WELCOME FROM ACCENTURE WORLD TRIATHLON MIXED RELAY NOTTINGHAM

The organising team would like to extend a warm welcome to all elite teams taking part in the Accenture World Triathlon Mixed Relay Nottingham. It’s great to have you with us as the event enters its second year as part of the World Series.

As the only sole Mixed Relay event on the World Series schedule, we once again aim to deliver an event to impress; with a world-class course, a smoothly organised athlete experience and great atmosphere around the course.

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 2019 Accenture World Triathlon Mixed Relay Nottingham. Whether you took part in AJ Bell World Triathlon Leeds and have made the short trip for the second part of this British double header, or have made the trip especially, it’s great to have you with us at the pinnacle of triathlon competition in Britain.

This event is made special by so many factors, the picturesque setting on Victoria Embankment; spectator lined course giving a truly great atmosphere; the opportunity for hundreds of amateur athletes from age 11 to give triathlon a go for the first time or compete for a British Championship title; and of course not forgetting you, who will bring the curtain down on a fantastic week of triathlon events in Britain.

I hope you enjoy your time in Britain and have a great race!

Ian Howard TD,
President, British Triathlon
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 thrilling Mixed Relay format, as you and your fellow global athletes return to Nottingham for the second successive year. We wish you the best of luck on your journey to the first ever Olympic Mixed Relay in Tokyo 2020.

We hope you have a brilliant race and thoroughly enjoy being a part of this event.

Julian Skan,
Senior Managing Director, Accenture
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.

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
LIVE ACTION AND EXCLUSIVE CONTENT DIRECT TO YOUR MOBILE DEVICES

WWW.TRIATHLONLIVE.TV

SIGN UP NOW TO WATCH LIVE AND ON DEMAND

ITU WORLD TRIATHLON SERIES | ABU DHABI | BERMUDA | YOKOHAMA | LEEDS/NOTTINGHAM | MONTREAL | HAMBURG | EDMONTON | LAUSANNE
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01 GENERAL INFORMATION

KEY DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 13 June</td>
<td>16:00 - 18:00</td>
<td>Elite Athlete Media Opportunity</td>
<td>Media Centre</td>
</tr>
<tr>
<td></td>
<td>18:00 - 19:00</td>
<td>Elite Athlete and Coach Briefing</td>
<td>Athlete Lounge</td>
</tr>
<tr>
<td>Friday 14 June</td>
<td>14:00 - 15:00</td>
<td>Elite Bike Course Familiarisation</td>
<td>Victoria Embankment</td>
</tr>
<tr>
<td></td>
<td>15:30 - 16:30</td>
<td>Elite Swim Course Familiarisation</td>
<td>Victoria Embankment</td>
</tr>
<tr>
<td>Saturday 15 June</td>
<td>16:08</td>
<td>Elite Mixed Relay Competition</td>
<td>Victoria Embankment</td>
</tr>
<tr>
<td></td>
<td>17:35</td>
<td>Elite Mixed Relay Medal Ceremony</td>
<td>Victoria Embankment</td>
</tr>
</tbody>
</table>

All times provided are British Summer Time (BST) unless otherwise stated.

HOST NATIONAL FEDERATION & ORGANISER

The 2019 Accenture World Triathlon Mixed Relay Nottingham is organised and hosted by British Triathlon.

British Triathlon
Michael Pearson East
1 Oakwood Drive
Loughborough, LE11 3QF

nottingham@britishtriathlon.org
+44 (0) 1509 226 161
nottingham.triathlon.org

KEY CONTACTS

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>ITU Team Leader</td>
<td>Thanos Nikopoulos</td>
<td><a href="mailto:thanos.nikopoulos@triathlon.org">thanos.nikopoulos@triathlon.org</a></td>
</tr>
<tr>
<td>ITU Technical Delegate</td>
<td>Daniel Martin</td>
<td><a href="mailto:mail@danielmartin.at">mail@danielmartin.at</a></td>
</tr>
<tr>
<td>ITU Medical Delegate</td>
<td>Dr Claude Marblé</td>
<td><a href="mailto:cmarble@orange.fr">cmarble@orange.fr</a></td>
</tr>
<tr>
<td>LOC Race Director</td>
<td>Andrew Taylor</td>
<td><a href="mailto:andrew@taylormadeevents.co.uk">andrew@taylormadeevents.co.uk</a></td>
</tr>
<tr>
<td>LOC Operations Manager</td>
<td>Hayden Arrowsmith</td>
<td><a href="mailto:haydenarrowsmith@britishtriathlon.org">haydenarrowsmith@britishtriathlon.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>+44 7824 144 690</td>
</tr>
<tr>
<td>LOC Event Queries</td>
<td></td>
<td><a href="mailto:nottingham@britishtriathlon.org">nottingham@britishtriathlon.org</a></td>
</tr>
</tbody>
</table>

LIVE TV COVERAGE

Saturday 15 June 16:00 - 17:45 BBC2
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
COMPETITION

The venue for the 2019 Accenture World Triathlon Mixed Relay is Victoria Embankment, Nottingham.

- Swim – River Trent
- Transition – Victoria Embankment
- Bike – 2 laps of Victoria Embankment Park
- Run – 1 lap of Victoria Embankment Park

More information about the course can be found in the Competition section on page 13 and on the course maps at the end of this guide on page 18.

ATHLETE LOUNGE

The Athlete Lounge is located south of the transition area in a large white marquee. The recovery area is located immediately after the finish.

Toilets and changing facilities are available at these locations. Sealed bottles of water and fruit will also be provided.

DOPING CONTROL

Doping Control will be performed according to UK Anti-Doping rules.

RACE BRIEFING

The Elite Athlete and Coach Briefing will take place in the Athlete Lounge at Victoria Embankment on Thursday 13 June.

18:00 - 19:00 Athlete and Coach Briefing

LOC OFFICE

The LOC Office is located north of the transition area, near to the finish. Follow signs for the LOC Office.

Location: LOC compound, Victoria Embankment, Nottingham, NG2 2JY

Opening hours:
- Thursday 13 June  10:00 – 16:00
- Friday 14 June  10:00 – 16:00
- Saturday 15 June  08:00 – 19:00

ITU OFFICE

The ITU Office and ITU Media Office are located at the venue next to the LOC Office near the transition area, Victoria Embankment, Nottingham, NG2 2JY.

OFFICIAL EVENT HOTELS

The Official Event Hotels of the 2019 Accenture World Triathlon Mixed Relay Nottingham are:

Address: Jurys Inn, Station Street, Nottingham, NG2 3BJ
           De Vere Jubilee Conference Centre, Nottingham NG7 2TU
**03 # EVENT SCHEDULE**

<table>
<thead>
<tr>
<th>TUESDAY 11 JUNE</th>
<th>08:30 – 13:30</th>
<th>Elite Swim Training</th>
<th>David Ross Sports Village, University of Nottingham</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEDNESDAY 12 JUNE</td>
<td>08:30 – 13:00</td>
<td>Elite Swim Training</td>
<td>David Ross Sports Village, University of Nottingham</td>
</tr>
<tr>
<td>THURSDAY 13 JUNE</td>
<td>08:30 – 13:30</td>
<td>Elite Swim Training</td>
<td>David Ross Sports Village, University of Nottingham</td>
</tr>
<tr>
<td></td>
<td>18:00 – 19:00</td>
<td>Elite Athlete and Coach Briefing</td>
<td>Athlete Lounge, Victoria Embankment</td>
</tr>
<tr>
<td>FRIDAY 14 JUNE</td>
<td>08:30 – 13:30</td>
<td>Elite Swim Training</td>
<td>David Ross Sports Village, University of Nottingham</td>
</tr>
<tr>
<td></td>
<td>14:00 – 15:00</td>
<td>Elite Bike Familiarisation</td>
<td>Victoria Embankment Park</td>
</tr>
<tr>
<td></td>
<td>15:30 – 16:30</td>
<td>Elite Swim Familiarisation</td>
<td>River Trent, Victoria Embankment Park</td>
</tr>
<tr>
<td>SATURDAY 15 JUNE</td>
<td>09:00 – 12:00</td>
<td>Elite Swim Training</td>
<td>David Ross Sports Village, University of Nottingham</td>
</tr>
<tr>
<td></td>
<td>14:00 – 15:15</td>
<td>Athlete Lounge Check-In</td>
<td>Victoria Embankment Park</td>
</tr>
<tr>
<td></td>
<td>14:30 – 15:45</td>
<td>Transition Check-In</td>
<td>Victoria Embankment Park</td>
</tr>
<tr>
<td></td>
<td>14:45 – 15:45</td>
<td>Elite Swim Warm-Up</td>
<td>Victoria Embankment Park</td>
</tr>
<tr>
<td></td>
<td>15:55</td>
<td>Welcome and Parade</td>
<td>Victoria Embankment Park</td>
</tr>
<tr>
<td></td>
<td>16:08</td>
<td>Elite Race Start</td>
<td>Victoria Embankment Park</td>
</tr>
<tr>
<td></td>
<td>17:35</td>
<td>Elite Medal Ceremony</td>
<td>Victoria Embankment Park</td>
</tr>
</tbody>
</table>
TRAVEL & ACCOMMODATION

British Triathlon looks forward to welcoming you to both the AJ Bell World Triathlon Leeds and the Accenture World Triathlon Mixed Relay Nottingham in 2019. In partnership with Nirvana, British Triathlon have developed accommodation and transport packages to ensure a smooth journey for you and your athletes.

Transport from Leeds to Nottingham is an integral part of the package. The information below details your travel options in relation to competing in both Leeds and Nottingham, or just Nottingham.

For any queries on these packages, please contact our partner Nirvana - itu@nirvaneurope.com

Athlete Racing Options
1. Athlete competes in Leeds AND Nottingham
2. Athlete competes in Nottingham ONLY

Key Transport & Accommodation Locations

Leeds
- Ibis Leeds City Centre (Official Event Hotel)
- Hilton Leeds City (Official Event Hotel)

Nottingham
- Jurys Inn Hotel (Official Event Hotel)
- De Vere Jubilee Conference Centre (Official Event Hotel)

Airports
- MAN Manchester (main airport for Nottingham & Leeds)
- LBA Leeds Bradford (secondary airport for Leeds)
- EMA East Midlands (secondary airport for Nottingham)

Cost Responsibilities

LOC
- Airport transfers, transport between Leeds and Nottingham (including equipment).
- LOC are also responsible for 4 night’s accommodation for competing athletes. National Federations are responsible for all other nights, support staff and travelling reserves.

National Federations
- Athlete / Team flights and accommodation.
### 04 # PRE-COMPETITION

**ATHLETES COMPETING IN BOTH LEEDS AND NOTTINGHAM**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
</table>
| Wed 5 June | Fly into Manchester Airport  
- optional arrival date  
- Airport transfer to Leeds hotels  
- approx. 70 mins from airport | Leeds             |
| Thu 6 June | Fly into Manchester Airport  
- optional arrival date  
- Airport transfer to Leeds hotels  
- approx. 70 mins from airport | Leeds             |
| Fri 7 June | Fly into Manchester Airport  
- Airport transfer to Leeds hotels  
- approx. 70 mins from airport  
**18:00 - ATHLETE BRIEFING** | Leeds             |
| Sat 8 June | AM - COURSE FAMILIARISATION             | Leeds             |
| Sun 9 June | **13:06 and 15:51 RACE**                | Leeds             |
| Mon 10 June | AM - ATHLETE AND BIKE DEPARTURE  
- Coach transfer of athletes and bikes from Leeds hotels to Nottingham  
- approx. 90 mins from Leeds | Nottingham        |
| Tue 11 June | Swimming facilities available  
at University of Nottingham | Nottingham        |
| Wed 12 June | Swimming facilities available  
at University of Nottingham | Nottingham        |
| Thu 13 June | Swimming facilities available  
at University of Nottingham  
**18:00 - ATHLETE BRIEFING** | Nottingham        |
| Fri 14 June | Swimming facilities available  
at University of Nottingham  
**PM - COURSE FAMILIARISATION** | Nottingham        |
| Sat 15 June | Swimming facilities available  
at University of Nottingham  
**16:08 RACE** | Nottingham        |
| Sun 16 June | AM – ATHLETE AND BIKE DEPARTURE  
- Airport transfer to Manchester Airport  
- approx. 2 hours from Nottingham  
- Depart from Manchester Airport | N/A               |

*Elite athlete and accredited elite coach movement from Leeds to Nottingham  
Monday 10 June (mid-morning) direct transfer (approx.1h30m)  
by executive coach transport and ShipMyTriBike transporter.  
Pick-up from Leeds at designated LOC hotels Ibis or Hilton Leeds City.  
Drop-off in Nottingham at designated LOC hotels Jurys Inn or De Vere Jubilee Conference Centre.  

**BOOK HERE**
# Pre-competition

## Athletes Competing Only in Nottingham

All bookings and requests must be submitted by 17:00 (BST) on Wednesday 8 May 2019.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activities</th>
<th>Location</th>
</tr>
</thead>
</table>
| Wed 12 June| Fly into Manchester Airport  
- Optional arrival date  
Airport transfer to Nottingham hotels  
- Approx. 2 hours from airport | Nottingham |
| Thu 13 June| Fly into Manchester Airport  
Airport transfer to Nottingham hotels  
- Approx. 2 hours from airport  
Swimming facilities available at University of Nottingham  
18:00 - Athlete Briefing | Nottingham |
| Fri 14 June| Swimming facilities available at University of Nottingham  
PM - Course Familiarisation | Nottingham |
| Sat 15 June| Swimming facilities available at University of Nottingham  
16:08 Race | Nottingham |
| Sun 16 June| AM – Athlete and Bike Departure  
Airport transfer to Manchester Airport  
- Approx. 2 hours from Nottingham  
Depart from Manchester Airport | N/A        |

For more information and to book your travel and accommodation, please visit [nottingham.triathlon.org/elites](http://nottingham.triathlon.org/elites)

## Host City

Nottingham has an exciting cultural calendar and is recognised nationally for the quality of its restaurants and bars. The city is also home to some of the best shopping in the UK. For more information visit [www.itsinnottingham.com](http://www.itsinnottingham.com).

## Accreditation

All elite athletes will be provided with Official Event Accreditation to facilitate access to certain venue areas.

**Note:** Coaches and medical team members need to register via their National Federation on the ITU online registration portal at least seven days prior to the event. No accreditation will be handed over if the names are not on the ITU list.

All accredited persons are required to carry their accreditation cards with them at all times and to show them on request.

Accreditation will be distributed after the Elite Athlete and Coach Briefing on Thursday 13 June.
The Volvo XC60

Everything we do is designed around people. Which is why the Volvo XC60 has a 9" interactive touchscreen connecting you and your car in the most intuitively possible. It's easy to navigate by voice or touch and works seamlessly with your digital life. Just one of the many features designed to simplify and improve your life.

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VOLVOCARS.CO.UK

Fuel consumption and CO₂* figures for the Volvo XC60 range in MPG (l/100km): WLTP Combined 28.0 (10.1) – 122.8 (2.3). NEDC CO₂ emissions 181 – 47g/km. Figures shown are for comparability purposes; only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results which will depend upon a number of factors including the accessories fitted (post-registration), variations in weather, driving styles and vehicle load. There is a new test used for fuel consumption and CO₂ figures. The CO₂ figures shown however, are based on the outgoing test cycle and will be used to calculate vehicle tax on first registration.
**SWIM TRAINING**

Pre-competition swim training is provided by the LOC at the University of Nottingham located within the city.

**Location:** David Ross Sports Village, University of Nottingham, Beeston Lane, Nottingham, NG7 2RD

**Timetable:**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIMES</th>
<th>PROVISION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 11 June</td>
<td>08:30 – 13:30</td>
<td>4 x 25m lanes</td>
</tr>
<tr>
<td>Wednesday 12 June</td>
<td>08:30 – 13:00</td>
<td>4 x 25m lanes</td>
</tr>
<tr>
<td>Wednesday 13 June</td>
<td>08:30 – 13:30</td>
<td>4 x 25m lanes</td>
</tr>
<tr>
<td>Friday 14 June</td>
<td>08:30 – 13:30</td>
<td>4 x 25m lanes</td>
</tr>
<tr>
<td>Saturday 15 June</td>
<td>09:00 – 12:00</td>
<td>4 x 25m lanes</td>
</tr>
</tbody>
</table>

**Swim Training Availability - VIEW DETAILS HERE**

**NOTE:** Access to the swim training pool requires the elite athlete or coach to present a swim pass on arrival at the training venue. A swim pass will be e-mailed to the elite athlete or coach as part of their booking confirmation. Elite athletes and coaches must show this swim pass on arrival at the training venue.

University of Nottingham have been instructed to prevent access to anyone not showing a valid swim training pass.

For all information on course training and familiarisation please visit the event website: nottingham.triathlon.org/elites/

**BIKE TRAINING**

A recommended option for a 5km traffic-free, flat cycle course, is Holme Pierrepont Country Park. This park is located on the edge of Nottingham 3km from the event venue. This option is not available on Saturday 15 or Sunday 16 June. - VIEW DETAILS HERE

**RUN TRAINING**

Victoria Embankment is an ideal location for run training. The paths are in good condition and the terrain is flat. Please be aware that throughout the week there will be construction work going on as the event site is built. You are recommended to avoid these construction areas and follow instructions from security staff.

**COURSE FAMILIARISATION**

**BIKE FAMILIARISATION**

This will take place on Friday 14 June between 14:00 - 15:00. Athletes will be able to ride the complete bike course. Athletes must report to the Athlete Lounge to register for the bike familiarisation no later than 13:45. Only accredited persons will be granted access to the Athlete Lounge.

**SWIM FAMILIARISATION**

The swim course familiarisation will take place in the River Trent on Friday 14 June from 15:30 - 16:30. This is after the bike course familiarisation.

Athletes must report to the Athlete Lounge to register for the swim familiarisation. Only accredited persons will be granted access to the Athlete Lounge.

During the swim course familiarisation, there will be lifeguards and swim safety in place.

**Please note:** Swimming in the River Trent outside of the swim familiarisation at any time is prohibited due to safety.
DAVID ROSS SPORTS VILLAGE

Set in the £40 million David Ross Sports Village, the High Performance Zone offers a state-of-the-art training facility for performance athletes including a 60m indoor sprint track and a dedicated S&C area with the latest fitness technology.

As well as delivering programmes for university scholarship student athletes and performance squads, the venue’s experienced strength and conditioning team also work closely with professional clubs and athletes wishing to use the facility.

Also within the David Ross Sports Village is the Sports Injury Clinic which offers physiotherapy, hydrotherapy and sports massage services to support rehabilitation, conditioning and recovery. The Sports Injury Clinic includes five private consultancy rooms, hydrotherapy pool set at 32-34 degrees celsius as well as an ice bath suitable for individuals or groups of up to 8.

For further information on the Sports Injury Clinic and High Performance Zone or to arrange complimentary or discounted access, please contact Christine Bailey at christine.bailey@nottingham.ac.uk
**PRE-COMPETITION**

**MEDICAL SERVICES**

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue on Saturday 15 June before and during competition hours.

Medical and paramedic personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital if needed. A medical tent will also be provided on site at the finish area.

If you require medical assistance during your stay in Nottingham, outside of competition hours, please contact the medical services below.

<table>
<thead>
<tr>
<th>HOSPITAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FOR ALL EMERGENCIES - DIAL 999</strong></td>
</tr>
</tbody>
</table>
| Queen’s Medical Centre  
Derby Road, Nottingham NG7 2UH  
Main switchboard Tel: +44 (0)115 924 9924 |

<table>
<thead>
<tr>
<th>DOCTOR</th>
</tr>
</thead>
</table>
| NHS Urgent Care Centre  
Seaton House, London Road, Nottingham NG2 4LA  
Tel: +44 (0)115 883 8500 |

**BIKE MECHANIC SERVICE**

A bike mechanic will be present at the Athlete Lounge before the race.

**Friday 14 June**  
14:00 - 15:00  
Whilst bike familiarisation takes place

**Saturday 15 June**  
14:00 - 18:00  
Before and during the race
HOTEL TO VENUE
The competition venue is located approx 1.5km from Jurys Inn Hotel. The map below shows a suggested route. Walking this route is advised rather than cycling as the roads may be busy.
COMPETITION

RULES
The 2019 Accenture World Triathlon Mixed Relay Nottingham will follow the latest published Competition Rules from the International Triathlon Union.

START
The start area is the River Trent at Victoria Embankment Park. The start process will be a dive start from a pontoon.

The Race Referee, with the assistance of the ITU Technical Officials, will start the race.

SWIM COURSE
The swim will take place in the River Trent and athletes will complete one anti-clockwise lap of 300m. Swim exit will be via a ramp adjacent to the start. A Technical Official will post the wetsuit status of the race 1 hour prior to the start of the race in the Athlete Lounge.

During June the water temperature of the River Trent is expected to be cool.

TRANSITION
The Transition Zone is located 30m from the swim exit.
### WATER QUALITY

#### ENTEROCOCCI

<table>
<thead>
<tr>
<th>Date of Sample</th>
<th>Location 1</th>
<th>Location 2</th>
<th>Location 3</th>
<th>NMP/100ml</th>
</tr>
</thead>
<tbody>
<tr>
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<td>30</td>
<td>55</td>
<td>64</td>
<td>&lt;200</td>
</tr>
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</table>

#### E. COLI

<table>
<thead>
<tr>
<th>Date of Sample</th>
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<th>Location 2</th>
<th>Location 3</th>
<th>NMP/100ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>03.04.2019</td>
<td>170</td>
<td>180</td>
<td>100</td>
<td>&lt;500</td>
</tr>
</tbody>
</table>

#### PH

<table>
<thead>
<tr>
<th>Date of Sample</th>
<th>Location 1</th>
<th>Location 2</th>
<th>Location 3</th>
<th>NMP/100ml</th>
</tr>
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<tbody>
<tr>
<td>03.04.2019</td>
<td>8.0</td>
<td>8.0</td>
<td>8.1</td>
<td>6-9</td>
</tr>
</tbody>
</table>

#### WEATHER REPORT (including previous two days)

<table>
<thead>
<tr>
<th>Day</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>03.04.2019</td>
<td>Overcast, becoming sunny.</td>
</tr>
<tr>
<td>02.04.2019</td>
<td>Overcast with light rain.</td>
</tr>
<tr>
<td>01.04.2019</td>
<td>Overcast. No rain.</td>
</tr>
</tbody>
</table>

#### SUMMARY:
The water quality tests meet ITU standards.
BIKE COURSE
The bike course is a flat profile with no significant climbs. The course consists of two laps covering 7 km in total. The route includes three tight 180° turns per lap.

WHEEL STATIONS
A neutral wheel station will be located on the bike course immediately after exiting the transition area. Team wheel stations will follow directly after. Wheels can be dropped here 90 minutes prior to competition.

RUN COURSE
The run course will consist of one 1.5km lap.
Athletes will run over Trent Bridge, past Nottingham County Hall before crossing back over the Wilford Suspension Bridge and follow the Victoria Embankment back into the Changeover Zone.

AID STATIONS & LITTERING ZONES
An aid station will be located 250m after transition, providing sealed bottled water. A littering zone will be attached to this aid station.

PENALTIES
The penalty box will be located approximately 50m before returning to the Changeover Area / Finish Line.

CHANGEOVER ZONE
The Changeover Zone is located prior to the start of the Finish Chute.

COACHES’ AREA
The coaches’ area is located adjacent to the Athlete Lounge looking onto the run course.

WEATHER CONDITIONS
Nottingham weather can be cool in June. Average temperatures are 17°C. Rain is possible in the UK, so it’s best to prepare for all conditions!

For weather forecasts go to www.metoffice.gov.uk
Your Value Partner
RESULTS
Results will be uploaded live at the ITU’s Official Website: www.triathlon.org
All the results information will be distributed to the Team Leaders at the LOC Office.

PROTESTS & APPEALS
Standard procedures will be followed according to the ITU Competition Rules.

MEDAL CEREMONIES
The Medal Ceremony will take place at Victoria Embankment in front of the P20 spectator grandstand. The Medal Ceremony will begin soon after the last competitor has finished the race. Athletes are expected to remain in their team kit. Required athletes will be escorted by event staff to where they need to be. The cooperation of athletes and coaches is appreciated to ensure the ceremony takes place on time.

ELITE MIXED RELAY MEDAL CEREMONY: 17:35
Elite Route

DISTANCES

SPRINT
- 300M
- 7KM (2 LAPS)
- 1.5KM (1 LAP)

KEY
- SWIM
- BIKE
- RUN
- TURNING POINT
- DIRECTIONAL ARROWS