

PROVISIONAL RACE INFORMATION HUUB TRIATHLON RELAYS 2020



**SATURDAY 29TH AUGUST
NATIONAL WATER SPORTS CENTRE, NOTTINGHAM**

Welcome to the Tri Society "HUUB TRIATHLON RELAYS" at the National Water Sports Centre, Holme Pierrepont, Nottingham. The National Water Sports Centre is situated 2 miles south of the city of Nottingham. We are proud to host the 2020 Triathlon England Club Relay Championships with the racing taking place on a completely closed road course which is near perfect for both competitors and spectators alike.

The Distances:

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

The Format

In teams of four, each person does one element of the triathlon, then tags the next person. The first person swims, then tags the second person, and so on until all four team members have swum. The fourth swimmer will hand over to the first cyclist, who then does the 15km bike. All four complete the bike course, and final cyclist then tags the first runner. When all four runners have completed 5k each, the final runner crosses the finishing line in front of the grandstand.

The Categories

Saturday Morning – Male, Female & Open Teams

Male Senior, Male Vet 40+, Male Vet 50+, Male Junior. Male teams must consist of 4 males & all must be in the same age category as of 31/12/20.

Female Senior, Female Vet 40+, Female Vet 50+, Female Junior. Teams of 4 women, all in the same age category as of 31/12/20.

Open Teams are those that do not fit into any of the National Triathlon categories & will not be eligible for National Championship Awards. There will be separate awards for the top 3 finishing Open Category.

Saturday Afternoon – Mixed Teams & Open Teams

Teams to comprise 2 male / 2 female athletes in the following age groups: Junior, Senior & Vets 40+, all in the same age category as of 31/12/20.

Open Teams are those that do not fit into any of the National Triathlon categories & will not be eligible for National Championship Awards. There will be separate awards for the top 3 finishing Open Category.

Triathlon England Rules – updated!

To be part of the National Championships, all team members must be current members of Triathlon England, Triathlon Scotland or Welsh Triathlon and have the same club / team listed on their 2020 Race Licence.

Any teams not fitting into the above categories or if there are any Day Memberships in a team, then that team will automatically be placed in the Open Category.

Registration Times

Friday	6pm – 8pm
Saturday	6:30am – 8.15am
Saturday	11:30am – 1.15pm

Start Times

Saturday AM	- Male & Female 8.45am
Saturday PM	- Mixed 1.45pm

General Information

Team Captains

Team captains will be required to ensure that the whole team knows & understands all information about this event. Team captains will be responsible for providing all of the required information about all team members, including medical conditions.

Home Nations Race Licences

Team captains should present a 2020 Triathlon England, Triathlon Scotland or Welsh Triathlon Race Licence (or colour copy) for all four competitors. If this is not possible, then the team captain will be required to pay £5 CASH to purchase a Day Membership for each person without a 2020 Home Nations Race Licence.

Registration

Registration will take place in the Conference Room upstairs in the main building at the National Water Sports Centre. Team captains or other nominated persons only are allowed into registration. Team members are not required to register individually, the Team Captain or a nominated person is the only person required to register for the whole team.

Registration Procedure

On arrival at registration, find your race number from the lists displayed downstairs in the main reception, or included on the Tri Society website. Then proceed upstairs, to the Home Nations Race Licence check desk. At this point, please show ALL corresponding 2020 Home Nations Race Licences. Please ensure that your competitors are registered in the right order. At this point it will be confirmed to you which category your team is entered into.

Athletes using Day Memberships have public liability insurance cover, but are not entitled to full Triathlon England membership rights, and hence the team will not be eligible for the Triathlon England Championships Awards. Instead the team will be placed in the Open Category. All teams that have a ratio of 3:1 either male to female or female to male will be placed into the Open Category. This is a non Triathlon England category and as such is not recognised for National Titles.

If you have a query, please see the HELP DESK. If not, please pick up your numbers, team baton, security wristbands, timing chips, swim caps, t shirts etc. The security wristbands are for competitors only. This will allow competitors into the transition areas. Please note that non competing athletes / spectators will not be allowed onto the course during the event. This includes spectating on the cycle route during the swim section.

Team Categories

The following are the requirements for the different team categories:

Male	Four males, any age
Female	Four females, any age
Mixed	Two male & two females, any age
Male Vet 40 +	Four males all over 40 years as at 31/12/2020.
Female Vet 40 +	Four females all over 40 years as at 31/12/2020.
Male Vet 50 +	Four males all over 50 years as at 31/12/2020.
Female Vet 50 +	Four females all over 50 years as at 31/12/2020.
Male Junior	Four males all over 15 & under 20 years as at 31/12/2020.
Female Junior	Four females all over 15 & under 20 years as at 31/12/2020.

Finding the National Water Sports Centre

Holme Pierrepont, the National Water Sports Centre, is located just off the A52. Sat Nav - NG12 2LU.

Parking – £5 Per Car Parking Charges Now Apply

There is now a fee which is imposed by the venue for parking within the grounds of the National Water Sports Centre. £5 will cover the cost for parking over Friday or Saturday. 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, since this is part of the run course, and entry to this car park is only possible with an Officials Parking Permit. Depending upon which car park is in use when you arrive please be aware that some car parks are a 10 minute walk from the Race HQ.

Do not leave any valuables inside or on your car & ensure your car is fully locked & secure. All vehicles are left at the owners own risk.

Additional Contacts

Holme Pierrepont – Venue/Camping/Accommodation
Tel. 0115 9821212

Triathlon England – Rules & Membership
Tel. 01509 226161

Timing

To ensure quicker, more accurate times and results, teams will receive four timing transponders to use whilst racing. Using this cutting edge technology will mean results, discipline splits and category positions will be updated live as teams pass the finish line. There will also be a large display providing results in the main reception area. Please remember to get your transponders in the correct order.

When you have finished, please remember to return your timing transponders to our officials after the run – either transition area 3 or at the finish line. Failure to do so will result in a £25 charge per missing chip being made to the team for the loss of equipment.

Please also ensure that you do not cross the mats, which register your times except when you are competing. To avoid this problem 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 request will trigger your timing chip and potentially will invalidate your result.

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 teams' rubber band as this is the only proof that you have completed each tag correctly.

Medical Cover

The safety of competitors is paramount. On the day there will be a team of first-aiders, nurses, state registered Paramedics plus ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. If before, during or after the event you feel that you require any type of medical care, please contact an event marshal. The main medical area will be based close to the 'HUUB Village'.

Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any medical conditions or are taking medication please write a large 'MC' on your race number & wear your race number at all times when competing in the event – including the swim section.

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 envelope there will also be 4 numbered bike seat post stickers, which all team members should fix to their bikes so that they are clearly visible to the security teams.

Race numbers must be worn on the front for the run & back during the bike at all times. Number belts are permitted.

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike frame number. If challenged please be prepared to show your race numbers.

NB. Please do not forget to bring safety pins.

Team Order

Each team will be allocated a race number, which can be found on <http://www.trisociety.co.uk/> from Thursday 27th August.

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 via Results Base.

Race number colour band sequence is:

RED [1] – BLUE [2] – GREEN [3] – YELLOW [4]

Swim hat colour sequence is:

RED [1] – BLUE [2] – GREEN [3] – YELLOW [4]

Swim - 500 metres

On exiting the swim after 1 x 500 metre 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 the water temperature as determined by the referee on the day in line with Triathlon England rules.

Water Safety

There will be numerous canoes in the lake to guide you and provide safety cover. If you get into difficulty, turn on your back, raise one arm & make as much noise as possible; a canoe will then escort you to the bank. Remember keep the buoys to your right.

Please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of 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 the open water swim if you are unwell. You are advised not to drink the lake water.

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 (the PINK team member) starts from a different transition area at the bottom of the lake in front of the boat houses. (See event map for details.)

BIKE ON THE LEFT AT ALL TIMES! RUNNERS WILL BE USING THE SAME COURSE.

Approved hard shell helmets are compulsory & 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 race is a non-drafting race for all categories on the bike course and the 'two minute time penalty rule' will be in force. Please ride on the left and overtake quickly on the right before returning to ride on the left. Please note that the venue is a country park and that from time to time ducks & geese will be on the

pathway. Ride with caution, as sometimes they do not move!

Transition Area – 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.

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 grass verge to avoid conflict with oncoming cyclists. Please note that the first team member (the PINK team member) starts from a different transition area. (See event map for details.)

PLEASE RUN ON THE LEFT AT ALL TIMES! CYCLISTS WILL BE USING THE SAME COURSE.

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 Cut Off Times

In order to facilitate the 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 time. Should your team be outside of that time, the last two or three runners in a team will be permitted to run together. The times will then be adding together to create a total time for the team. Officials will advise teams in T3 when this ruling applies. For the morning event, we strongly advise all runners that have not started the run by 12.30pm to be at T3 (run to run transition). All runners not started by 12.45pm will be started together.

For the afternoon event, we strongly advise all runners that have not started the run by 5.30pm to be at T3 (run to run transition). All runners not started by 5.45pm will be started together.

Transition

For teams competing on Saturday morning, transition area will be opened from 8am. We recommend that the first two team members rack their bikes immediately. Transition will close at 8.30am.

For teams competing on Saturday afternoon transition area will be opened from 1.15pm. This will be confirmed by PA announcements. 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 15 minutes before the race starts.

Transition Area Rules

This is a high security area. Only competitors wearing their security wristbands, a race number & bike security stickers will be allowed in any of the transition areas. No bags or race kit (other than your cycle helmet & shoes) can be taken into transition. No spectators will be allowed in. You must rack your bike with your cycle helmet in the allocated numbered space if there is a problem, please approach an official.

Race Briefings

There will be a compulsory race briefing for all competitors at 8.30am for the Saturday morning wave, 1.30pm for the Saturday afternoon wave. This will be heard over the boat house PA system & will take place in the start area of the course immediately outside the boat houses at the top of the lake.

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 8.15am Saturday morning after which the course will be cleared of all competitors.

Race Office Closure

The Tri Society race office will be closed from Wednesday 26th August at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Thursday 27th for setting up.

Nutrition

There will be a drinks station on the run loop of the regatta lake and on the finish line, which will be serviced by High5 Sports Nutrition.

Food & Litter

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

Prize Giving

Prize giving for all Saturday morning categories will take place in the race village immediately adjacent to the finish line, immediately after the completion of the morning race at approximately 2.00pm or whenever the last team crosses the line. Presentation for Saturday afternoon waves is after the completion of the afternoon wave as soon as the last competitor crosses the line which is anticipated to be 6.30pm.

Results

Results will be updated constantly in the main reception area & live timing can be followed on www.resultsbase.net. A provisional set of results will be available shortly after each race outside of the registration room.

Race Rules

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

Time Penalties & Appeals

ALL penalties issued by the Triathlon England Chief Technical Official will be displayed on a Penalty Board next to the ticket printer in the main reception area. No other officials have the right to award a penalty and all penalties must be directed through the Chief Technical Official. Appeals against these penalties must be made in writing to the Chief Technical Official 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 this Penalty Board.

Course Etiquette

Please note that under no circumstances are any team officials or spectators allowed on the race circuit. For the purpose of both insurance and safety of competitors, only officials with appropriate security wrist bands are permitted on the race circuit. If you are not acting in an official capacity on behalf of the race organisers, then you should neither walk on the inside of the course nor attempt to cross the circuit at any point on the course. Any team members or officials who do not comply with this ruling risk the possibility of time penalties being added to their team results.

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.

Withdrawals

If you need to withdraw a team, then please email 'hello@trisociety.co.uk' confirming you wish to withdraw. We will take the date of the email as your withdrawal date. Depending upon your withdrawal date, depends on the amount of race credit towards next years event.

Team/Club Gazebo

If you would like to bring a club/team gazebo on Saturday you are more than welcome to, however we do request that is safely erected and secured down with both pegs and guy ropes. If this does not happen you will be requested to take it down, or, we will take it down & remove it. Please note, do not take up excessive space, there will be a lot of teams wishing to pitch club gazebos.

And Finally

On behalf of Tri Society, the whole team would like to wish you well and hope you have a safe and enjoyable event. Whatever your reason for racing, we hope you race hard, race safely and race fairly.

Yours in sport,

IAIN HAMILTON
Race Director

For further information contact

Tri Society
Website www.trisociety.co.uk
E-mail hello@trisociety.co.uk
Tel 01522 699950

NB. These details are true and correct at date of publication but are subject to change without notice.