



Race Information

2018

25 August 2018



**NATIONAL
CHAMPIONSHIPS
2018**



RACE INFORMATION



Welcome

This is the final race information for the Zoot Triathlon Relay Championships taking place on Saturday 25 August 2018.

The event is now in its 27th year and it is one that stands out on our calendar as one of our most popular events of the year.

The Zoot Triathlon Relay Championship is a much loved event, with the earned title of 'organised chaos', but in the midst of chaos is fun, entertainment and enjoyment of the Relay Championships.

We are proud to host this event on a completely closed road course, which is perfect for both competitors and spectators alike.

Please read through all of this information and if you have any questions, please do not hesitate to contact us on info@osbevents.com or 01522 699950

RACE INFORMATION

Registration

Registration will take place in the Conference Room upstairs in the main building of the National Water Sports Centre.

Only the Team Captain or other nominated person is required to register - you do not need to bring the team. The Team Captain/nominated person will then register the entire team for the event.

When You Arrive

Please note: If you do not have a BTF Race Licence, you will need to purchase a Day Membership for £5 cash per athlete.

You can find your race number on the boards downstairs in the main reception. Then proceed upstairs, to the British Triathlon Federation (BTF) Race Licence check desk. You will need to show all corresponding 2018 BTF Race Licences to ensure competitors are registered in the right order.

Athletes using Day Memberships have public liability insurance cover, but are not entitled to full Triathlon England membership rights, therefore the team will not be eligible for the Triathlon England Championships Awards.

Teams that do not fit into a Triathlon England Championship category will be placed into the Open Category. This is a non-Triathlon England category and as such is not eligible for National Titles.

RACE INFORMATION

Event Schedule

18:00-
20:00 Friday Registration

06:30- Saturday Morning
08:15 Wave Registration

08:45- Saturday Morning
13:45 Wave

11:15- Saturday Afternoon
13:15 Wave Registration

13:30 Saturday Morning
Approx Wave Presentation

13:45- Saturday Afternoon
18:30 Wave

18:30 Saturday Afternoon
Approx Wave Presentation



RACE INFORMATION

Team Information

Team Categories - Saturday Morning - Male and Female/Open Categories

The following are the requirements for the different team categories:



- Male Senior - Four Males - any age
- Male Vet 40+ - Four males all over 40 years old as at 31/12/2018
- Male Vet 50+ - Four males all over 50 years old as at 31/12/2018
- Male Junior - Four males all over 15 and under 20 years old as at 31/12/2018



- Female Senior - Four Female - any age
- Female Vet 40+ - Four females all over 40 years old as at 31/12/2018
- Female Vet 50+ - Four females all over 50 years old as at 31/12/2018
- Female Junior - Four females all over 15 and under 20 years old as at 31/12/2018

Open Categories

These are teams that do not fit into any of the National Triathlon England Championship categories and will not be eligible for National Championship Awards. There will be separate awards for the Winner, Runner up and Third place finishing in the Open Category.



Team Categories - Saturday Afternoon - Mixed Teams

These are teams that comprise of 2 male/2 female athletes in the following age groups:



- Junior - Four all under 20 years old as at 31/12/2018
- Senior - Four across any age group
- Vets 40+ - All members over 40 as at 31/12/2018

Open Mixed Category

These are teams that do not fit into any of the National Triathlon England Championship categories and will not be eligible for National Championship Awards. There will be separate awards for the Winner, Runner up and Third place finishing in the Open Category.

RACE INFORMATION

The Venue

Directions to National Water Sports Centre

From the South: Turn off at junction 24 of the M1 take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre. Sat-Nav users are advised to use the name National Water Sports Centre or Adbolton Lane, rather than the postcode as some Sat-Nav's will direct you to Colwick Race Course as opposed to the Centre.

The National Water Sports Centre is a 10-minute drive from Nottingham train station.



RACE INFORMATION

Car Parking

There will be a £5.00 fee which is imposed by the venue for parking within the grounds of the National Water Sports Centre. This £5.00 will cover Friday and Saturday, should you wish to register on Friday. Once you have paid you will be issued with a band which needs to be attached to the rear view mirror of your vehicle. These bands can be bought from the event registration or the venue reception.

There are four car parks at the National Water Sports Centre, which will all be marked. Please follow the instructions of the Parking Stewards. It is vital that you do not use the car park at the main entrance; as this forms part of the run course.

Please note that we would recommend that no valuables are left in the vehicles at all and that anything valuable is kept in the secure lockers at the National Water Sports Centre. All vehicles are parked at owner's own risk.

Spectators – Where to go

Perfect viewing areas are available around the National Water Sports Centre, none better than the purpose-built grandstand. For those who fancy following the swim, bike, run action a grassed bank runs along both sides of the lake.



RACE INFORMATION

The Course

The Distance

Swim 500m (1 lap) Bike 15km (3 laps) Run 5km (1 lap)

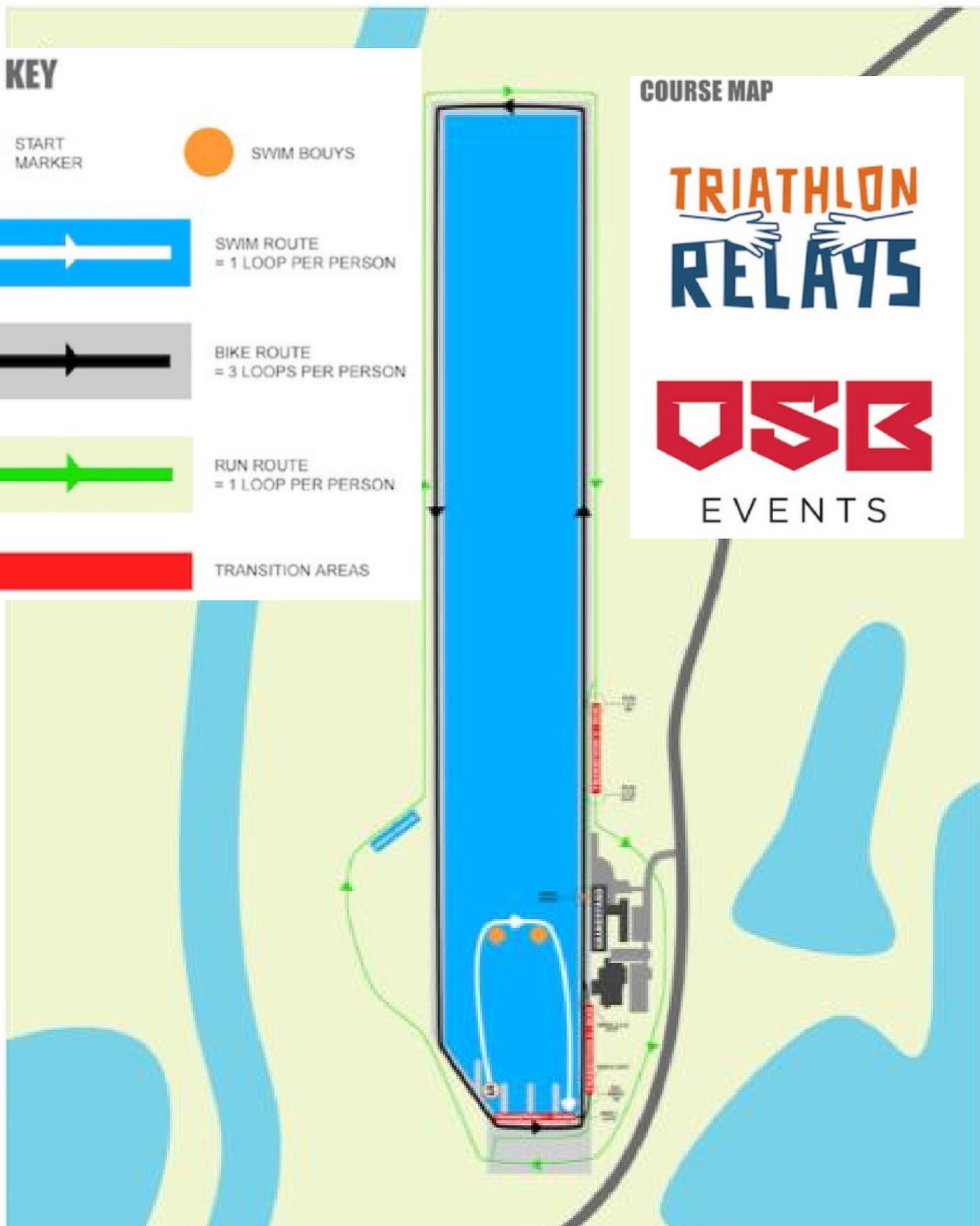
MAP KEY

-  **START MARKER**
-  **SWIM BOUYS**
-  **SWIM ROUTE**
= 1 LOOP PER PERSON
-  **BIKE ROUTE**
= 3 LOOPS PER PERSON
-  **RUN ROUTE**
= 1 LOOP PER PERSON
-  **TRANSITION AREAS**

COURSE MAP

TRIATHLON
RELAYS

OSB
EVENTS



RACE INFORMATION

Swim - 500 meters

On exiting the swim after 1 x 500m lap, swimmers are requested to leave their swim hats on until they have tagged their next team mate. Triathlon wetsuits may be compulsory subject to water temperature as determined by the referee on the day, in line with Triathlon England rules.

Bike Course - 15km - 3 laps

This is a 5km lap course and competitors are required to complete the laps in anticlockwise circuits. The bike course is flat and fast, but has some extremely tight right angle corners. Please note that the first team member starts from a different transition area at the bottom of the lake in front of the boat houses.

Bike on the left at all times. Runners will be using the same course in a clockwise direction

Approved hard shell helmets are compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and not undone or removed until you have dismounted. This is a non-drafting race and the 'two-minute time penalty rule' will be in force. Please ride on the left, overtake quickly on the right and return to ride on the left.

Run - 5km - 1 lap

A one-lap clockwise circuit around the perimeter of the Regatta lake with some grassed sections. Where possible, please run on the grassed verge to avoid obstructing cyclists.

All competitors will run one loop before tagging the next team mate in the appropriate transition area, T3. When your final runner has completed their lap they should continue straight past T3 into the finish straight in front of the grandstand to finish under the gantry.

Run on the left at all times. Cyclists will be using the same course in an anti-clockwise direction.

RACE INFORMATION

Transition Area

For teams competing on Saturday morning, T1 and T2 will be open from 08:00. We recommend that the first two team members rack their bikes immediately, in the appropriate Transition area. Transition will close at 08:30.

For teams competing on Saturday afternoon, Transition will be open from 13:15. This will be confirmed by PA announcement. We recommend that you arrive at transition immediately as it opens so as not to delay the race start. Transition for the first two team members will close 5 minutes before the race start.

Transition Area Rules

This is a high security area. Only competitors wearing their security wristbands, a race number and bike security stickers on your bike will be allowed in any of the Transition areas. No bags or race kit (other than helmets and shoes) can be taken into Transition. No spectators will be allowed in. You must rack your bike with your helmet in the allocated numbered space. If you have any issues, please approach a race official.

You are not permitted to ride your bike at any time in Transition. You will mount your bike at the designated line outside of the Transition area on your way out and dismount on the road just outside the Transition area when you return.

Our Request!

We ask that all competitors leave helmets and cycle shoes on their bikes in the transition area. This is to stop pointy helmets from poking people in the eyes and toes being broken by cleats, which has occurred in previous years. Aero helmets are not banned.

RACE INFORMATION

How it Works - 25 August 2018

Team Captains

You will be required to ensure that the whole team know and understands all information about this event. The Team Captain will be responsible for providing all of the required information about all team members, including medical conditions.

The Format

In teams of four, each person does one element of the triathlon and then tags the next person. The team must complete all 4 swims before they can move onto the bike element of the race. The last swimmer will hand over to the first cyclist. Once all members have completed the bike leg, the last cyclist will handover to the first runner. Once all runners have completed the run leg, the final runner will then finish at the finish line in front of the grandstand.

Team Order

Each team will be allocated a race number, which will be available online from Wednesday at www.osbevents.com.

At Registration, your team will be issued with four colour coded race numbers which relate to the sequence of your team members in the race which should correspond to the order of competitors as submitted on your entry form.

Race Number Sequence

Red [A] - White [B] - Blue [C] - Yellow [D]



Swim Hat and Wristband Colour Band Sequence

Red - Green - Orange - Yellow



RACE INFORMATION

Race Numbers

Do not cut or fold these race numbers - disqualifications will be issued for number mutilation. No competitor will be allowed into or out of the transition area without a number. In your registration pack there will be 4 numbered bike seat post stickers; these should be fixed to your seat posts and be clearly visible.

Race numbers should be worn on the back for the bike and on the front for the run. Please ensure your number is visible at all times.

Race numbers are also used when checking equipment out of transition, so please be prepared to show your race number at entry and exit points.

Relay Tagging

We will be using the traditional tagging system of passing a rubber band from team member to team member. As all athletes will have a separate timing chip, we will also be taking individual splits for each discipline. Please do not lose your team's rubber band as this is the only proof that you have completed each tag correctly.

Timing

To ensure quicker, more accurate times and results; each team will receive four timing chips. Using the timing chips in this way allows for more accurate results and discipline splits; as well as category splits being updated live as teams pass over the finish line. There will also be a large display providing results in the main reception area. Please remember to allocate all timing chips in the correct order.

Please ensure you do not cross the mats, which register your times, before the event. To avoid this, please do not climb over barriers as they are in place to prevent access from these areas prior to the event. Failure to comply with this will trigger your timing chip and could invalidate your result.

When you have finished, please remember to return your timing chip in T3 or in the Finish area. Failure will result in a £25 charge per missing chip being made to the team for the loss of equipment.

RACE INFORMATION

Race Rules

The event will be held under the rules of Triathlon England. It is mandatory that all competitors wear an approved helmet, that all bikes must be in a roadworthy condition and that all competitors are insured by a third party civil liability insurance - Triathlon England Members are insured as part of their membership package. All other competitors will be required to purchase a Day Membership from Triathlon England at £5 per athlete. If you require further information about Race Rules please visit www.britishtriathlon.org or telephone on 01509 226161.

Course Etiquette

Please note that under no circumstances are any teams or spectators allowed on the race circuit. Only officials/staff with appropriate clearance are permitted on the race circuit. If you are not acting in an official capacity you should not attempt to access the circuit. Any team members or officials who do not comply with this ruling risk the possibility of time penalties being added to their team result.

Competitor Conduct

Competitors are reminded that they share the venue facilities with others who may or may not be fully aware of the event. Members of the public should not be on the course at any time during the event, it is fenced off, but due care should be taken at all times as not all members of the public follow our instructions. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect. Any profanity or aggression towards other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and the promoters.

Time Penalties and Appeals

All penalties issued by the Triathlon England Chief Technical Official (CTO) will be displayed on a Penalty Board at the by the timing screen in Reception. No other officials have the right to award a penalty and all penalties must be directed through the CTO. Appeals against these penalties must be made in writing to the CTO within one hour of a penalty being notified and be accompanied by a fee of £30.00 refundable if the appeal is upheld. It is your responsibility to check the Penalty Board.

RACE INFORMATION

Frequently Asked Questions

Are there any cut off times for this event?

Yes, in order to facilitate smooth running of the event we are forced to place restrictions of times to 4 hours and 30 minutes. Over 95% of all teams racing in previous years have come inside that cut off. Should the last two members of your team have not start at 12:45 (morning event) and 17:45 (afternoon event) they will be permitted to complete the run together.

Will there be a race briefing?

There will be a compulsory race briefing for all competitors at 08:30 for the morning wave and then a race briefing at 13:30 for the afternoon wave. This will be heard over the boat house PA system and will take place in the start area of the course immediately outside the boat houses at the top of the lake.

We aren't members of British Triathlon, can we still take part?

Yes, but each member will need to purchase a Day Membership from British Triathlon on the day. These are priced at £5 each.

Can I do a course reconnaissance?

You are not permitted to swim in the Regatta lake at any time, other than during the race. However, you are permitted to cycle the bike course (wearing a helmet) up to 08:15 Saturday morning after which the course will be cleared for competitors.

Are there any drink stations on the course

Yes, there will be a drinks station on the run loop of the Regatta lake and one on the finish line. On the drinks station there will be water and High5 Energy source Citrus.

How do we get our results?

Results will be updated throughout the day and be available from the main reception area and live timing can be followed on www.resultsbase.net. A full set of results will be available online from midday Tuesday 28 August on www.osbevents.com

RACE INFORMATION

Is there anywhere to get food from?

Yes, food will be available from various food vendors on race day. Please keep this area tidy and put all litter in the rubbish bins provided. Please note BBQ's are not permitted in the race village. This is a requirement of the venue under their health and safety rules.

Will there be someone taking photographs?

SportCam will be photographing this event. All images will be uploaded to the SportCam website within 48 hours of the event finishing. Visit it at <http://sportcam.net/>

You can also take a photo with our selfie board after the event around the finish/results area. Images will be available on the OSB Events Facebook page from Tuesday after the event.

My team/club would like to set up a gazebo. How do we organise this?

If you would like to bring a club/team gazebo on Saturday you are more than welcome to do so, however we do request that they are safely erected and secured down with both pegs and guy ropes. If this does not happen you will be requested to take it down. All gazebos erected are done so at the owners risk and therefore are responsible for ensuring safety and protection of any equipment belonging to the owners.

My team can no longer take part, what can we do?

Unfortunately, the date has passed to receive a race credit. Please do not give your entry away, all competitors will be asked to show some form of photographic identification before they are allowed to register.

How can I contact someone from OSB Events before the event?

You can contact us by phone (01522 699950) or by email info@osbevents.com
The office will be closed from Thursday 23 August at 17:00. Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages. Please instead ask any questions at the event registration area or contact us on social media.

RACE INFORMATION

Water Safety and Medical Information

A water safety team will be on hand to help and support you. If required, one of the safety boats will transfer you back to the start. If you require any help at all, then please roll onto your back and raise/wave your arms.

If you are seen to be struggling, you may be rescued into one of the safety boats and then returned to the swim start. This is at the advice of our swim safety team.

Please note: UK inland waters are not completely safe for swimming however, risk of disease are low and serious infection are minuet. A swimmer may be susceptible to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. Be careful entering open water if you are unwell. You are advised not to drink the lake water.



Medical Cover

The safety of our competitors is paramount. On the day there will be a team of specialist medical practitioners and support vehicles which can transfer directly to hospital should the need arise. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

If you have any type of medical condition or are taking any type of medication, please write a large 'MC' on the front outside of your swim cap and on your race number. Please write your medical condition fully on the inside of your swim cap and on the back of your race number. Please ensure you wear your race number at all times when competing.

This will only be used in the event of you being involved in an accident.

RACE INFORMATION

Thank you to our Crew & Volunteers

Thank You

It takes a great amount of work to organise an event such as this. Special thanks go to our Crew and Volunteers that support the events across the season.

Event Partner - Zoot



Zoot Sports, a global leader in endurance sports, is 100% focused on providing the athlete with the ultimate in performance apparel, wetzoots, footwear and accessories. For 30 years, we have been pioneering innovative product solutions that cover the athlete from start to finish and head to toe.

Charity Partner - Cancer Research



By supporting Cancer Research UK you will be helping find new ways to prevent, diagnose and treat cancer. Cancer Research UK is at the heart of cancer research, funding the work of more than 4,500 researchers, doctors and nurses throughout the UK.

Nutrition Partner - High5



High 5 will be providing nutrition on the run leg of the event and on the finish line. Fuel your way to success! www.highfive.co.uk

Retail Expo

There will be a number of exhibitors at this years event with a range of offers, products on sale and services to offer. The Expo is the perfect opportunity to pick up any essential equipment before the race, as well as giving yourself a post-race treat.

We will also have Outlaw merchandise available with at least 25% off of clothing.



Further Information

Any questions related to the event can be answered by emailing info@osbevents.com You can chat to other athletes and ask questions via www.facebook.com/OSBtriathlon You can also follow us on twitter via @OSBEvents.

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