

## Race Information

Welcome to Exeter Tri Club's Dawlish Aquathlon, we hope you enjoy our event.

## Location

Dawlish Leisure Centre, Sandy Lane, Dawlish, EX7 0AF. Parking is available on site.

## Distances

- Standard            600m swim    5k run
- Novice                300m swim    5k run

## Registration

- This will take place in the Sports Hall, opposite the Reception Desk and will open at 8am.
- BTF members must show their valid race licence to receive their refund.
- You will be given your race number, which will also be written on your arm and leg.
- Please inform us of any medical condition you have.
- Please allow sufficient time to register and be ready for your Race Briefing, which will be held Poolside, 10 minutes before your Wave Start.
- Changing and shower facilities are available at the centre.

## Swim

- Competitors will be placed in Starting Waves according to their estimated swim times.
- Wave Start times are available on our web site.
- Please attend the Race Briefing, which will be 10 minutes before your Wave Start.
- You will be instructed as to which swim lane you will be in.
- No swim aids, flippers or wetsuits may be used. Goggles and nose clips may be worn.

- All competitors start in the water, no diving is allowed.
- There will be two or more swimmers in a lane, if a faster swimmer is behind you and touches your foot, you must pause at the next pool end to allow them to pass, before continuing with your swim.
- NOVICE SWIMMERS – 12 lengths.
- STANDARD – 24 lengths.
- No backstroke or butterfly.
- Any swimmer who swims in a dangerous manner or in a way that impedes another swimmer may be disqualified after one warning from the swim judges.
- A float will be placed in the water at the end of the pool when the swimmer has 2 lengths to go.
- On completing the swim, exit at the shallow end and WALK to transition, which is next to the deep end and change into your running kit.

## Run

- Exit the pool through the door, as directed; take care not to trip on the steps.
- Turn left onto the field and follow the line marked on the grass.
- The run course is marshalled and will be signed and marked with red tape.
- The running surface is mostly pavements and roads. Please be aware of traffic and pedestrians – you do not have right of way.
- CAUTION! Please take care not to trip on kerbs and changes of level.
- Finish line is by the side of the Leisure Centre.

## Prize Giving

- Prize will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all age groups and Novices.
- Prize Giving will be held at approximately 12:15pm in the Sports Hall.
- The Leisure Centre Cafe will be open for refreshments.