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WORLD TRIATHLON
NOTTINGHAM

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SATURDAY 15 JUNE 2019

ATHLETE'S EVENT GUIDE

DRAFT LEGAL BRITISH CHAMPIONSHIPS
SPRINT | RELAY | GO TRI | TRISTARS
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WELCOME



WELCOME FROM ACCENTURE WORLD TRIATHLON MIXED RELAY NOTTINGHAM

The organising team would like to extend a warm welcome and big thank you to all those taking part. After a great first edition last year, we're excited that the event has grown this year to include the British Triathlon Sprint Championships and TriStar races for ages 11-14.

As an Olympic Mixed Relay Qualification event, we are proud to welcome the world's best triathletes, as well as first timers and seasoned age-groupers, to the picturesque Victoria Embankment in the centre of Nottingham. Once again, we aim to deliver an event to impress with a world-class course, a smoothly organised athlete experience and the creation of an engaging atmosphere for all athletes to feel part of something special.

I would like to take this opportunity to thank all the volunteers and officials for their support and commitment in ensuring 2019 delivers a great event experience. And of course, thank you to all our suppliers, sponsors and partners whom, alongside Nottingham City Council, UK Sport, OSB Events and the ITU, have supported British Triathlon to ensure this highly entertaining event is part of the World Triathlon Series schedule.

Have a fantastic event!

Jonny Hamp,
Event Director



WELCOME FROM BRITISH TRIATHLON

Welcome to the Accenture World Triathlon Mixed Relay in Nottingham.

This event represents the pinnacle of triathlon competition in the UK and provides elite triathletes with the opportunity to compete on a city-centre course in front of thousands of spectators.

What makes this event special is the participation of hundreds of local athletes in a variety of races, some of whom will be taking part in their first ever triathlon. If you are watching, do give them your vocal support!

And if you are competing, please accept my best wishes – I hope you achieve your personal target, whatever that may be.

Ian Howard TD,
President, British Triathlon

WELCOME



WELCOME FROM ACCENTURE

It is fantastic to be able to welcome you to the Accenture World Triathlon Mixed Relay Nottingham. We are delighted to continue our support of the Mixed Relay format, as global athletes return to Nottingham for the second successive year, on their journey to the first ever Olympic Mixed Relay in Tokyo 2020.

We are equally thrilled to support all the Age-Group triathletes competing in the British Championships

at Nottingham this year, and would like to wish them the best of luck in their events!

Whether this is your first ever triathlon or your fiftieth, we hope you have a brilliant race and thoroughly enjoy being a part of this event.

Best of luck!

Julian Skan,
Senior Managing Director, Accenture





GREETINGS AND WELCOME TO THE 2019 ACCENTURE WORLD TRIATHLON MIXED RELAY NOTTINGHAM

It brings me great pleasure to welcome you to the historic city of Nottingham for the second Mixed Relay Series event in the city following its debut 12 months ago. The atmosphere here was electric as the USA held off the challenge of Team GB and France to earn gold, the River Trent and its banks providing a brilliantly high-speed and intense course on which to test the athletes' individual mettle and collective spirit.

With the relay incorporated into the Olympic programme for the first time in Tokyo 2020, we are excited to see how the Mixed Relay Series has captured the imaginations of triathlon fans around the world. It also provides us with an opportunity to hold races in exciting new locations, and Nottingham has already proven itself an excellent stage on which to give our athletes the chance to showcase their abilities and take a step nearer realising their Olympic dreams.

Mixed Relay is perhaps triathlon racing at its most dramatic, bringing together the men and women with the added dimension of all-important team spirit.

This compact sprint course begins with athletes launching themselves into the River Trent, before racing around the tree-lined Victoria Embankment on both bike and foot, traversing the Old Trent Bridge and Wilford Suspension Bridge.

As well as the elite race, there will be team challenges and sprint relays for athletes aged 15 and older of all levels, forming part of a full day of events that will display the very best of our sport and bring together enthusiasts and newcomers alike.

My thanks go to the Local Organising Committee, race sponsors Accenture and the city of Nottingham, as well as all the volunteers for their help in the smooth running of the event. I wish everybody the best of luck and hope that you enjoy your time in the city as it hosts all the thrills of ITU racing.

**Marisol Casado, President,
International Triathlon Union, IOC Member**



A PERSONAL BEST

Accenture is proud to be the Official Mixed Relay Partner of British Triathlon, and to support our athletes to be the best prepared on the Olympic and Paralympic start line.

accenture.com/britishtriathlon

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01 # FROM NOW UNTIL RACE DAY

CONFIRMATION OF ENTRY

All competitors who have registered for the event will have received an entry confirmation email. If you have not received this, please email: nottingham@britishtriathlon.org stating your name and race category which you entered into.



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)
- ☐ If you have one, your valid British Triathlon Home Nation Membership Card
- ☐ Safety pins
- ☐ This athlete guide, to help you with last minute details



FOR THE SWIM

- ☐ Wetsuit
- ☐ Swimming goggles
- ☐ Some wetsuit specific lubricant, to stop your wetsuit chafing
- ☐ Tri suit/swimwear



FOR THE BIKE

- ☐ Bike, in a road worthy condition
- ☐ Bike shoes (if you use them)
- ☐ Race belt, if you use one
- ☐ Bike helmet – you won't be allowed to cycle without one
- ☐ Tri suit/clothing
- ☐ Drinks bottle
- ☐ Any gels or nutrition you might need
- ☐ Sunglasses
- ☐ Bike tool
- ☐ Puncture repair kit/spare inner tube and pump



FOR THE RUN

- ☐ Running trainers
- ☐ Any gels or nutrition you might need
- ☐ A cap and/or sunglasses should there be bright sunny weather



THINGS YOU MAY FORGET

- ☐ Friends and family! Bring your support network with you – there's plenty for them to enjoy at the venue and in Nottingham
- ☐ A change of clothing, so you can stay dry and warm after your race
- ☐ Towel and shower gel. Showers are available near the Event Village after you've finished

01 FROM NOW UNTIL RACE DAY



RACE DAY PLANNER

At a new event, venue layout can sometimes be a bit confusing. So, we've broken the big day down into a step-by-step guide of where you should be, what you should be doing, and in what order. This will help you focus on being able to perform at your best and reduce any pre-race jitters.



1 PUBLIC CAR PARK

As a competitor you can purchase car parking in advance through Active network [HERE](#) for £5. Log-in to your account and select 'edit registration' then go to additional purchases to add car parking. On the event day, parking will cost £8 so it's recommended you book in advance. If you book in advance you'll receive a car parking pass by e-mail before the event. Please ensure this is printed and displayed clearly in your car.

2 REGISTRATION MARQUEE

Head here to collect your race pack including swim cap, race number and timing chip. Plus, see what merchandise we've got on offer!

3 TRANSITION

Follow the signs to transition with your bike. Technical officials and volunteers will help you cross into the transition area. Find your numbered space, and prepare your kit.

4 SWIM START ASSEMBLY POINT

This is where your race will begin. Head to swim start in your wetsuit for your pre-race briefing 20 minutes before your wave start time.

5 FINISH LINE

Arms high as you cross the finish line - the same one the elite athletes will be racing over later in the day! You will be presented with your finisher medal and gift

6 BACK TO TRANSITION

Return to transition to collect your bike and kit. Then head to the YellowJersey bike park to park your bike for the rest of the day.

7 CRICKET PAVILION

Showers and changing rooms are available here for all competitors to freshen up.

8 EVENT VILLAGE

Celebrate and refuel at the food stalls, explore the trade stands and hear about our partners on the stage in your Event Village. Get ready to cheer on the international teams as they battle it out against international rivals for a spot on the podium.

9 GRANDSTAND

Overlooking the main stadium area with the Swim start, Transition, bike course, Changeover Zone, Finish and big screen so you can watch the action unfold before you, with the elite athletes going past 28 times during the race!

01 # FROM NOW UNTIL RACE DAY



HOST CITY

Nottingham is home to some of the best shopping in the UK, an exciting cultural calendar and recognised nationally for the quality of its restaurants and bars. This vibrant and sporty city has it all.

www.itsinnottingham.com.



MERCHANDISE

You can still purchase **Official Event Merchandise** as a lasting memento of your race experience in Nottingham. Items available are technical t-shirts and premium hoodies.

If you haven't purchased your merchandise yet, you can still buy it online by visiting myevents.active.com/login and select the 'purchase additional merchandise' option. There will also be a merchandise store on site for any last minute purchases.

*NOTE: Bike Hire and Wetsuit Hire cannot be purchased on the day. Please purchase in advance to avoid disappointment.



PURCHASE MERCHANDISE MYEVENTS.ACTIVE.COM/LOGIN

Merchandise designs are for illustration purposes only and are subject to change.

TRIATHLON



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02 ≠ EVENT DAY



TRAVELLING BY CAR

Car parking is available at The Meadows recreation ground near Victoria Embankment on event day. Parking is priced at £5 per vehicle when purchased in advance [HERE](#) or £8 on the day on arrival at the event. Access will be via Bathley Street from **06:30** on **Saturday 15 June**. There will be stewards and signage to show you where to go.

If you book in advance you'll receive a car parking pass by e-mail before the event. Please ensure this is printed and displayed clearly in your car.

Competitors are strongly advised not to leave bikes on car roof racks during the event. The organisers will not accept responsibility for any damage, accidents or losses resulting from use of the car park.



ROAD CLOSURES

To ensure the event runs smoothly there will be road closures in place. Please make sure to plan your journey in advance and follow the AA route signage to the car parks.



GETTING TO VICTORIA EMBANKMENT

Victoria Embankment is located only 1 mile from Nottingham city centre, and next to The Meadows and West Bridgford.



TRAVELLING BY BUS

Trent Bridge is the closest bus stop, approximately 400m from the main venue. Bus stops here are served by regular services from the city and the surrounding towns and villages including Radcliffe on Trent, Bingham and Loughborough. Check local bus timetables to plan your journey, and whether your bike is allowed on the bus.

Nottingham City Transport - www.nctx.co.uk

Trent Barton Buses - www.trentbarton.co.uk



TRAVELLING BY TRAM AND PARK & RIDE

Nottingham is serviced by an excellent Tram system, with a stop located 800m from the main event site. The tram network is connected to 7 Park & Ride sites with 7,000 free parking spaces on the outskirts of the city, with direct connections to the venue.

The closest stop is Meadows Embankment

Clifton South - Accessed from J24 of the M1 - Direct Tram

Toton Lane - Accessed from J25 of the M1 - Change at Nottingham Train station

Phoenix Park - Accessed from J26 of the M1 - Direct Tram

Full details of the other park and ride sites and a timetable can be found at www.thetram.net



TRAVELLING BY TRAIN OR AIR

Nottingham Station is well connected to the rest of the country by train, with services from London, Manchester, Liverpool, Leeds, Cardiff and Norwich. Connections via Derby and Birmingham are also possible.

The closest airport to the event is East Midlands Airport.



DISABLED ACCESS

If you require disabled access to the venue, please let us know via nottingham@britishtriathlon.org and we will do our best to accommodate your needs. To purchase a space on our accessible wheelchair platform next to the grandstand visit the [link HERE](#). Accessible viewing of the bike route is also available between the Event Village and main stadium area.

Specific disabled car parking will be provided as close as possible to the venue entrance, please show your blue badge to the car park steward and they will direct you.

Accessible toilets are available on site.

02 # EVENT DAY

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



REGISTRATION

Registration will take place in the Event Village at Victoria Embankment and will be signposted from the car park and entrances to the venue. You **MUST** register between **06:30** and **13:30** and rack your bike from **06:30** and **13:30**.

In order to register, you will need your race number, photo identification and your valid British Triathlon Home Nation Association Membership Card. If you did not purchase a day membership with entry, failure to bring your valid membership card will mean you have to purchase a £5 day membership at the event (£1 for children).

Race numbers and start times for each wave will be announced closer to the event.

INDIVIDUAL RACE PACK

At registration you will be given your personal race pack. This will contain specific information to you, including;

- **Wristband** (must be worn to access and exit transition)
- **Race Bib Number** (worn on your back for cycling and on your front for running)
- **Bike Number Sticker** to be attached to your seat post (see how to do this on the next page)
- **Swim Hat**
- **Bag drop 'band'** for bag drop
- **Timing Chip and Strap** (to be worn on left ankle)
- **Safety Pins** (available on request)



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:

- **3 x Wristbands** (one for each team member access and exit transition)
- **2 x Race Bib Numbers** (one worn on the back of the cyclist and one worn on the front of the runner)
- **Bike Number Sticker** (Please attach to the cyclist's seat post)
- **Swim Hat**
- **Bag drop 'band'** for bag drop
- **Timing Chip and Strap** (to be worn on the left ankle and transferred to the next relay leg by participants)
- **Safety Pins** (available on request)



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

02 # EVENT DAY

5525

WHERE TO PLACE YOUR STICKERS

BIKE

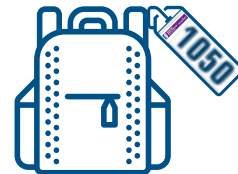
Attach to your bike around the seat post as shown below. Please check your sticker is the correct way up.

DO NOT REMOVE UNTIL YOU HAVE CHECKED YOUR BIKE OUT OF TRANSITION



BAG

Place the bag tag on your own kit bag (**No larger than a rucksack size**) before leaving it at the bag drop in transition on your way to the swim start. You can collect your bag shortly after crossing the finish line.



MERCHANDISE COLLECTION

If you purchased merchandise with your race entry, this can be collected from the merchandise tent near Registration. Please bring your purchase email confirmation to collect.

For uncollected merchandise please email nottingham@britishtriathlon.org



TRANSITION CHECK-IN AND BIKE RACKING

You will need the wristband provided in your race pack at Registration to access transition. Transition check-in will remain live throughout the event, so if you are racking your bike after other races have started please be aware there may be other competitors racing through transition while you are setting up. Please ensure you keep gangways clear for these athletes.

Your bike and helmet must have your race number stickers clearly visible on them and your corresponding wristband will also be checked by Technical Officials at the entry to Transition. Helmets must be worn and fastened whenever you are handling your bike within the transition area - this includes when checking in to transition.

Each competitor is allocated a numbered transition space, which is ordered according to your start wave. Numbers are the same as your race number, and will be located on the bike racking. 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.

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.



BAG DROP

There is a bag drop area located near to transition at the venue for competitors to leave bags and small boxes. This is so the transition area is kept clear of non-essential race kit and equipment. You will be able to collect your bag from the same location after you have completed your event prior to checking your bike out of transition. You will need to show your race number after your race to collect your bag.

Competitors are recommended not to place valuables in this bag.

02 # EVENT DAY



CHECK YOUR TRANSITION

Before you start your race, ensure 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 space.

No equipment is allowed in the aisles before, during or after your race. 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 that nudity in the transition area, or anywhere on the course, is forbidden. The penalty for nudity is disqualification.



ELECTRONIC RACE TIMING

The 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 while you are racing, or when instructed to by a Technical Official 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.

5525

RACE NUMBERS

In your race pack you will be issued with a selection of race numbers; these must not be altered. Your bib number should be worn facing backwards on the bike and forwards on the run. The bib number does not need to be worn during the swim. Failure to display your number correctly could lead to a time penalty.

Please fill in the medical details on the reverse of your bib number so Technical Officials, volunteers and medical staff have this information if necessary.

TIP - a race number belt can be used to easily transfer your race number from your back during the bike, to the front for the run. If you use a race number belt, leave this with your bike until after your swim.



GO TRI # YOUR EVENT DAY

Turning up to your first big event can be daunting, but don't fear! We've made your event day easier with a simple registration process and GO TRI Ambassadors every step of the way, helping to make sure someone is always there to help!



REGISTRATION

Registration will take place in the Meadows Recreational Ground from 06:30 on Saturday 15 June. You MUST arrive to register at least 45 minutes before your scheduled wave start — we'll send you your wave time nearer the event. This will give you time to rack your bike and be at the briefing before swim start. You don't want to be rushing around on the morning of your race, so make sure to leave plenty of time to arrive at the Meadows Recreational Ground and register.

When you arrive at registration, go straight to the dedicated GO TRI section where our friendly team will help sign you in and apply the event stickers to your bike and helmet - we'll be sending you a tutorial on how to do this soon.

Registration is also where you can find the GO TRI Ambassadors who will be there to answer any questions you may have. The Ambassadors will also take you across to transition to help you set up your area.

5525

TRANSITION

Transition check-in will be open on Saturday 15 June from 06:30. You will need the wristband given to you at registration to access this area.

Your bike and helmet must have your race number stickers clearly visible on them and your corresponding wristband will be checked — you'll also need this to collect your stuff after the race. Helmets must be worn and fastened whenever you are handling your bike within the transition area, this is the same during the bike leg too. If you are unsure or need help in transition, just look out for a GO TRI Ambassador who will be happy to help.

In transition you'll be allocated a numbered space, which will be ordered according to your start time, which will be confirmed closer to the event. Only bring into transition what you need for the event because you won't be allowed any large bags or boxes.



SWIM START

This athlete guide acts as your main race briefing so it's important that you take the time to read it thoroughly. Our GO TRI Ambassadors will be on hand at the swim start to help you on the day, and just to refresh your memory, there will be a 'Key Points Reminder' briefing before each wave.

Please ensure you get to the swim start at least 20 minutes before your wave start time to hear the briefing and ask any last-minute questions. The experienced Swim Start Team and GO TRI Ambassadors are there to help you, so stay calm and enjoy the experience.



END OF THE EVENT

After your GO TRI you'll be a triathlete!! But it's not the end of the GO TRI experience. We would love to get a GO TRI group photo at the end to celebrate your success, and we'll tell you more about this in your event newsletter.

We will keep you updated with all the latest information and key updates in your event newsletter so stay tuned over the next couple of months.

We always aim to make your first (second, third, fourth...) GO TRI experience amazing and improve year on year. GO TRI Ambassadors are at the event to take the stress out of the day and guide you from registration to the start.

Please read the rest of this guide to find out all the finer details. Remember, there is no such thing as a silly question so don't be afraid to send us a message and we'll be more than happy to help.

Contact us:

Email: info@gotri.org

Twitter: [@yourgotri](https://twitter.com/yourgotri)

03 # EVENT SCHEDULE

SATURDAY 15 JUNE

06:30	Registration and transition opens	Victoria Embankment
08:00	British Age-Group Draft Legal Sprint Championships waves start	Victoria Embankment
11:30	Open sprint waves start	Victoria Embankment
11:50	Rebecca Adlington wave start	Victoria Embankment
12:15	GO TRI waves start	Victoria Embankment
12:30	British Age-Group Draft Legal Sprint Championships medal ceremonies	Victoria Embankment
12.35	Tri January waves start	Victoria Embankment
13.30	TriStar waves start	Victoria Embankment
15.30	TriStar medal ceremonies	Victoria Embankment
16.06	Accenture World Triathlon Mixed Relay starts	Victoria Embankment

Please note, these times are subject to change.



04 ≠ 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 all competitors are accounted for and we know you are safe.

DURING THE RACE

If you feel the need to withdraw at any point during the race, please do so. 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.



BIKE MECHANIC

A bike mechanic will be available in transition for any last minute assistance with mechanical issues. They will not be able to provide a full service on race day and may be very busy.



RACE DISTANCES & LAPS

	SWIM	CYCLE	RUN
DRAFT LEGAL BRITISH SPRINT CHAMPIONSHIPS	750m	18.2km - 5 laps	4.5km - 3 laps
OPEN SPRINT INDIVIDUAL / RELAY	750m	18.2km - 5 laps	4.5km - 3 laps
GO TRI	300m	10.92km - 3 laps	1.5km - 1 lap
TRI STAR 2	300m	3.84km - 1 lap	1.5km - 1 lap
TRISTAR 3	300m	7.68km - 2 laps	2.2km - 1 lap

It is your responsibility to count your own laps.



RACE BRIEFING

This guide acts as your main race briefing so please read carefully!

A final race briefing will be given at the Swim Start before each wave. Please ensure you get to the swim start at least **20 minutes** before your wave start time, to receive this briefing and ask any last-minute questions.



Moving Forward Together

***Your
Value
Partner***



WORLD-RANKED TENNIS PLAYER
KEI NISHIKORI

05 # THE RACE

SWIM



COURSE

**DRAFT LEGAL BRITISH
SPRINT CHAMPIONSHIPS**

**OPEN SPRINT
INDIVIDUAL / RELAY**

GO TRI

TRI STAR 2

TRISTAR 3

SWIM

750m

750m

300m

300m

300m

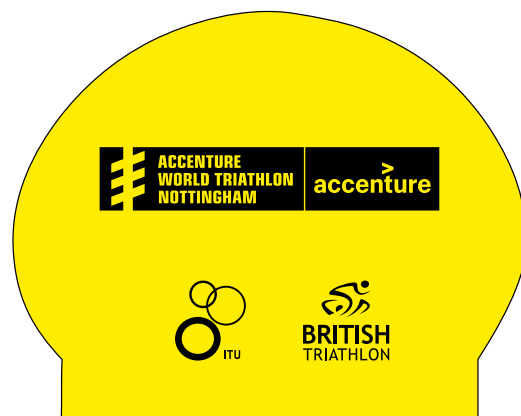


START TIMES & SWIM CAP COLOURS

Individual wave allocations and start times will be available on the website closer to the event date. This information will also be sent to you via e-mail before race day.

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 hats of the same colour! There will be several other waves with the same colour swim hat.



GETTING TO THE SWIM START

See venue map at the end 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 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.



SWIM START PROCEDURE

Competitors will be gathered before the swim start into their respective waves. Please listen to the instructions from Technical Officials and volunteers. The final pre-race briefing will be given while competitors are gathered on the side of the river in their wave. Once the pontoon is clear, and the previous wave have started their race, you will be walked down the ramp towards the pontoon to take your starting position. Competitors should walk to the end of the pontoon and lower themselves into the water, **NO DIVING OR JUMPING**. You will hold onto the edge of the pontoon until the start signal is given.

Each wave will be started using an air horn. The swim course will be marked with large inflatable buoys.

You may swim backstroke if you wish – please inform the staff at swim start if you intend to do so.

The swim course is anti-clockwise, see course map at the end of this guide for more information.

05 ≠ THE RACE



WETSUIT RULES

Wetsuit rules are, as per British Triathlon Competition Rules (section 4), dependent on water temperature:

< 14°C

Wetsuits **Mandatory**

14°C - 21.9°C

Wetsuits **Recommended** (Mandatory for GO TRI competitors)

> 22°C

Wetsuits **Banned** (this is highly unlikely)

We recommend that you try to swim front crawl but breaststroke is also permitted.

As above, you may swim backstroke if you wish – please inform the staff at swim start if you intend to do so for safety reasons.



CLOTHING RULES

As per British Triathlon Competition Rules (section 4):

You **can** wear calf guards if you are wearing a wetsuit.

You **can** wear socks during the swim if water is below 14°C.

You **cannot** wear gloves during the swim.

You **cannot** wear calf guards if you are swimming without a wetsuit.



SWIM SAFETY

We have an experienced swim safety team overseeing the swim course. This is to ensure competitor safety is considered at all times.

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. A member of the swim safety team will come to help you.

Don't panic, your wetsuit will help aid your buoyancy.

If you withdraw during the swim it is vital you report to a marshal or Technical Official immediately to let us know you're safe. You will be asked to hand in your timing chip.



SWIM EXIT

There will be lifeguards available to assist you out of the water by the swim exit ramp should you need help. An aid station will be on the route from swim exit to transition.



SWIM TO BIKE TRANSITION

Once out of the swim, follow the 150m carpeted route to transition to collect your bike. Please be careful of other swimmers whilst running and undoing your wetsuit. Take care when running as the carpet can become slippery when wet and remember, nudity is not permitted. The swim exit route towards transition also crosses the run route. There may be other competitors on the run course when you exit the swim, so please be aware of those around you and cross the run route safely.

REMEMBER – put your helmet on first before touching your bike.



RELAY ATHLETES

After your swim, run into transition to your allocated bike racking location where your cyclist teammate 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.

05 ≠ THE RACE

BIKE



COURSE

**DRAFT LEGAL BRITISH
SPRINT CHAMPIONSHIPS**

CYCLE

18.2km - 5 laps

**OPEN SPRINT
INDIVIDUAL / RELAY**

18.2km - 5 laps

GO TRI

10.92km - 3 laps

TRI STAR 2

3.84km - 1 lap

TRISTAR 3

7.68km - 2 laps

Please see the course maps at the end of this guide for more information. Remember, it is your responsibility to count your own laps. The bike route operates in an anticlockwise direction around the course.



THINGS TO REMEMBER

- Please **cycle on the right-hand side** of the lane at all times, and overtake on the left.
- When approaching dead turns, please be aware of other competitors around you.
Do not try and over take someone near a dead turn. It's highly dangerous.
- Whilst the event is entirely on closed roads, the public will still be crossing the course so **please be aware** of this.
- Competitors are **responsible for riding in a safe and responsible manner** to ensure the safety of themselves, other competitors and the public.
- Any **dangerous riding will result in a penalty** or even disqualification.
Motorcycle Officials will be monitoring the course throughout.
- **Helmets are mandatory**, and must be worn fastened at all times during the bike stage.
- Helmets must be **put on in transition before you touch your bike**, and only taken off once your bike has been racked again in transition.
- Smart helmets are not permitted.
- Please make sure your **race number is clearly shown on your back** before leaving transition.
- **REMEMBER** – when setting up your bike in transition before the race, make sure you take time to familiarise yourself with its position on the racks. This will massively speed up transition when you come in from the swim.



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 tape and marshalled by Technical Officials. Bikes must be pushed until you are over this line.

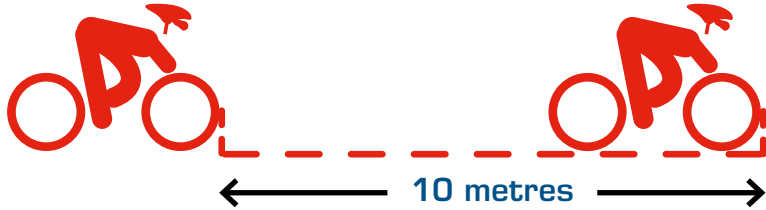
TIP - Set your bike up in a **LOW GEAR** to make it easy to start your cycle.

05 # THE RACE



WHAT IS DRAFTING?

Open Sprint and GO TRI events are non-drafting. Penalties will be issued as per rule 5.6. Drafting is when you enter someone's slipstream. The minimum distance between two athletes is 10 metres (measured from the leading edge of the front wheel).



An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete; if you remain in this zone without overtaking, you will receive a penalty. It is then up to the overtaken athlete to drop back 10m within 20 seconds, so that they are not drafting.



DRAFT LEGAL RACES (BRITISH CHAMPIONSHIPS AND TRISTAR ONLY)

There are 2 draft legal races during the Age-Group events.

Please refer to the British Triathlon Competition rules in relation to draft legal racing, which can be found [HERE](#)

A summary of the key rules for this event is included below:

- Drafting off a different gender athlete is forbidden;
- Drafting off a competitor being on a different lap is forbidden;
- Every wave will have a different colour race number, so it will be easy for you to identify your age-group
- Drafting off a motorbike or vehicle is forbidden;
- Lapping of other competitors is allowed and shall not be penalised.

Drafting in these cases shall be defined as it is for draft-illegal races. Specific penalties that shall apply include:

- If an infringement of any of the above rules takes place, this will be treated in the same manner as dangerous riding, which incurs a penalty of disqualification (DSQ).
- Disqualification shall also apply where equipment is deemed to be illegal and the competitor has been unable for whatever reason to make adjustments to make their equipment legal.



05 ≠ THE RACE



DRAFT LEGAL RACES - EQUIPMENT RULES

FRAME

The bike will be no more than one metre and eighty-five (185) centimetres long, and fifty (50) centimetres wide;

The bike will measure between twenty-four (24) centimetres and thirty (30) centimetres from the ground to the centre of the chain wheel axle;

There will be no less than fifty-four (54) centimetres and no more than sixty-five (65) centimetres between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;

The frame of the bike shall be of a traditional pattern, i.e. built around a closed frame of straight or tapered tubular elements, (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable;

There will be a vertical line touching the front-most point of the saddle which will be no more than 5 centimetres in front of, and no more than 15 centimetres behind, a vertical line passing through the centre of the chain wheel axle, and a competitor must not have the capability of adjusting the saddle beyond these lines during competition;

Non-traditional or unusual bike (including fixed wheel bikes) or equipment shall be illegal unless prior approval has been granted from the British Triathlon Technical Committee, 30 days prior to the start of the competition. Brompton-style bikes are permitted (this rule is only applicable in Britain).

Bike race number stickers, provided by the Event Organiser, must be placed on the bike as instructed without any alteration.

WHEELS

Wheels must have the following characteristics:

- No wheel may contain any mechanisms which are capable of accelerating it;
- Tubular tyres must be well glued, the levers of the quick releases must be closed tightly onto the hubs and wheels must be fixed properly onto the frame;
- There must be a brake on each wheel;
- Wheels shall have at least 12 spokes;
- Disc wheels are not allowed.

HANDLEBARS

The following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons are not allowed;
- Tri-bars are not allowed.

HELMETS

Standard British Triathlon Competition Rules will apply, whereby helmets must have the appropriate safety approval mark (ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. A CE mark is not an approval mark and should not be treated as an approval.

Smart helmets which are inserted in or cover the ears are not permitted. Competitors should also ensure they are able to hear instructions from Technical Officials and marshals during the cycle segment.



05 # THE RACE



BIKE IN – DISMOUNT LINE

After completing your final lap, head back into transition where you will be instructed to **dismount BEFORE the dismount line**. Similar to the 'mount line, this will be marked on the floor in 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.

***TIP** - ensure you approach the dismount line with caution. Any dangerous riding will be penalised.*



CUT OFF TIMES

Any participant who has not finished the bike leg and started the run by **15:00** will unfortunately not be allowed to start the run.



BIKE SAFETY & MEDICAL SUPPORT

There will be medical support available on the bike course - please inform the nearest Technical Official or volunteer if you require attention. There will NOT be any mechanical support on the bike course and there are no aid stations. You must carry your own drinking fluids on the bike.

Make sure your bike is in a roadworthy condition for the event. You will need to fix your own flat tyres if necessary.

A bike mechanic will be present in transition for any last minute bike pre-race checks which can be addressed at a cost.



RELAY ATHLETES

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



05 ≠ THE RACE

RUN



COURSE

**DRAFT LEGAL BRITISH
SPRINT CHAMPIONSHIPS**

**OPEN SPRINT
INDIVIDUAL / RELAY**

GO TRI

TRI STAR 2

TRISTAR 3

RUN

4.5km - 3 laps

4.5km - 3 laps

1.5km - 1 lap

1.5km - 1 lap

2.2km - 1 lap

Please see course maps at the end of this document for more detail. Remember, it is the competitor's responsibility to know the route and to count your own laps. Any competitor who does not complete the correct distance will be disqualified.

To start your next lap, as you approach the finish area bear left and pass through the elite transition area which will take you on to your next lap. When finishing carry straight on and into the finish chute. While running, your race number must be worn on your front.



AID STATIONS

On the run course there will be an aid station handing out water. This is positioned just beyond the transition exit on the run course.

The aid station will be manned by volunteers - remember to give them a smile and a thank you!

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 keep your litter on you and use the rubbish bins at the venue.



RUN SAFETY

There will be medical support at strategic points along the run course. Please inform the nearest volunteer or Technical Official 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 or you will be charged to cover the cost of a replacement.

TOP TIP - Your trainers should be properly fitted and should be comfortable for running. You could use elastic laces which will help save a lot of time in transition. Whilst new trainers are nice, we recommend you don't wear them on race day!



THE FINISH

The finish area will be in the main stadium area on Victoria Embankment, in front of the war memorial. 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.



WHERE TO MEET TEAM MATES

It is recommended you arrange a location to meet your teammates after your final competitor has completed the run leg and crossed the finish line. Avoid meeting in transition as there will still be other competitors racing through this area.



**GREAT BRITAIN
AGE-GROUP TEAM**

**Compete at international level in
triathlon and other multisport events.**

britishtriathlon.org/age-group

AGE-GROUP TRIATHLON QUALIFIERS

All qualifiers are for ITU and ETU Championships taking place in 2020.

ITU Standard Distance Triathlon World Championship Qualifiers

Anglian Water Triathlon (Grafham)	05/05/2019	Nice Tri
AJ Bell World Triathlon Leeds	09/06/2019	British Triathlon
Leeds Castle Triathlon Weekend	30/06/2019	Multisport Equip Ltd & Leeds Castle Enterprises

Register Now

ITU Sprint Distance Triathlon World Championship Qualifiers - DRAFT LEGAL

SWYD Sprint Triathlon (Draft Legal)	26/05/2019	All or Nothing Events
The Cardiff Triathlon 2019	23/06/2019	Always Aim High
Brighton and Hove Triathlon 2019 (Draft Legal)	15/09/2019	Brighton & Hove Triathlon

Register Now

ETU Standard Distance Triathlon European Championship Qualifiers

Southport Triathlon	19/05/2019	Epic Events
Woodhorn Museum Triathlon	13/07/2019	VO2 Max Racing Events
Brighton and Hove Triathlon 2019	15/09/2019	Brighton & Hove Triathlon

Register Now

ETU Sprint Distance Triathlon European Championship Qualifiers*

Eton Sprints (Draft Legal)	19/05/2019	Human Race
M3 Triathlon	14/07/2019	Monifieth Triathlon Club
Hertfordshire Triathlon	18/08/2019	Active Training World

Register Now

06 # AFTER YOU FINISH



MEDAL & REFRESHMENTS

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



RELAY ATHLETES

Relay finishers will be able to collect medals for their team mates when they cross the line if they wish.



TRANSITION CHECK OUT

You will need to head back to transition to check out your bike and equipment by **15:30**.

You will need to show your race bib number and security wristband to re-enter the transition area after your race. Please be aware of other athletes still racing when you re-enter the transition area (transition will be a live race zone from **08:00**). Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can. Please take any litter with you and use the bins provided.

Once you've checked out of transition you can store your bike at the YellowJersey bike park in the Event Village. Follow the signs, or ask for directions from one of our helpful volunteers or Technical Officials. The YellowJersey bike park is open until 18:30, so make sure you collect your bike before it closes.



RESULTS

Live timing will be available at nottingham.com.triathlon.org

Provisional results will be available via the live timing.

Results will become final no later than 5 days post event.

If you have a timing query after your race, please contact nottingham@britishtriathlon.org



06 # AFTER YOU FINISH



SHOWERS AND CHANGING ROOMS

There are showers available free of charge at the cricket pavilion located in The Meadows recreational ground near the car park. See attached map for location.



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 race as part of the Accenture World Triathlon Mixed Relay. They start their swim in the River Trent at 16:06 and race to complete bike and run laps on the course in just over an hour, before crossing the same blue carpet finish line as you!



EXPO

Explore the Event Village and our expo from 06:30 until 18:30. Featuring a variety of trade stands, British Triathlon partners, and catering outlets, the expo is the perfect place to soak up the event atmosphere and positive vibes after your race. Find out how you can make the most of British Triathlon, and speak to staff about the various membership offers and benefits from joining.



RESULTS

Results will be available from the Registration marquee after racing.



MEDAL CEREMONIES

Ceremonies for medalists in the Draft Legal British Sprint Championships and Tri Star races will take place in the Event Village on the stage.

Athletes who finish in the top three of these categories should make their way to the Event Village shortly after their race. Please report to the help desk in Registration in advance of these ceremony timings:

12:30 British Age-Group Draft Legal Sprint Championships medal ceremonies.

15:30 TriStar medal ceremonies.

(timings are subject to change)



BE PART OF OUR WORLD



DISCOVER THE BENEFITS



UNRIVALLED INSURANCE PROTECTION

Our membership packages include varying insurance cover from public liability insurance to personal accident cover and even professional indemnity insurance - we're protecting you every step of the way.



RACE LICENCE

Your membership card is also your race I.D. so you won't have to take anything extra when registering at an event.



REDUCED EVENT ENTRY

You won't have to pay for a day membership so will save money on triathlon and multi-sport event entry costs.



GREAT DISCOUNTS

From reduced event entry fees to money off at leading triathlon retailers and training software, your membership saves you money across a wide range of triathlon and multi-sport purchases.



FANTASTIC EXPERIENCES

Including freebies, VIP event experiences, money can't buy opportunities and so much more, we're always providing more for our members.



REPRESENT YOUR COUNTRY

Represent Great Britain for your age-group and be eligible to compete for British and Home Nation Championship titles.

& SO MUCH MORE...

Head to **britishtriathlon.org/join**
to discover our new memberships

Enter code **MAJOR10** to receive 10% discount on membership packages*

07 # ADDITIONAL INFORMATION



RULES & COMPETITOR CONDUCT

It is the competitor's responsibility to know and abide by the rules; ignorance is not a defence against a penalty or disqualification. British Triathlon Competition Rules can be viewed [HERE](#).

Technical Officials will be present at the event to enforce these rules. A penalty board will be located in the finish area to advise you of any penalties accrued.

Permitted cycling equipment is outlined in the British Triathlon Competition Rules, section 5.

No personal music or communication devices are permitted.



TIME PENALTIES & APPEALS

All penalties accrued during the race will be posted in the finish area by the Technical Officials. It is the competitor's responsibility to check the penalty board.

Appeals against these penalties must be declared within 15 minutes of the posting of the penalty or finishing time, whichever is later. An appeal must be supported with a written notice to the Race Referee, located at the finish line, within one hour of the initial appeal. Each appeal costs £30.00 to the competitor. This is refundable if the appeal is upheld and successful. Please note that to overturn a penalty you must be able to provide proof that the penalty was incorrectly awarded.



LITTERING

We are privileged to have been given permission to close roads to stage the Accenture World Triathlon Mixed Relay Nottingham. Please help everyone involved in the organising of this event by respecting these road closures.

It is not acceptable for the residents to find, after the event, that their street and gardens have been fouled with litter from athletes participating in the event or graffiti on the roads from spectators.

There are opportunities to discard litter at the water station on the run course. On the bike course, you should carry your used litter with you, not discard it on the roads.

British Triathlon, the ITU and Nottingham City Council would also like to thank you for respecting the local wildlife and nearby residential properties by taking your litter home and disposing of it properly.

As per British Triathlon Competition Rules, the penalty for littering is disqualification.



07 # ADDITIONAL INFORMATION



GENERAL RULES

- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete. They may not pass food or other items to a competitor.
- No phones, MP3 players, listening or recording devices are allowed on the course.
- Competitors should respect and follow the instructions of Technical Officials.
- Competitors who abuse Technical Officials or volunteers will be disqualified.
- Competitors who fail to follow the instructions of a Technical Official will be disqualified.
- If, in the opinion of the Technical Officials, a competitor is unable to complete a section of the course before the cut off time, they may be withdrawn from the race immediately.



ANTI-DOPING

British Triathlon works closely with UKAD and WADA to ensure triathlon remains a clean sport.

As per the UK Anti-Doping and the ITU Anti-Doping rules any competitor competing at any level in the UK could be tested at any time and is subject to the UKAD and ITU test distribution plans. It is a competitor's responsibility to be aware of the policies and procedures that accompany clean sport and the substances they put in their body.

For further information please visit our British Triathlon Clean Sport Education page [HERE](#). You can search the prohibited status of medications by brand name (e.g. Lemsip Max Strength) using [Global DRO](#). Global DRO allows you to search for medications purchased in the UK, USA, Canada, Australia, Switzerland or Japan to check its prohibited status.



TOILETS

There are toilets within the venue at Victoria Embankment for both competitors and spectators. There won't be toilets on the bike or run course.



LOST PROPERTY

Please visit the help desk at Registration on the day of the event. Alternatively, email us at nottingham@britishtriathlon.org with a detailed description of your lost item(s).



VOLUNTEERS

Can my friends and family get involved with volunteering on the day?

Of course! Volunteers are the beating heart of large events like this and make the experience for all competitors and spectators every bit more special. We are always looking for more volunteers, so if your friends and family want a closer taste of the action then encourage them to get involved. Volunteer applications are open until the beginning of May, so be quick!

Sign-up information can be found nottingham.triathlon.org/volunteers

WHAT IF I WANT TO WITHDRAW?

The deadline for refunds has now passed and we are unable to process any.



STILL GOT A QUESTION?

We aim to answer all questions in this Athlete's Event Guide. Should you have further queries that are not answered in this document or to which you can't find the answer then please feel free to email nottingham@britishtriathlon.org

08 ≠ SPECTATING



SPECTATOR INFORMATION

If friends and family are coming to watch you compete, we advise they find a location to watch the event and stick to it, rather than moving around. The best places to watch the action from are the grandstand located at the heart of the main stadium, the fan zone, or the Rushcliffe viewing area. Seating in the grandstand is free until 15:00. If you want to stay in the grandstand to watch the elite mixed team relay you'll need to have a ticket. Tickets are available from the following website [HERE](#).

The course is designed to be as spectator friendly as possible, and as such there are plenty of areas for which to watch the action. Friends and family can access the live online results at nottingham@britishtriathlon.org

A more detailed spectator guide will be available online closer to the event [HERE](#)



BIG SCREENS

There will be two large screens at the venue showing live coverage of the event on the day. These will be located in the fan zone, and opposite the grandstand.



SOCIAL MEDIA

There will be live updates over the race day on our [Twitter @WorldTriNotts](#) and [Facebook /WorldTriNotts](#) pages. Please ensure you 'like' the pages for up to date information and pass it on to your friends and family who may not be on site watching you.

We want to hear about your experience, and how your event day goes! Post about your triathlon journey before and after the event using [#WTSNottingham](#). We'll share some of our favourites!



[#WTSNottingham](#)



British Triathlon Sprint Triathlon Championships Route



Open Sprint / Relay Route



GO TRI Route



TriStar 2 Route



TriStar 3 Route





DRAFT LEGAL BRITISH CHAMPIONSHIPS
SPRINT | RELAY | GO TRI | TRISTARS
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YellowJersey
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