



Hart Triathlon Series 2024

Adult Sprint Distance Triathlon

Thank you for entering the 2024 Hart Adult Sprint Distance Triathlon. We hope that the pack will provide all the information that you require. You will receive an email the week before the race with your wave time. If you do have any questions that we do not address, please do not hesitate to contact the team via email:

HartTriathlon@everyoneactive.com

Best wishes and good luck on Race Day

The Hart Tri Team



Sprint Distance Triathlon

SWIM - 400m (16 lengths). No diving, in pool start. Staggered start of up to 30 competitors every 15-20 minutes, the first wave of swimmers will start at 8am. Please report to poolside 15 minutes before your swim time to assist organisers. Swimmers will be tapped on the head when they have 2 lengths to go, but please count your own lengths also.

BIKE - 20k (Please follow yellow and black signs). Competitors will not be allowed to start without a fastened helmet! Drafting is not permitted.

RUN - 4.5km (Please follow yellow and black signs)

RACE REGISTRATION

Race Registration will be open from 7.00am in the Leisure Centre. At registration you must sign in, produce your current Race Licence or sign up to the day membership (please see below). All BTF Members that cannot produce a current race licence at registration shall pay the appropriate day membership fee in order to compete. You will be issued with your race numbers at registration along with your race timing chip and transition band. Please place the timing chip around your left ankle with the band provided. Once registered please rack your bike in the transition area.

TRANSITION

Transition will be situated in the car park of the Leisure Centre and will be a secure, marshalled area where only competitors and officials will be permitted to enter. Please can we ask competitors not to bring large bags and boxes into the transition area as they can obstruct other competitors. Please ensure that all mobile phones are either turned off or are on silent mode whilst in the transition area.



Day Race Licence

If you are a non BTF Member the extra charge you paid on your entry fee will provide you with a day race licence with the BTF.

Accident/Injury/First Aid

In the event of a personal accident or injury during the race please make yourself known to the nearest marshal, who shall assist you in gaining the appropriate medical attention.

Changing Facilities

Dry side and wet side changing facilities will be available before and after the event.

Parking and Access

Competitors are kindly requested to park in the school opposite the centre. The car park will be open from 6:30am. Please be aware parking is limited and we would be grateful if competitors could car share where possible. As the car park is located in a residential area, we kindly request that you do not arrive early as you will not be able to access the car park and there is no waiting on the roads surrounding the school.

Spectators

The swim section of the race can viewed from the pool terrace. Alternatively spectators can congregate at the finish line in the car park which is adjacent to the centre.

Results

The results will not be posted out but will be made available on our website.

Food

Catering will be available at the event but competitors are advised to bring snacks and plenty of fluids!



Triathlon Rules

For British Triathlon Federation (BTF) rules please log onto their website www.britishtriathlon.org.