individual race packets for other team members.

Furthermore, if an athlete is competing individually and on a team, they will receive two timing chips. It is the responsibility of the athlete to make sure the correct team timing chip is passed along to teammates in transition.

THE DAY BEFORE

Venue

The main venue is located in the heart of Hamilton.

*subject to change. [Here](#) you find the latest maps.



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THE DAY BEFORE

SWIM FAMILIARISATION

Age Group swim familiarisation will take place on Friday, April 26 from 12:00 – 13:00 at the Harbour/ Front Street Flagpole.

SWIM TRAINING

The Bermuda National Stadium will offer opportunities for you to train before the race. The stadium is 15 minutes away from the main venue by bike. (address: #65 Roberts Avenue, Devonshire DVO1, Bermuda).

You must show your race confirmation or bib number to use the pool. You will have access to the swimming pool at the National Stadium at the following times

Thursday, April 25, 2019

09:00 – 12:00

14:00 – 16:00

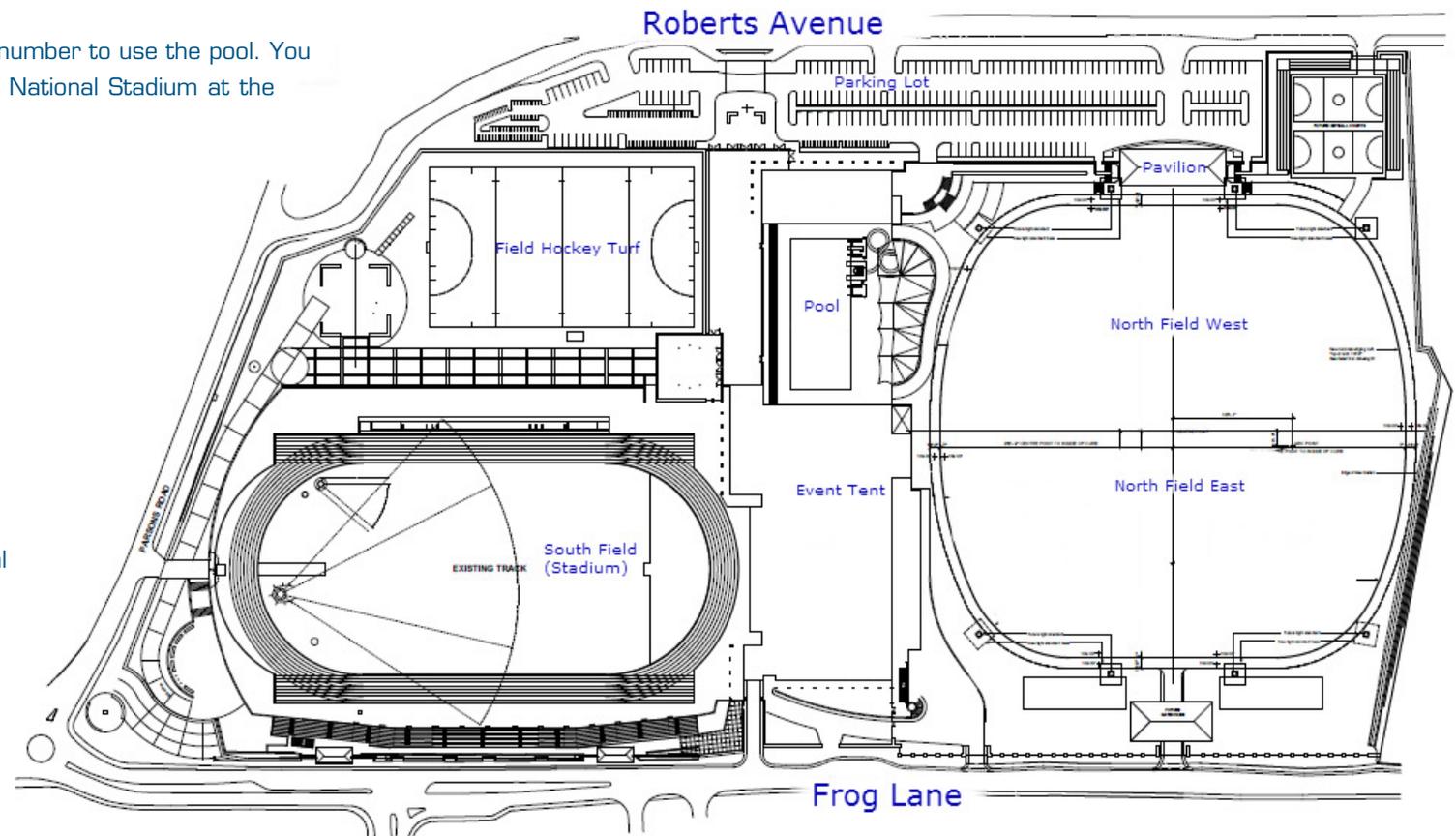
Friday, April 26, 2019

09:00 – 12:00

14:00 – 16:00

RUN TRAINING

Run Training on the Track in the National Stadium will be possible at the above hours.



THE DAY BEFORE

BIKE TRAINING

Bike Training Route Option 1:

Starting Point: Hamilton Princess Hotel

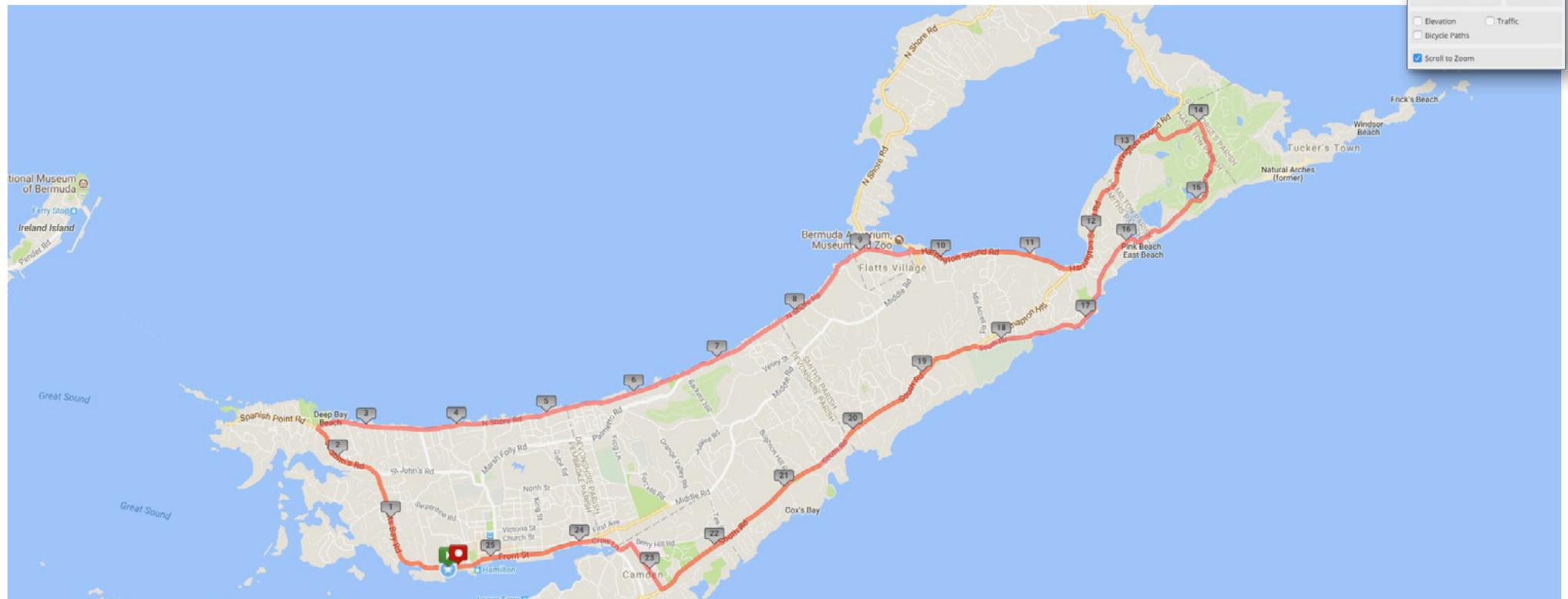
Please note: The best time to train on these courses is before 7:00. The roads are narrow and open to traffic so please use caution. Also, remember, we drive on the left hand side of the road and all cyclists must follow local road rules. Corkscrew Hill is not open to training at any time prior to the race, due to one way traffic; the race course goes against the traffic.

BIKE SERVICE

Our sponsor Winners Edge will provide bike service for the event. All services need to be paid by participants.

- Thursday and Friday at the shop (Shop hours: 09:00 – 18:00, address: 73 Front St, Hamilton HM 12, Bermuda)
- During check in at Age Group Transition on race day: 5:30 - 7:00 (last minute check and tune up only)

*subject to change. [Here](#) you find the latest maps.



THE DAY BEFORE

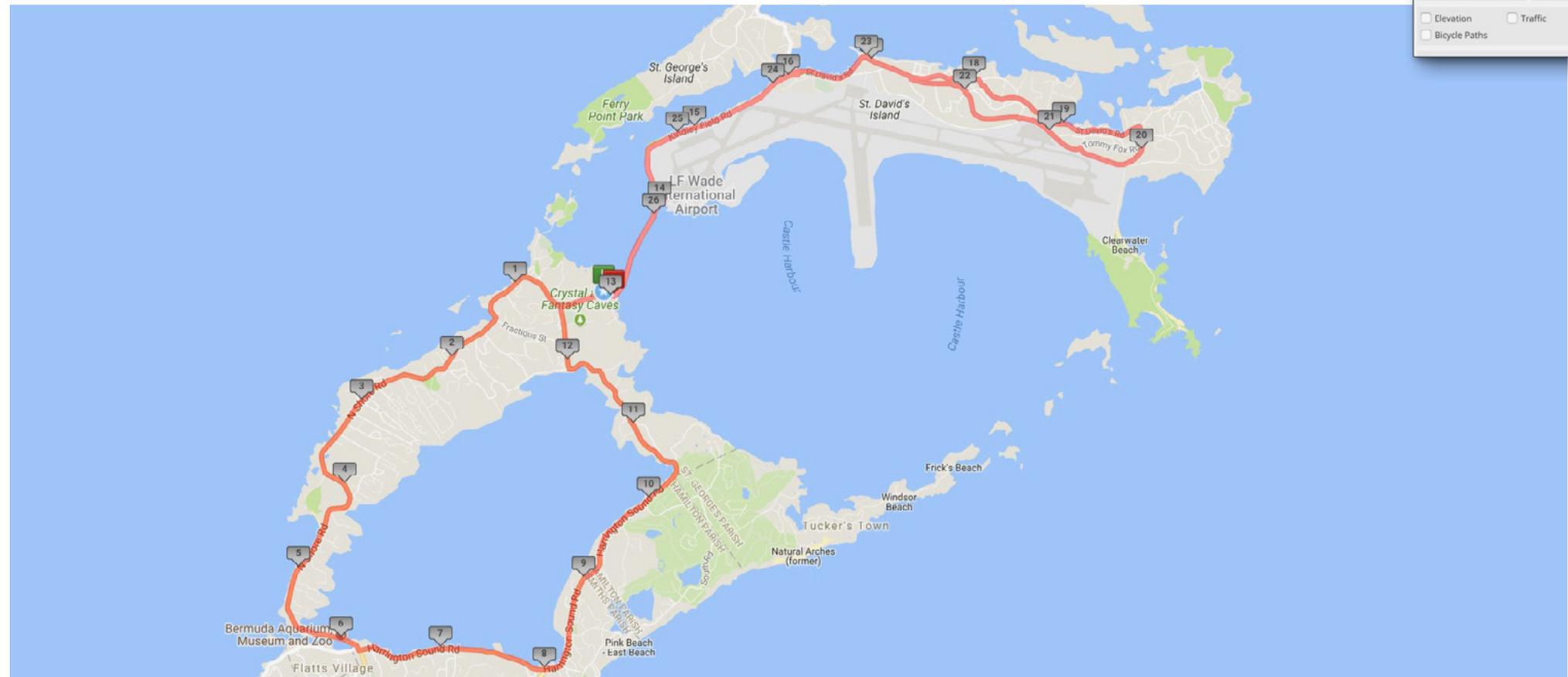
BIKE TRAINING

Bike Training Route Option 2:

Starting Point: Grotto Bay Hotel

Please note: The best time to train on these courses is before 7:00. The roads are narrow and open to traffic so please use caution. Also, remember, we drive on the left hand side of the road and all cyclists must follow local road rules. → [More details here.](#)

*subject to change. [Here](#) you find the latest maps.



SCHEDULE

THURSDAY, APRIL 25, 2019		LOCATION
14:00 – 19:00	Race Pack Collection	Hamilton Princess Princess Louise
09:00 – 12:00	Swim and Run Training Opportunity Elite and Age Group Athletes	National Stadium
14:00 – 16:00	Swim and Run Training Opportunity Elite and Age Group Athletes	National Stadium
19:00 – 23:00	World Triathlon Opening Ceremony & Street Festival	Front Street
FRIDAY, APRIL 26, 2019		LOCATION
09:00 – 20:00	Race Pack Collection	Hamilton Princess Hotel Princess Louise
09:00 – 12:00	Swim and Run Training Opportunity Elite and Age Group Athletes	National Stadium
11:30	Elite Press Conference	Press Center Trudeau Ballroom
12:00 – 13:00	AG Swim Familiarization	Harbour
14:00 – 16:00	Swim and Run Training Opportunity Elite and Age Group Athletes	National Stadium
18:30 – 20:30	RenaissanceRe Kids Duathlon	Front Street
SATURDAY, APRIL 27, 2019		LOCATION
05:30 – 07:00	Age Group Transition Check-In	City Hall Car Park
07:00	First Start Olympic Distance (OD)	Front Street
08:15	First Start Sprint Distance (SD)	Front Street
10:15 – 13:30	Age Group Bike Check Out	City Hall Transition Zone
13:06	Start Elite Men	Front Street
16:06	Start Elite Women	Front Street/Start
19:30 – Midnight	Athletes After Race Party & Age Group Awards Ceremony	Hamilton Princess Hotel



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: Transition closes at 07:00. Bikes and helmets will be checked at the entrance to transition. Please have your helmet out of your bag before you arrive and fastened on your head for a speedy entrance.

CHECK YOUR TRANSITION AREA

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 (down at the swim start). Please note, nudity in transition is forbidden.

RELAY TEAMS

All relay team members will be allowed access to the transition area using the provided wristbands or their bib number. Reminder: there should not be three relay team members in transition at the same time on race day.

TRANSITION CHECK-IN AND BIKE RACKING

Transition check-in will be open on Saturday, April 27 between 5:30 and 7:00. You must rack your bike in transition within this time. No one will be allowed in transition once the first race has begun. 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. Your transition space is for race equipment only, it is not a place to leave large bags, boxes or other personal items. 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.



Relays will utilize a relay pen in the transition area, all relay athletes will have to wait in the relay pen or outside the transition area when not in competition. As an athlete completes their leg of the race and wishes to tag in the next athlete they must exchange their timing chip inside of the relay pen.

RACE DAY

BAG DROP

A secure area to leave your bag prior to race start is available within the athletes' area at Car Park #5 (Athletes Pre-Start and Recovery area next to swim start) on your way to the swim start, or you can leave it with friends and family whilst you race. After you finish your race, you can collect your 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 or lose it. 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 race numbers; these must not be altered. Your bib number should be worn facing forward on the run. Your bib number should not be worn during the bike or swim. Failure to display your number correctly could lead to a time penalty.

Please note: For the swim, please put on the race tattoos provided in your race pack to make sure we can identify you for security reasons.

WITHDRAWAL ON RACE DAY - PRE-RACE

If you wish to withdraw from the race prior to your start on race day, please inform the Technical Official in Age Group Transition and return your timing chip to the nearest volunteer. 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 (1x lap) | 20km Bike (2x laps) | 5km Run (2x laps)
AG Standard - 1500m Swim (1x lap) | 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 available online.

GETTING TO THE SWIM START

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

TIP

Temporary footwear such as flip flops or sandals should be considered to protect your feet before the start of the race. It is a 3 – 5 minute walk from transition to the swim start and a 1 – 3 minute walk from bag drop to the swim start. 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

*subject to change. [Here you find the latest maps.](#)



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 the same 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 and 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 Association Competition Rules 2019, dependent on water temperature:

- 15.9 C° and below - wetsuits mandatory
- 16.0 C° – 21.9 C° - wetsuits are optional
- 22.0 C° and above - wetsuits are forbidden

CLOTHING RULES

Age Group 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 paddleboard or jet ski 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.

NO PASSING ZONES

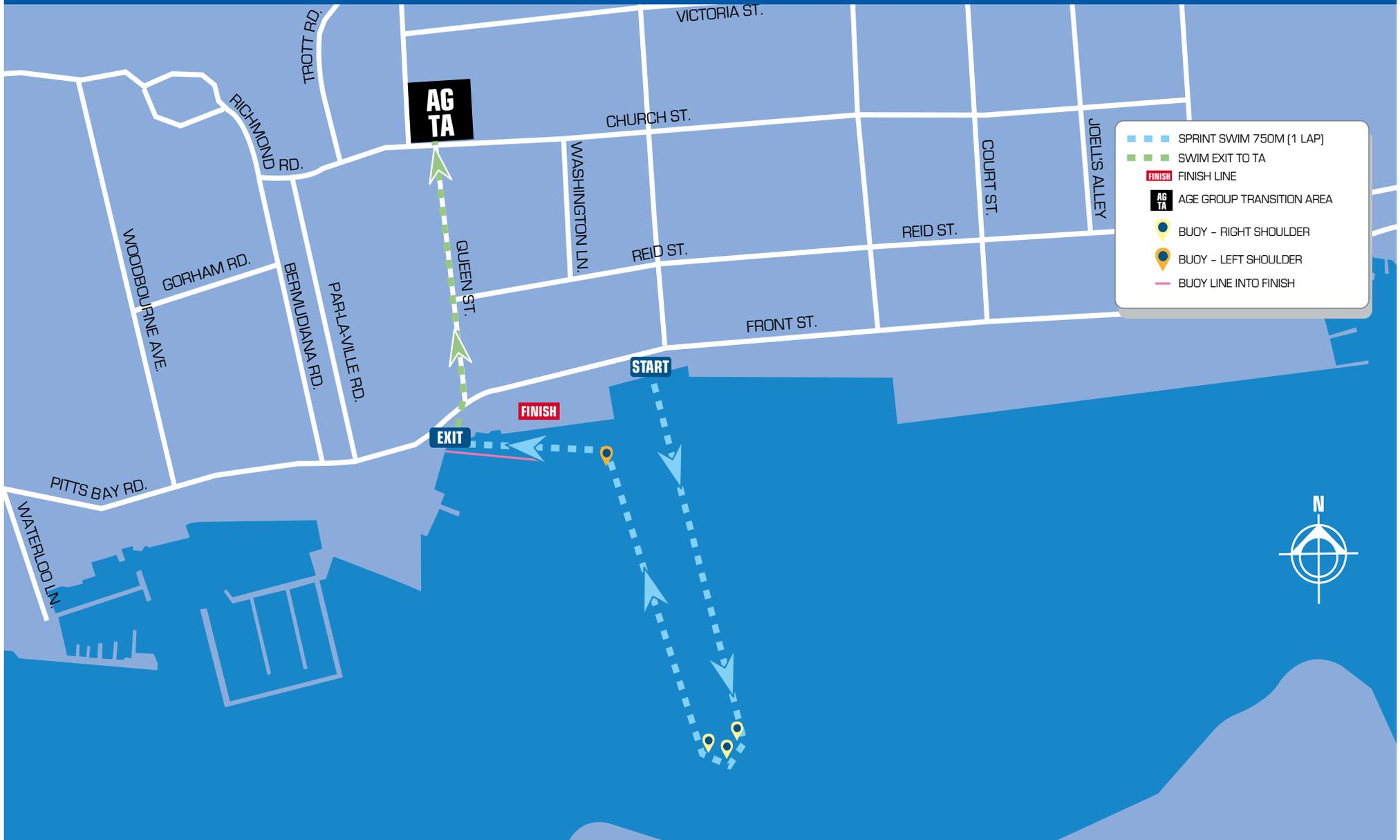
Due to tight street sections along and around the transition area "No Passing Zones" are in effect in this area. The zones are clearly marked with signage "No Passing Zone Start" and "No Passing Zone End". You are not allowed to pass other athletes in these zones.



*subject to change. [Here](#) you find the latest maps.



AGE GROUP SPRINT SWIM COURSE



*subject to change. [Here you find the latest maps.](#)



AGE GROUP STANDARD SWIM COURSE



THE RACE – BIKE

DRAFTING

This is a non-drafting race as per Bermuda Triathlon Association Competition Rules 2019, 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). Drafting occurs when an athlete enters in a drafting zone and does not complete the overtake in 20 seconds or less.

BIKE IN – DISMOUNT LINE

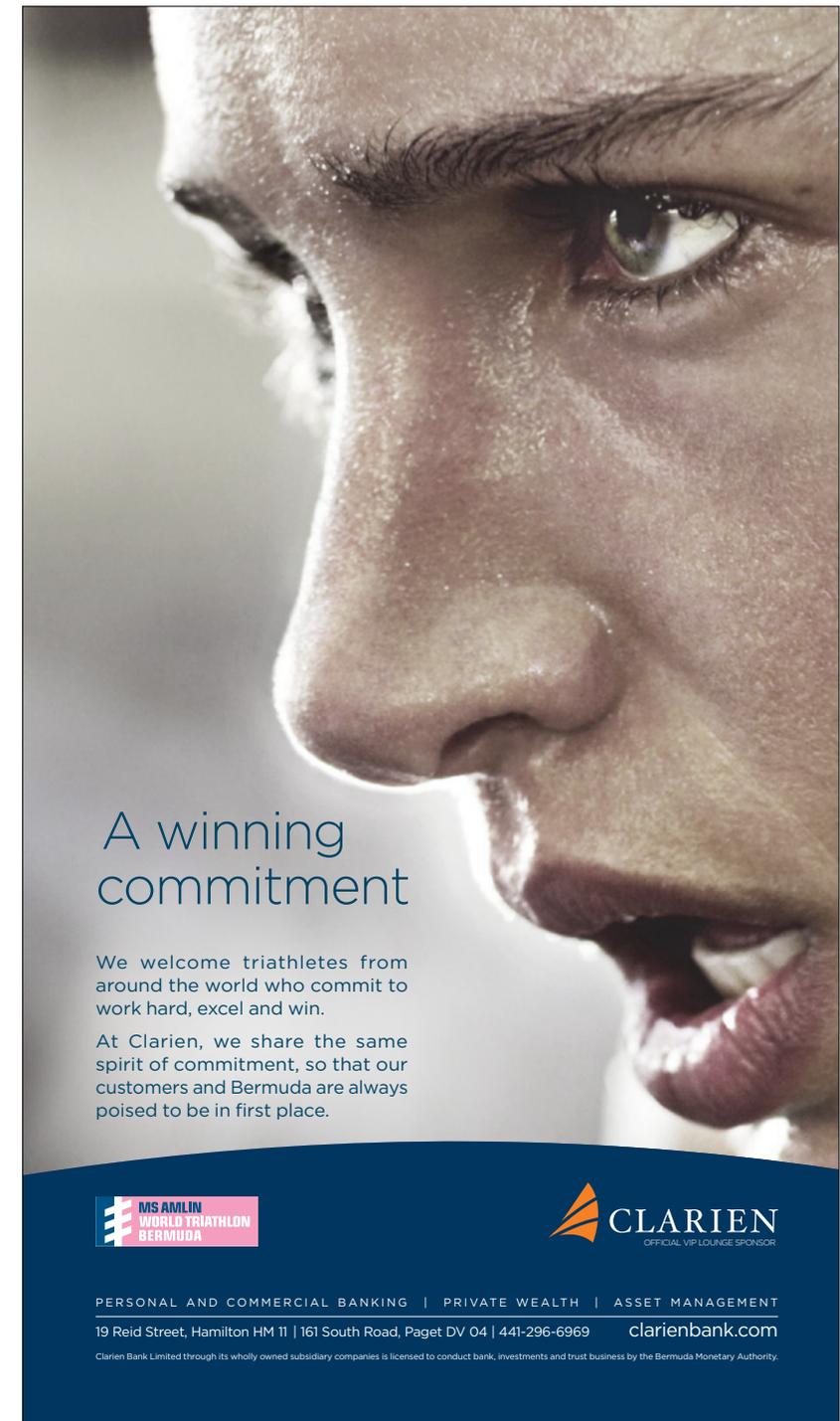
After completing your final lap, head back into transition where you will be instructed to dismount BEFORE the line. Again, this will be marked on the ground just before the entrance to transition in red tape and marshalled by Technical Officials. Bikes must be returned to the same racking position and 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 Technical Official if you require medical attention. There will NOT be any mechanical support or aid stations on the bike course. You must carry your own fluids on the bike. Make sure your bike is in a road-worthy condition for the event. 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 Age Group 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 at the bag drop in Car Park #5 (Athletes Recovery Area) at Front Street if possible, or to the nearest volunteer or official.

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.



A winning commitment

We welcome triathletes from around the world who commit to work hard, excel and win.

At Clarien, we share the same spirit of commitment, so that our customers and Bermuda are always poised to be in first place.



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*subject to change. [Here](#) you find the latest maps.



AGE GROUP BIKE COURSE



THE RACE – RUN

COURSE

The run will take place on Front Street with a turning point at Lane Hill and a lap turn-around on Queen/Reid Street. Please see course maps on page 29 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 Bermuda Triathlon Association Competition Rules 2019 are in effect during the race.

AID STATIONS

On the run course, there will be two aid stations. 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 the 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. If you need to withdraw, please hand your timing chip back to the bag drop at Car Park #5 (Athletes Pre-Start and Recovery area next to swim start) if possible, or to the nearest volunteer or Technical Official. It is vital that you tell us if you withdraw; we need to know you're safe.

THE FINISH

The finish area will be located at Car Park #1 on Front Street where you will get to finish on the famous ITU 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

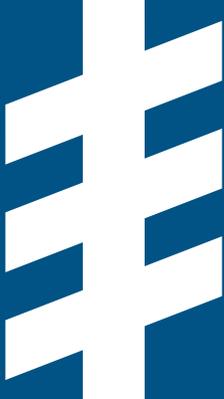


*subject to change. [Here you find the latest maps.](#)



AGE GROUP RUN COURSE





AFTER
THE RACE

AFTER THE RACE

MEDAL & REFRESHMENTS

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

BAG COLLECTION

On completion of your race, you can pick up your bag until 13:00 from the bag drop in the athletes' recovery area at Car Park #5. Please bring your bib number or wristband for relay to get your bag back. You will not be able to pick up your bag without your number.

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 10:15 to 13:30 only.

RESULTS

Live timing will be available at www.bermuda.triathlon.org. Results will be available on the event website on Saturday, April 27. 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 Hamilton Princess starting at 20:00 on Saturday, April 27. We have you as an athlete on our guest list. Every Participant gets two drinking vouchers at the entrance. All athletes are welcome to bring family and friends. Start for the party is 19:30.

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 you do and have the Transition Zone down at Car Park #1 on Front Street before crossing the same blue carpet finish line as you!

Timetable

- Elite Men Race – 13:06
- Elite Women Race – 16:06

Big screens to watch the Elite Athletes will be located at Car Park #1 and at the Family Zone at Corkscrew Hill. More information can be found [here](#).

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 Association Competition Rules 2019, 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 pre-start area on Front Street and in City Hall Car Park at Age Group Transition. There won't be toilets on the course. Public Toilets can be find at Car Park #1, right behind the public grandstands.

LOST PROPERTY

Please visit the bag drop at the Car Park #5 (Athletes Pre-Start and Recovery area next to swim start) on the day of the event. Alternatively, email us at info@tribermuda.com with a detailed description of your lost item(s).

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**# SPECTATOR
INFORMATION**

SPECTATOR INFORMATION

Be a part of the MS Amlin World Triathlon action at prime viewing locations. Bermuda's 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 Family Zone

Join the family atmosphere at Corkscrew Hill. Watch the athletes 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 the 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 #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! Special offers at certain restaurants will be offered.

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. The event will also be streamed live on the ITU website.

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.

More Information on our [website](#).