



Hello everyone,

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Summer Series 2018 Schedule

Here is the Summer Series 2018 schedule:

Event #	Day	Date	Event
1	Thursday	24-May-2018	Aquabike
2	Tuesday	05-Jun-2018	Starter Tri & Sprint Tri
3	Tuesday	19-Jun-2018	Mixed Team Relay Super-Sprint Tri
4	Sunday	24-Jun-2018	The Samphire Standard Distance Tri
5	Tuesday	26-Jun-2018	Junior & Adult Duathlon Relay
6	Tuesday	03-Jul-2018	Starter Tri & Sprint Tri
7	Sunday	22-Jul-2018	The Navigator Middle Distance Tri
8	Tuesday	24-Jul-2018	Starter Tri & Sprint Tri
9	Friday	27-Jul-018	Slip-to-Shore Swim
10	Tuesday	21-Aug-2018	TKC Race Director's Sprint Tri
11	Thursday	30-Aug-2018	Farewell to Summer – Starter Tri and Sprint Tri
12	Friday	07-Sep-2018	Junior & Adult Duathlon Reprise

Event Marshals

In order for these events to proceed, they require marshals.

We expect every club member to volunteer for one event throughout the year.

Each event below includes a marshal sign-up link.

Please sign-up early!

Kayak Marshals

This year, we will be creating a roster of kayak marshals.

For the last number of years, Kayak-based Safety Awareness Training for Open-Water Swimming has been provided by the club Water Safety Officer. Anyone that has participated in this safety training will automatically be added to the kayak roster.

If you are not currently on the roster and you feel comfortable kayaking and are confident enough to provide support to open-water swimmers please [contact us](#) and we will add you to the kayak support roster.

Registration Closing Date

This year, we will be closing registration for each event approximately 24 hours before the event. This enables the event organisers to plan marshals and event support.

Please respect this policy – sign-up early and let us know if you cannot make the event.

Each event below will clearly state the registration closing date.

Sign-On and Start Times

As with all events run under the rules of Triathlon Ireland, you will need to sign-on at each event.

You will need to verify your TI Number.

You will need to provide emergency contact information.

You **MUST** also attend the safety briefing - please pay particular attention to the briefing by the Water Safety Officer.

Unless otherwise stated, the schedule for evening events is as follows:

- Sign-on opens: 18:30 hours
- Event brief: 18:45 hours
- Event start: 19:00 hours

Note that the Standard and Middle distance triathlons have early morning starts.

Club Gear

The Summer Series represents significant events for us in our club calendar and whilst these events may be training events, we would ask participants to wear their club gear where possible.

Aquabike

Event #01 - Thursday 24-May

This is a swim-bike duathlon, with a choice of two (2) courses:

- Short course – 200m swim + 13km bike
- Long course – 400m swim + 20km bike

Course details:

- The swim course will be decided on the evening by the Water Safety Officer based on the prevailing weather conditions
- The short-course bike route map is [here](#)
- The long-course bike route map is [here](#)

Registration:

- To marshal at this event, please register [here](#)
- To participate in the Short Course, please register [here](#)
- To participate in the Long Course, please register [here](#)
- Registration closes: *Tuesday, 22-May-2018, 18:00 hours*

Starter Distance Triathlons and Sprint Distance Triathlons

Event #02 - Tuesday 05-Jun

Event #03 - Tuesday 03-July

Event #08 - Tuesday 24-Jul

Event #10 - Tuesday 21-Aug (TKC Race Director's Sprint)

Event #11 - Thursday 30-Aug (Farewell to Summer)

Starter distance triathlons (also called Try-a-Tri) are designed specifically for new / novice triathletes.

In our case, they consist of a 250m swim, followed by a 13km bike, followed by a 3km run.

The Sprint distance triathlon consists of a 750m swim, followed by a 20km bike, followed by a 5km run.

These triathlons are designed to help you practice your transitions and prepare for your race events throughout the year.

Especially if your goal is [Tri Kingdom Come](#) 2018!

The event on August 21st is Sprint distance only and is the Tri-Kingdom-Come Race Director's Triathlon – this is where the volunteers and marshal from TKC get an opportunity to race the TKC course.

The event on August 30th traditionally marks our Farewell to Summer

Course details:

- The swim courses will be decided on the evening by the Water Safety Officer based on the prevailing weather conditions
- The starter-tri bike route map is [here](#)
- The starter-tri run route map is [here](#)
- The sprint-tri bike route map is [here](#)
- The sprint-tri run route map is [here](#)

Registration:

- June 5th:
 - To marshal on Jun 5th, please register [here](#)
 - To participate in the Starter Tri on Jun 5th, please register [here](#)
 - To participate in the Sprint Tri on Jun 5th, please register [here](#)
 - Registration closes: *Monday, 04-Jun-2018, 14:00 hours*
- July 3rd:
 - To marshal on Jul 3rd, please register [here](#)
 - To participate in the Starter Tri on Jul 3rd, please register [here](#)
 - To participate in the Sprint Tri on Jul 3rd, please register [here](#)
 - Registration closes: *Monday, 02-July-2018, 14:00 hours*
- July 24th:
 - To marshal on Jul 24th please register [here](#)
 - To participate in the Starter Tri on Jul 24th, please register [here](#)
 - To participate in the Sprint Tri on Jul 24th, please register [here](#)
 - Registration closes: *Monday 23-Jul-2018, 14:00 hours*
- August 21st:
 - To marshal on Aug 21st, please register [here](#)
 - To participate in the Sprint Tri on Aug 21st, please register [here](#)
 - Registration closes: *Monday 20-Aug-2018, 14:00 hours*
- August 30th:
 - To marshal on Aug 30th, please register [here](#)
 - To participate in the Starter Tri on Aug 30th, please register [here](#)
 - To participate in the Sprint Tri on Aug 30th, please register [here](#)
 - Registration closes, *Wednesday, 29-Aug-2018, 14:00 hours*

Mixed Team Relay Super Sprint Triathlon

Event #03 - Tuesday 19-Jun

The race format will be run to ITU standards and is identical to the hugely popular elite level team triathlon, with each team made up of four athletes - two male and two female.

Each athlete completes a super-sprint distance triathlon (approximately 200 meter swim, 5km draft legal bike and 1.5km run) before tagging their team mate.

Starting formats are fixed as follows: 1st Female - 1st Male - 2nd Female - 2nd Male.

Each athlete tags his or her teammate inside the 'Relay Zone' and the first team to cross the line is the winner.

The minimum age requirement for a participant is 15 years* and there is no upper limit on age or ability for those taking part.

*parent / guardian must be present at event

Team composition will be decided by lottery.

This is to encourage a mix of new and experienced members.

The draw will be made on Monday, June 18th at 7pm by Francis Foley, Chairperson TTC and Margaret Gilbert, Summer Series Coordinator.

Course details:

- The swim course will be decided on the evening by the Water Safety Officer based on the prevailing weather conditions
- The bike course map is [here](#)
- The run course map is [here](#)

Registration:

- To marshal on Jun 19th, please register [here](#)
- To participate on Jun 19th, please register [here](#)
- Registration closes: *Monday, Jun 18th, 14:00 hours*

Junior and Adult Duathlon Relay

Event #05 - Tuesday 26-Jun

Event #12 - Friday 07-Sept

This race is becoming popular with clubs that have a Junior branch and takes the format of a swim & run duathlon.

Teams consist of two (2) – a Junior (under 16) and a Senior.

Each participant completes the swim and run and tags his or her teammate inside the 'Relay Zone'.

The minimum age for a junior participant is 8 years.

Distances:

Participant	Swim (m)	Run (m)
Junior 8-10	100	1000
Junior 11-12	200	1500
Junior 13-15	300	2000
Adult	500	3000

Course details:

- The swim course will be decided on the evening by the Water Safety Officer based on the prevailing weather conditions
- The run courses will be finalised closer to the event; the adult run will be our

[short-course](#) route

The adult should register the team and we will contact you re junior information. Parents/Guardians can ask another club member to participate with their junior.

Registration:

- June 26th:
 - To marshal on June 26th, please register [here](#)
 - To enter a team on June 26th, please register [here](#) (adult only)
 - Registration closes: *Monday, June 25th, 14:00 hours*

- September 7th:
 - To marshal on September 7th, please register [here](#)
 - To enter a team on September 7th, please register [here](#) (adult only)
 - Registration closes: *Wednesday, September 5th, 14:00 hours*

The Saphire Standard Distance Triathlon

Event #04 - Sunday 24-Jun

This event is targeted at people that have completed Sprint distance triathlons and wish to explore a longer distance in a non-race environment, or, at experienced members that want to sharpen their fitness for upcoming events.

This event is over a challenging course consisting of a 1500m swim, 48km bike ride (350m ascent) and a 10km run (112m ascent). Whilst some of the more experienced club members will be around the 2h:30 mark, most participants will be out for over 3 hours.

Nevertheless, this is a really good event to aim for.

Course details:

- The swim course will be decided on the day by the Water Safety Officer based on the prevailing weather conditions
- The bike course map is [here](#)
- The run course map is [here](#)

Start time: **08:00 hours**.

A race brief will be circulated closer to the event.

Registration:

- To marshal on Jun 24th, please register [here](#)
- To participate on Jun 24th, please register [here](#)
- Registration closes: *Friday, June 22nd, 14:00 hours*

The Navigator Middle Distance Triathlon

Event #07 - Sunday 22-Jul

For those club members that are targeting events such as

- IM Dun Laoghaire (August 19th)
- Hardman Long Distance (August 25th)
- The Lost Sheep (September 1st)

this event may serve as ideal preparation for your race.

Or maybe you just want to push yourself and attempt a middle distance event?

Course details:

- The 1900m swim course will be decided on July 20th by the Water Safety Officer based on the prevailing weather conditions
- The 86km bike course has 560m of ascent – the map is [here](#)
- The 21.1km run course is three (3) loops of a 7km lap (each lap has 45m of ascent) – the run lap map is [here](#)

Start time: **07:30 hours.**

A race brief will be circulated closer to the event.

Registration:

- To marshal on July 22nd, please register [here](#)
- To participate on July 22nd, please register [here](#)
- Registration closes: *Friday, July 20th, 14:00 hours*

Slip-to-Shore Swim

Event #09 - Friday 27-July

This swim is designed for those that are attempting the Sprint distance at [Tri Kingdom Come](#), or, have participated in the coached open-water swim sessions and wish to round out their Summer with a 750m supervised swim.

Angels swimmers (i.e. an experienced swimmer to swim alongside you) will be available if required.

Registration:

- To marshal at this event, please register [here](#)
- To participate, just turn up on the evening and be ready to go for 7pm

Regards,
Tralee Triathlon Club

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