Tri Kingdom Come
Triathlon 2019

Organised by Tralee Triathlon Club

Competitor race briefing

Race Date: Saturday, 3rd August 2019
Start Time: 12 noon (Race Briefing @ 11:30 am)
Race Venue: Fenit, Tralee
Tralee Triathlon Club • Tri Kingdom Come
Saturday, August 3rd, 2019, Fenit, Tralee

• Registration •
Tralee Bay Maritime Centre, Fenit
Friday 18:00 – 20:00 hours
Saturday: 08:00 – 11:00 hours

• Schedule •
11:30 :: Race Briefing
followed immediately by assembly at swim start
--000--
12:00 :: Sprint 1st Wave start
12:10 :: Sprint 2nd Wave start
12:20 :: Sprint 3rd Wave start
12:30 :: Try-a-Tri start
--000--
14:00 :: Refreshments at Tralee Bay Sailing Club
16:00 :: Prize Giving at Tralee Bay Sailing Club
16:00 :: Tralee Tri Club 10th Anniversary Celebrations!

• Reminders •
TI License (or One-Day-Membership (ODM)) Required
You must present your race number to deposit/claim your bike at transition

Race/Spectator Parking

The field at the junction to Fenit Island in the village/This will be marshalled. Under no circumstances are competitors to drive beyond this point prior to the race. You must bring your Bike and equipment to transition on foot from here.

Toilet/Changing facilities

There are toilets in 3 locations all marked out on the map.
The Public Toilets beside Transition
Toilets and changing area in the Maritime centre by the Finish Line
The Tralee Bay Sailing Club – changing and shower facilities here
Safety/Medical

The Civil defence will be on site on the day with an Ambulance at Start/Finish and a mobile vehicle. Safety Brief at 11:30am Sharp - Compulsory to Attend.

Race registration

Available 6pm-8pm, Friday 2nd of August &
8am-11am (strict cut off) Saturday 3rd of August

at the Tralee Bay Maritime Centre, Fenit

We ask that as many competitors as possible register on Friday night to ease pressure on our volunteers on the morning of the Race.

NO SIGN UPS ON THE DAY, PRE-REGISTERED COMPETITORS ONLY

In order to participate in the race competitors must have one of the following:

- Your 2019 Triathlon Ireland Race Licence membership card (Green Card) which must include a photo. Please note that if you have a 2019 Triathlon Ireland Non Race Licence membership card you must obtain a One Day Membership (ODM).
- More information on ODM and a link to purchase a ODM is available here: http://triathlonireland.com/Get-Involved/One-Day-Membership/ONE-DAY-MEMBERSHIP.html
- ODM WILL NOT be available for purchase at registration.
- The deadline to buy an ODM from Triathlon Ireland’s website is midnight (12am) on Wednesday, July 31st.
- You must bring proof of purchase of ODM to registration along with photo ID.
- If you hold an International Racing License it may be used at Triathlon Ireland sanctioning events, providing the organisation you are a member of is affiliated with the ITU.
- Only one member of a relay team is required to have a TI membership or ODM.

YOU WILL NOT BE ABLE TO RACE WITHOUT PRESENTING YOUR TI RACE LICENCE MEMBERSHIP CARD OR A (ODM) WITH ID AND PROOF OF PURCHASE.
The Event

Race start times

**Sprint wave 1:** 12:00 from Locke’s beach

**Sprint wave 2:** 12.10pm from Locke’s beach

**Sprint wave 3:** 12.20pm from Locke’s beach

**Try a Tri:** 12.30pm from Locke’s beach

Entries are available through Triathlon Ireland website until midnight (12am) on Tuesday, 30th July or at https://traleetriclub.niftyentries.com/TRI-KINGDOM-COME-2019

TRANSITION AREA

The transition zone is located in the carpark right across from registration and finish line.

**Transition will open from 9am until 10.30am on Saturday 3rd August.**

Nobody will be allowed into transition area without showing their bib numbers and their Tralee Tri Club wristband provided at registration.
Please note that no bags or boxes may be left in transition during the race. A secure bag drop area will be provided NEAR THE FINISH AREA. On entering transition, you will need to:

- Show your Bib number
- Demonstrate that your bike is safe and roadworthy: wheels properly tightened, adequate tyre pressure, functioning brakes, bar stops/ends on handlebars, etc.
- Have numbered bicycle sticker affixed to the bar of the bike
- Have your helmet on, properly adjusted and fastened.

We take bike security seriously and your bike cannot be taken out of transition without displaying your bib number and the matching sticker affixed to your bike. Bikes ARE NOT TO BE REMOVED until the RACE IS OVER and the last competitor has returned. [Take the time to enjoy your free burger]

**RACE BRIEFING 11:30 am CARPARK**

The race briefing will take place in the carpark inside the carpark entrance near Transition at 11.30 am.

**Attendance is mandatory.**

Any last-minute changes to the course or safety issues will be announced at this time. Timing chips must be worn on lower left leg in plain view by competitors while on the course. This includes relay teams and this policy will be strictly enforced. (Timing chips worn too far up or hidden under wetsuits may not record your times accurately)

**Rules of Triathlon**

Please refer to Triathlon Ireland rules which will apply on the day in this link:

[Triathlon Ireland rules of triathlon](https://www.triathlonireland.com/)

---

[Logo of Triathlon Ireland]
SWIM COURSE

The swim will take place at Locke’s beach just near Transition. Wetsuits are compulsory and the swim caps provided to you at registration must be worn. Swim cap colours are wave-specific so you must wear the one you are assigned at registration.

Both swims will be on-beach starts from Locke’s Beach.

Try a Tri

The Try-a-Tri race will start at 12.30pm. For safety reasons there is a Try-a-Tri swim cut-off time of 25 minutes. See map of try-a-tri and Sprint swim routes below.

All Try-a-tri competitors will be allocated coloured swim hats. It is compulsory to wear the hats provided.

Sprint swim

After the event briefing at 11:30am, swimmers should start to assembly on the beach area next to transition. You may take an acclimatisation swim if you wish to.

The 1st wave swim start is at 12 noon so there is ample time for competitors to acclimatisate in the water. participants will be counted into the start area according to start wave. The swim will have a static, on-beach start, and will not begin until all competitors are in the start area. For safety reasons there is a sprint swim cut-off time of 40 minutes. See map of sprint distance swim course below.

There will be 2 other sprint waves at 12.10 & 12.20.

You will be allocated a swim hat at registration that corresponds to your wave (based on the swim time you gave when you registered to participate). It is compulsory to wear the swim hat given to you at registration.
There will be more than adequate numbers of boats and kayaks to assist swimmers. The Fenit and Ballyheigue inshore boats will be present. If you’re not confident or a weak swimmer it is advisable to stay to the back for the start, as you save the energy and the stress of trying to avoid the stronger swimmers at the front.

Volunteer numbers permitting there will be some Angel swimmers on the day to assist with nervous swimmers on both the Try-a-Tri and Sprint routes.

If a swimmer wishes to retire from the swim for any reason, roll over on your back and raise your clenched fist in the air, stay calm, and a rescue boat will come to your assistance.
BIKE COURSE

The bike section takes place on closed roads. It is an out-and-back course of 20kms.

The Try-a-Tri bike is also an out-and-back on the same course for 8km total.

Although the roads are closed rules of the road still apply as there will inevitably be limited traffic and also Bike Marshals and a Medical Vehicle on the route. Every cyclist should be alert to the possibility of obstructions on the road at all times.
All marshals must be obeyed. On approach to the bike turnaround point there will be Marshals with warning flags and whistles to alert cyclists to slow down for their safety.

Upon returning to transition, there is a sharp descent into a bend down into the transition area. This will be a non-compete zone for cyclists to ensure the safety of all competitors. Marshals here will also have warning flags and whistles to alert cyclists to slow down. This will be gone through in the safety brief and clearly marked out. Please ensure to fully co-operate with the Marshals in this area.

Drafting is not allowed. Draft busters, along with TI race referees, will be on course to ensure a safe and legal race. Competitors must adhere to any instruction provided by race Marshals, Referees or Gardaí. Failure to adhere to safety instructions may result in disqualification. Road surfaces are generally good.

Please respect our neighbours and refrain from littering on the course. The people of Tralee and Fenit have devoted a lot of time to make the area look neat and tidy for your enjoyment and we would request that all empty gel sachets are not discarded while out on the course in recognition of their efforts. **Anyone observed littering could face immediate disqualification.**
RUN COURSE

The run course is an out-and-back course for both the Try-a-Tri and the Sprint. It leaves transition and takes you up through the back of the car park and on to the R558. About 500m there will be left turn taking all of our runners out towards Tawlaught. There will be a cone and Marshals to mark both turnaround points for both race distances.

There will also be a water station on route that Sprint runners will pass twice.
Finish line

There will be a tunnel approach to the finish line. Your medal awaits you there! There will also be an Athlete recovery area with recovery drinks/food to tide you over to the BBQ at prize giving.

BBQ

After your race, please join us for a BBQ and refreshments and later, please feel free to join us for our 10th anniversary party of Tralee Triathlon Club.

BBQ is at 2pm in Tralee Bay Sailing Club

Prize giving

Tralee Bay Sailing Club at 4pm

Trophy’s for 1st/2nd/3rd Sprint and Try a Tri M&F and Relay winners

Age Group Trophy’s - Junior/20-29/30-39/40-49/50-59/60+ M&F

Cash prizes for 1st – 3rd winners
Note from Tralee Triathlon Club

We are delighted to be welcoming so many people to our event this year and thank you all for all for choosing to compete in Tri Kingdom Come 2019.

As is the case with many volunteer clubs throughout the country, this year’s event has been organised by volunteers who have donated huge amounts of their spare time to ensure that we have a fantastic event.

On the day there will be up to 100 volunteers out on the water, along the roads and in the Transition/finish line areas – they are all there to ensure your safety and enjoyment and they are all giving their time for free.

We would ask that every respect is shown to all volunteers and Marshals on the day and also to the race committee in the lead up, on the day and in the days after.

Any post-race queries can be directed by email to trikingdomcome@gmail.com or through private message on Facebook and we will endeavour to respond as quickly as possible.

Tralee Triathlon Club would like to thank you for your fantastic support, and may we wish you a very successful, enjoyable and safe race.

John Quilter
Race Director
Tri Kingdom Come Triathlon 2019