

Race Information

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

Location

Exmouth Leisure Centre, Royal Avenue,
Exmouth Devon, EX8 1EN.

Parking is available, pay and display.

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.
- Turn right onto the pavement and follow the course which runs out to the sea front along the Esplanade, turns and returns on the same route.
- The run course is marshalled and will be signed.
- 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 1st, 2nd and 3rd in all age groups and Novices.
- Prize Giving will be held at approximately 12:15pm in the reception area.