

Base2Race Pulse TC Aquathlon Festival 2019 Triathlon Ireland National Aquathlon Championships COMPETITOR RACE BRIEFING 16th June 2019

1. INTRODUCTION

Welcome to the Base2Race Pulse TC Aquathlon Festival and TI National Aquathlon Championships 2019 and thanks for joining us! This Briefing supersedes the Website information, so **please read it carefully**. Any amendments to this Briefing will be notified by email and during the race briefing on the day.

2. SCHEDULE

Please pay particular attention to the registration closing times for each race. Please allow sufficient time allowing for traffic and parking etc, so you can arrive in time to register.

Pre-registration

Thursday 13th 17:30 to 19:30 in Base 2 Race (B2R)

Saturday 15th 14:00 to 17:00 in B2R

Please note there is no registration outside of these exact times. B2R are not involved in registration and cannot answer queries. Please refer queries to race@pulsetri.com (please do not phone or email B2R)

We urge you to pre-register to reduce the risk of delays to the race schedule on Sunday morning. However, there will be a short timeframe for registration on Sunday morning from 9:00 am to 9:30am. There may be limited entries available on Thursday and Saturday only but please contact race@pulsetri.com in advance of travelling to B2R.

Please note there will be no on the day entries at the Bull Wall.



Map 1: B2R Location

Race Schedule All Distances* – Sunday 16th June at Bull Wall

09:00	Transition open
09:00 – 09:30	Limited on the day registration opens (please avail of pre-registration as there is limited time only on Sunday and we cannot delay the race start due to tides)
09:45	Splash & Dash transition closes – race briefing
09:55	Children walk to swim start
10:00	Main Transition Closes
10:00 sharp	Splash and Dash swim start
10:15 – 10:30	Adult, Junior, Youth and 13/14 race brief behind the finish line
10:45	Wave 1 – 1000m swim start
10:50	Splash & Dash Prize Giving
11:00	Wave 2 – Youth 500m swim start
11:05	Wave 3 – Adult Super Sprint 500m swim start

- 11:15 Wave 4 – 13/14 Year Old swim start
- 12:45 – 13:15 BMW National Championship, Super Sprint and 13/14 Year Old Prize Giving
- 13:30 Event close

*schedule includes children’s start times – there is also a separate children’s race brief. 13/14 swim and run information is included in this brief.

3. LOCATION and PARKING

Bull Island, Clontarf, Dublin

The race takes place at the [Bull Island](#), Clontarf. Race start is accessed via [The Wooden Bridge](#), off the Clontarf Road (see map below).



Map 2: Race location

Parking

Parking will be available in designated areas along the Bull Wall. **Limited** parking will be available in the [car park](#) on the beach, where race registration is located. It is advisable to use public transport or car pool where possible. Gardai and marshals will be onsite to guide you the most suitable parking location. Please listen to and obey the guidance from our marshals, they are there to try and help. Please park



responsibly and with due consideration for others, do not block anybody in. There are no road/beach closures in place for this event.

The race location is not closed to the public. Do not leave any valuables visible in your car. Please note that Pulse TC will not accept responsibility for any lost or stolen items at the event.

Public Transport

From Dublin City Centre, take **bus route 130** to stop number [1752](#) (Clontarf Rd, Seaview Point). If returning to the City Centre the nearest inward bound bus stop for the 130 bus is [1727](#) (Clontarf Rd, Kincora Road). A bus timetable can be found [here](#).

4. REGISTRATION & ESSENTIAL DOCUMENTS

Pre-registration will take place on Thursday evening and Saturday afternoon in Base2Race, Fashion City, Ballymount, Dublin 12. We encourage you to avail of pre-registration to ensure there are no delays on Sunday morning – we are subject to tidal constraints.

Sunday morning registration will be in the [beach car park](#) located along the North Bull Wall (see map page 10). **There is no one the day entries.**

As this is a National Championship event, competitors must register in person – you cannot register for another competitor.

In order to race, all competitors **must** show their original Triathlon Ireland Membership Card (2019 Race License) or a One Day Membership (ODM) at registration. A One Day Membership can be purchased in advance from the Triathlon Ireland Website or it can be purchased at registration. If you have purchased an ODM in advance, please download the actual license to your phone or bring a print out. No Membership Card (Race License)/ODM will mean no race.

If you have a Triathlon Ireland Membership Card with no photo, you must be able to show some other form of photo identification.

On registering for the Adults, Junior, Youth and 13/14 race, competitors will receive a timing chip, race number (which must be pinned to the front of your top or on a race belt) and a swim hat.

Any competitor who is under the age of 18 on race day must have a parent or guardian with them to register.

Safety pins will be available from registration.

5. RACE BRIEFING

The pre-race briefing for all athletes will take place behind the finish line on the beach. Transition will be closed at this point. Attendance by competitors is compulsory.

Timing chips for the race, provided by CORE TIMING, must be worn on lower left leg by competitors while on the course.

6. TRANSITION & BAG DROP

The **transition area** is located on the beach beside the finish line. Please keep transition area tidy, for your sake and others. There will be a bag drop area. While our marshals will endeavour to monitor transition and the bag drop, we will not be held liable for any property removed from transition. Do not leave any valuables in the bag you drop. Please do not leave bags or any other items not needed during the race in the transition area.

7. SWIM

Wave 1 – Adult and Junior NC Standard Distance – 1000m swim 10:45am

Wave 2 – Youth Distance – 500m swim – 11.00am

Wave 3 – Super Sprint – 500m swim – 11.05am

Wave 4 – 13/14 years old – 250m swim – 11.15am

The swim cut-off time will be 20 minutes for 250m, 30 minutes for 500m & 45 minutes for 1000m - from the start of each wave.

Adult & Junior NC Standard Swim Course (see map on page 10)

This is an open water swim, taking place in the Irish Sea. The swim starts with all competitors in the water. This route is 1000 meters, along the North Bull Wall, starting approximately 750m north of transition – at the female changing area.

The 1000m swim will pass four buoys. From the start you swim out to the first large turning buoy, swim around it, keeping it on your left-hand side. You are turning left and heading for the second, third and

fourth large buoy. Swim around the fourth buoy also keeping it on your left-hand side, and head straight for the swim exit. There will be guiding buoy(s) towards the finish/swim exit.

Youth NC Sprint & Adult Super Sprint Swim Course (see map on page 10)

This is an open water swim, taking place in the Irish Sea. The swim starts with all competitors in the water. This route is 500 meters, along the North Bull Wall, starting at the male changing shelter.

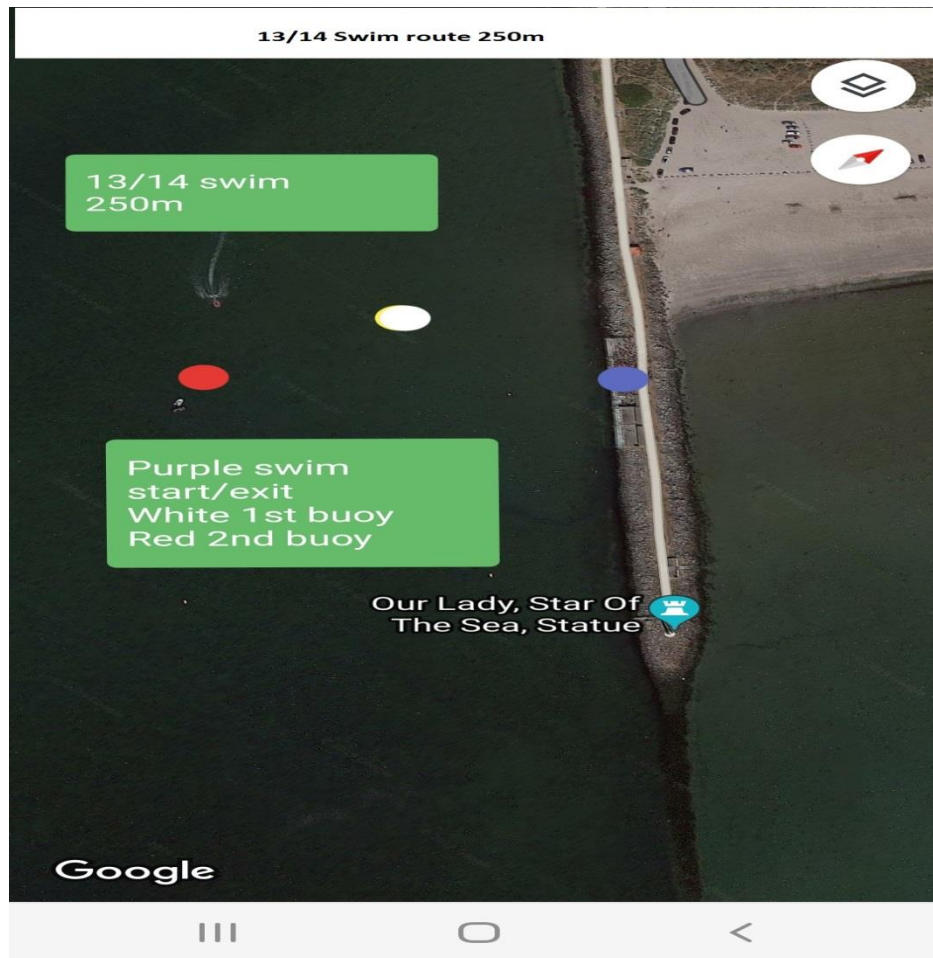
The 500m swim will pass two buoys. From the start you swim to the first large turning buoy, swim around it, keeping it on your left-hand side. You are turning left and heading for the second large turning buoy. Swim around this buoy also keeping it on your left-hand side, and head straight for the swim exit. There will be guiding buoy(s) towards the finish/swim exit.

13/14 Year Old Swim Course (see map on page 7)

This is an open water swim, taking place in the Irish Sea. The swim starts with all competitors in the water. This route is 250 meters, along the North Bull Wall, starting at the steps towards the end of the Bull Wall. Competitors will enter the water down the steps which are located to the right of the main swim exit.

From the start (purple dot) you swim to the first large turning buoy (white dot), swim around it, keeping it on your left-hand side. You are turning left and heading for the second large turning buoy (red dot). Swim around this buoy also keeping it on your left-hand side, and head straight for the swim exit (back to purple dot). The exit will be flagged and marshalled.

(Please note the colour refers to the dots on the map only and not necessarily the buoys).



Swim Exit – For All Race Distances

The swim exit will be marked with buoys and marshals in high vis bibs. At the swim exit there is a series of concrete steps leading up to the Bull Wall. Please take care when exiting as these steps may be slippery, hold onto the handrail when ascending the steps. Marshals will be on hand to assist you, you must obey their instructions.

Concerned About Safety?

On the day we will have rescue kayaks, rescue boats, and shore based ambulance and marshals – ensuring that you are all safe at all times. If you need assistance in the swim, roll over on your back, and raise one arm straight up, with a clenched fist. Stay calm, we will come and assist you.

General Swim Information

- There will be 4 swim waves.
- There will be an additional swim briefing before each swim start.
- If you are a weak or nervous swimmer, keep to the back of the start pack.
- **If a swimmer wishes to retire from the swim for any reason, they should lie on their back, raise their clenched fist in the air, stay calm,** and a rescue kayak will come to your assistance. Follow the instructions of the kayaker who will bring you to safety.
- There will be a **time limit of 20 minutes (250m), 30 minutes (500m) and 45 minutes (1000m) on the swim.** This will be confirmed on the day by the race director. A swim marshal has full discretion to remove you from the swim if they feel that you are endangering yourself or others. Don't worry; the vast majority of swimmers will be finished in good time.
- If you are assisted in the swim or your swim is cut short by the race director, you will be allowed to continue the race if you wish to do so but will receive no official time and your timing chip will be removed.
- If you choose not to finish the swim for any reason, you must report to a marshal who will take your name, number, and timing chip. This is essential to ensure that we have fully accounted for all swimmers.
- Wetsuits are mandatory for this event.

In the event the water temperature is too low, sea conditions are rough, visibility is poor or there are bathing restrictions due to water quality – the swim leg may be cancelled.

8. RUN

Adult, Junior & Super Sprint Run (see map on page 10)

The run will be an out and back 5km along the beach, comprising 2.5km out and back. Competitors will exit transition down onto the beach and stay on the right on the way out and right on the way back. You must run to the **ADULT/JUNIOR** turnaround point, displaying your race number to the front.

The beach will not be closed to the public, so competitors should watch out for others using the beach.



Youth Run (see map on page 10)

The run will be an out and back 2.5km along the beach, comprising 1.25km out and back. Competitors will exit transition down onto the beach and stay on the right on the way out and right on the way back. You must run to the **YOUTH** turnaround point, displaying your race number to the front.

The beach will not be closed to the public, so competitors should watch out for others using the beach.

13/14 Run (see map on page 10)

The run will be an out and back 2km along the beach, comprising 1km out and back. Competitors will exit transition down onto the beach and stay on the right on the way out and right on the way back. You must run to the **13/14** turnaround point, displaying your race number to the front.

The beach will not be closed to the public, so competitors should watch out for others using the beach.



Map 3: Aquathlon Course – swim and run

9. FINISH

The Finish is located on the beach near Registration. Water and fruit will be available at the finish line.

10. PRIZE GIVING

All prizes will be awarded at or near the finish line immediately after the races at approximately 12.45pm.

Prize Categories

- Youth NC (15 – 17) – 1, 2, 3 M/F - TI will also be awarding NC medals
- Junior NC (16 – 19) – 1, 2, 3 M/F - TI will be awarding NC medals at their end of year awards ceremony
- Super Sprint – 1, 2, 3 M/F
- Adult NC – 1, 2, 3 M/F – TI will be awarding NC medals at their end of year awards ceremony
- Adult Age Groups – 1, 2, 3 M/F (based on total number of entrants in each age group*):
- 16 – 17; 18 – 19, 20 – 24; 25 – 29; 30 – 34; 35 – 39; 40 – 44; 45 – 49; 50 – 54 etc.

- ***There will be one prize in each age category even if there is only one competitor in that age category**
- **A second place prize shall be awarded where there are at least eight competitors in the specific category**
- **A third place prize shall be awarded where there are at least thirteen competitors in the specific category**

11. SERVICES

Coin operated public toilets are located close to the beach car park. 3 portable toilets will be located in the registration area. Refreshments and snacks will be available for purchase from the Lastlap Café snack van.

COMMUNITY

We extend our gratitude for all the support we have received from Dublin City Council, An Garda Síochána, Civil Defence, Dollymount Sea Scouts, Dublin Port Authority, Howth Coast Guard, Lastlap Café, Royal Dublin Golf Club, and local residents for assisting with and accommodating this race series every year. A special mention and thanks to all the volunteers from Pulse Triathlon Club club who have given their time, facilities and equipment in order to make this event successful.



12. FEEDBACK

We want to make this race and our future races as safe and as pleasurable as possible, so do send us your feedback on the race and race organization. If you have any comments please email race@pulsetri.com

13. Thank You

Pulse Triathlon Club would like to thank their sponsors and supporters in making this event possible.

We would like to thank **Base2Race** who are the overall race sponsor for their continued support of our aquathlon race festival.

We would also like to thank:

Dublin Port Company
Sports Food Ireland
Kind Bars

Our on-going partnerships ensure we can continue to organise and run high quality events and we look forward to working with our partners into the future.

Final Thank You

To our members for their support in running this event
And to you the competitor
Without both – we wouldn't have this event!

From The Pulse TC Race Team