



## ***Aquathlon Race Briefing Document.***

### ***General information:***

- Registration is open from 3pm – 4.45pm.
- At registration you will also need to get marked up for the swim.
- Race briefing is compulsory and will take place 5 minutes before the start of your wave at poolside.
- The course will be clearly signposted. If you need to retire from the race at any point please inform the nearest marshal so that they can communicate with the race HQ.

### ***Swim(400m)***

Competitors need to be poolside with goggles and swim hat for the race briefing. The swim will commence straight after the briefing. Competitors will start in the water. No diving starts or tumble turns. A float will be waved in the water with 2 lengths to swim. However, please keep count of lengths. Please take care when exiting the pool as the surface will get slippery.

### ***Transition:***

Competitors' trainers and tops should be placed in Transition. Aquathlon competitors' race numbers will be written on the top of your left arm and left calf – no other race number needs to be worn.

### ***Run section:***

- The run is entirely on a flat grass surface and is suitable for normal road or off road trainers.
- There will be prizes for the top 3 males and females. Prize giving will be straight after the final wave.

All results will be published on the TriPurbeck website [www.tripurbeck.com](http://www.tripurbeck.com)