



## 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. This is the 30<sup>th</sup> edition of the event, and due to Covid-19, will see more event changes than since the start in 1991.

We have reviewed all of our delivery plans & principles, and made many operational changes to ensure the event is staged to be Covid-19 compliant. However, we are unable to do this alone, and ask that all of the competitors adhere to our new plans and are also self-policing.

### **Covid-19 Athlete Responsibility**

The following applies to all involved in the event – competitors, volunteers, Technical Officials and event delivery team.

Everyone on site is reminded to wash their hands regularly for at least 20 seconds with soap (or use an alcohol hand gel of over 60%) and avoid touching their face to reduce virus transmission.

There will be sanitation points at registration, start, transition areas and the finish area.

Anyone feeling unwell with any symptoms of Covid-19 should not attend the event.

Athletes over 70 years old, or anyone with compromised health, should be aware of the greater possibility of serious consequences in the event of contamination & is recommended not to attend.

Sharing of equipment is prohibited. In particular, athletes must not share water bottles and cups.

Athletes will be required to update contact information and next of kin details, as well as re-declare their statement of suitability.

### **30<sup>th</sup> ANNIVERSARY RELAYS**

This wasn't how we planned to celebrate our 30<sup>th</sup> anniversary event, but we plan to make it a safe and fun day for all, no-matter-what! The emphasis is on reconnecting people and after a tough few months. We are all extremely excited to be bringing chaos back!

### **The 'NEW' Format**

There is a new format in place based on the elite Mixed Relay standard, which was due to debut at the Olympic Games this summer.

Athletes will take part in time trial format, with individuals starting every 15 seconds. This will continue throughout the event to help facilitate social distancing, remembering that drafting is not permitted during the bike section anyway.

In line with previous editions of the Triathlon Relays, each team will consist of four athletes. Each athlete will complete a mini triathlon; 500metres swim, 15km bike and 5km run, and cross the finishing line. The next athlete will start their mini triathlon from the swim start area. Big screens will show when your team-mate has finished, and then you will be started 30 seconds later. Electronic times will be recorded at the start of the swim, end of the swim, end of bike & end of the run. The finish times from all four athletes will be added together to give a combined team time.

There will be two separate transition areas, one for swim to bike, and a separate transition for bike – run. The finish area will also be an isolated area. There will be no direct tagging.

### **The Distances:**

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

### **The Categories**

Due to regulations regarding Covid-19, there will be no prizes awarded. All teams will be in the 'Open Category'.

We will encourage teams to participant for fun and will start teams from the same club together; creating friendly competition. We hope this will create a greater emphasis of fun, self-policing social distancing and greater participation.

### **Registration Times**

Friday	6pm – 8pm
Saturday	7am – 9am

We will allocate specific club registration times approx. 5 days before the event.

### **Start Times**

Start times will be issued approx. 5 days before the event, all teams' first athlete will start between 9am – 10.15am.

### **Registration**

To adhere to recommendations in the British Triathlon Covid-19 Guidance, registration will take place on the outdoors on the Patio Lawns. This is situated on the main lawn, outside of the main entrance. There will be signs from each car park for you to follow to reach registration.



### Registration - Team Captains

We ask that only one person from each 'club' attends the registration to collect race packs. Specific allocated registration times will be allocated 5 days before the event. Race packs will be pre-packed into sealed bags, individually numbered & will contain:

- Race numbers
- Swim hats
- Timing chips
- Event t-shirts
- Security ID
- Bike Frame Stickers

### 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 per team. If this is not possible, then the team captain will be required to pay £6 CASH to purchase a Day Membership for each person without a 2020 Home Nations Race Licence.

### Registration Procedure

Please ensure that you know your clubs' race numbers. Any club with multiple entries will be grouped together, so this should not be too difficult.

Athletes that are not full members of British Triathlon, are still required to purchase a Day Membership. Please ensure that you have the original or printed copies for athletes with British Triathlon Full Membership for us to check. We will not touch the membership cards, just visually check them.

Each Day Membership will cost £6, payable via contactless payment at registration. Athletes using Day Memberships have public liability insurance cover.

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.

### Pre Event Checks

Approximately 5 days before the event, all athletes will be emailed a pre-event screening questionnaire. This will require all athletes to 're-declare' their suitability/fitness to take part in the event and remind them that they should consider how healthy they are, especially if they have felt unwell at all during the previous 7 days.

### Athlete's Information for Track & Trace

We will require all athletes supply their email address and mobile details for 'track & trace' purposes.

### Team Categories

To adhere to recommendations in the British Triathlon Covid-19 Guidance, there will only be one category, this is the open category. This will be a non-competitive category & no prizes will be awarded.

### 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 a fee 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.

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, 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.

### Venue Camping

Please call the venue directly to book any camping directly - Tel. 0115 9821212. If the event is cancelled due to Covid-19, the venue will fully refund your booking.

### Timing

To ensure quicker, more accurate times and live to web results, all teams will receive four timing transponders in their registration sealed packs. Discipline splits and category positions will be updated live as individual team athletes pass any timing points. For live to web results, please visit <https://resultsbase.net> Please remember to get your transponders in the correct team order.

When you have finished, please remember to return your timing transponders into our plastic containers after the run. Failure to do so will result in a £25 charge per missing chip being made to the team for the loss of equipment.

### Relay Tagging

There will be no specific tag zone, athletes will not directly touch. Once an athlete finishes their mini triathlon, the next competitor will be informed by a large screen at the swim start – the next competitor will then be able to start within the next 30 seconds.

### 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 if you are wearing a wetsuit.

### Race Numbers

Do not cut or fold 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 sealed pack there will also be four 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.

**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**

There will be a clear queuing system, spaced out by 2metres, which will go inside the transition area.

The start order will be in club order, so all teams within one club will start in the same group. The aim is to create inter club participation.

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.

**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!

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

**Transition Area Rules**

There will be there two main transition areas. Swim to bike will also include the start zone, including the start queue, swim start and area for racking 300 bikes. The other transition area will be the bike to run transition. Pre event, all four of the teams running shoes must be set up, reducing transition movement. Each team is only allowed one bike in each transition, so once the athlete has finished, then they must collect their bike from the bike to run transition.

Only competitors wearing 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 & running shoes in the allocated numbered space if there is a problem, please approach an official.

Each transition will have space for over 300 athletes. Racking pre-event will only be allowed for 30 minutes. Transition will be set out so athletes do not cross.

**Race Briefings**

Race Briefings will be available online. Any updated information will be given during the start process. Further updates will be sent via email & social media. Race information will be sent via email 10 days before the event, and provisional information will be available online from July 1<sup>st</sup>.

**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 26<sup>th</sup> August at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Thursday 27<sup>th</sup> for setting up.

**Nutrition**

No on-course aid stations will be provided. We encourage competitors to carry their own water bottles on the bike and run segments.

**Food & Litter**

We are working closely with the venue to ensure the event is Covid-19 Compliant. Specific food vendor locations will be agreed with the venue. 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.

**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](http://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. 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 year's event. If we choose to cancel the event, potentially due to Covid-19, then all teams will automatically be deferred into 2021.

### Team/Club Gazebo Space

To adhere to recommendations in the British Triathlon Covid-19 Guidance, there will be a number of Club Areas spread around the venue. If you would like to bring a club/team gazebo on Saturday you are more than welcome to, please contact us at 'hello@trisociety.co.uk' to request a booking form. There is no charge for this, however we do request that is safely erected and secured down with both pegs and guy ropes. Once you have booked your space, we will allocate you an area within one of the club zones. 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. And celebrate all that we are able to in this very strange year.

Yours in sport,

IAIN HAMILTON  
Race Director

### For further information contact

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