

2016 Strathclyde  
**paratriathlon**  
ITU World Paratriathlon Event

# ATHLETE GUIDE

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## GENERAL INFORMATION

Strathclyde Park will host the penultimate round of the 2016 ITU World Paratriathlon Event series as athletes build their preparation towards the Rio 2016 Paralympic Games.

The event will be part of the Strathclyde Multi Sports Festival, which sees Age-Group Triathlon's across the weekend as well as young athletes racing in draft legal triathlons.

The purpose of this Guide is to ensure all athletes, guides, handlers and coaches are informed of the procedures concerning this event. The guide is produced by the event organiser (LOC) and is correct and accurate as of the published date.

## KEY CONTACTS

LOCAL ORGANISING COMMITTEE (LOC)  
 BRITISH TRIATHLON  
 Michael Pearson East,  
 1 Oakwood Drive,  
 Loughborough,  
 LE11 3QF

E: [majorevents@britishtriathlon.org](mailto:majorevents@britishtriathlon.org)

ITU TECHNICAL DELEGATE Laura Patti

ITU RACE REFEREE Duncan Hough

ITU PARATRIATHLON MANAGER  
 Eric Angastadt

LOC EVENT DIRECTOR  
 Natasha Cuthbert

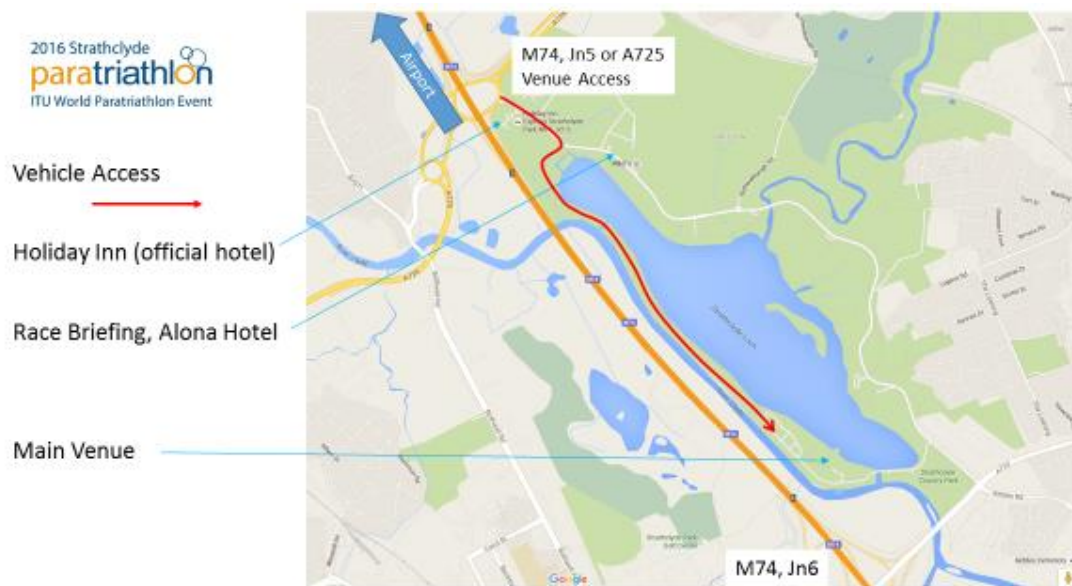
## EVENT VENUE & ACCOMMODATION

The event will be held at:

Strathclyde Country Park  
366 Hamilton Rd,  
Motherwell  
ML1 3ED



Entry to the park on both Saturday & Sunday is via the below map and avoids the park road closure:



## ACCOMMODATION

Please contact our accommodation provider Nirvana to book your event hotel. There are a number of choices via the below link that are available close to, or on the park itself:

<http://www.nirvanaeurope.com/events/triathlon-duathlon/2016-itu-world-paratri/general-information>

## TRANSPORT

The venue is approximately 35 minutes from Glasgow International Airport.

An accessible transfer service can be booked via Nirvana through the above link.

Free parking is available on site.

## WEATHER

June typically provides the ideal weather conditions for multi-sport activity in Scotland:

Maximum 18°C, minimum 10°C.

For up to date weather information visit:

<http://www.metoffice.gov.uk/public/weather/forecast/area/strathclyde>

## **LOCAL FEATURES**

Strathclyde Park is approximately 30 minutes from Glasgow City Centre.

Glasgow's vibrant city centre lies north of the River Clyde and its geographical heart is George Square, a 19th-century municipal showpiece crowned by the City Chambers.

Glasgow's commercial centre spreads west of George Square, and is mostly built on a large grid system of roads lined by grand Victorian buildings and modern skyscrapers.

There are a number of restaurants and shops within a short distance of the venue.

## **ATHLETE SERVICES**

### **ATHLETES LOUNGE**

The athlete lounge will be open Saturday 4<sup>th</sup> June 17:30 to 18:30 for PT1 Wheelchair Check in and on Sunday 5<sup>th</sup> of June from 11:30 to 13:00 for all athletes.

The athletes lounge is located in a Marquee next to the water sports centre.

### **CLASSIFICATION**

Classification will take place on Friday 3<sup>rd</sup> April for relevant athletes. This will be confirmed via separate communications by ITU with those athletes.

### **MEDICAL SERVICES**

First aid and medical services will be provided during the official familiarisation and competition times.

Medical services at the venue and the transfer to hospital are free of charge and further treatment in clinics and practices is at the cost of the participant. All athletes and team support should therefore ensure that they have the appropriate medical insurance in place.

### **ANTI-DOPING**

In-Competition Doping Control will take place according to ITU Anti-Doping Rules and the World Anti Doping Agency Code and supporting standards. Testing will be conducted in the Watersports Centre.

### **CATERING SERVICES AND FACILITIES**

Catering and additional toilet facilities can be found inside the Watersports Centre.

### **BIKE MECHANIC**

A Bike Mechanic will be available 15:00-17:30 Saturday 4<sup>th</sup> June and 11:30-13:00 Sunday 5<sup>th</sup> June. They will be based outside the athlete lounge.

## EVENT SCHEDULE

Start	Finish	Activity	Location
<b>FRIDAY 3RD JUNE</b>			
		VI Athlete Classification	Glasgow Caledonian University Vision Centre
<b>SATURDAY 4TH JUNE</b>			
12:30	13:00	Athlete Briefing	Alona Hotel
13:00	14:00	Race packs distribution	Alona Hotel
15:30	16:30	Swim Familiarisation	Strathclyde Country Park
16:30	17:30	Bike Familiarisation	Strathclyde Country Park
17:30		PT1 wheelchair check in	Strathclyde Country Park
<b>SUNDAY 5TH JUNE</b>			
11:30	13:00	Paratriathlon athletes' lounge check in	Strathclyde Country Park
12:15	13:15	Paratriathlon transition check in	Strathclyde Country Park
12:30	13:15	Paratriathlon Swim warm up	Strathclyde Country Park
13:20		Paratriathlon Athlete Presentation	Strathclyde Country Park
<b>13:30</b>		<b>RACE START PT4 WOMEN &amp; MEN</b>	Strathclyde Country Park
<b>13:31</b>		<b>RACE START PT5 B1 WOMEN &amp; MEN</b>	Strathclyde Country Park
<b>13:33:18</b>		<b>RACE START PT5 B2/3 MEN</b>	Strathclyde Country Park
<b>13:33:48</b>		<b>RACE START PT5 B2/3 WOMEN</b>	Strathclyde Country Park
<b>13:37</b>		<b>RACE START PT2- PT3 WOMEN &amp; MEN</b>	Strathclyde Country Park
<b>14:01</b>		<b>RACE START PT1 WOMEN &amp; MEN</b>	Strathclyde Country Park
16:30		Ceremonies	Strathclyde Country Park

Please be aware that there are other competitions taking place throughout Saturday and Sunday within the park. Athletes must not train on the course outside of the allocated familiarisation times.

Any athlete choosing to train on the course outside of the allocated familiarisation times does so at their own risk. Roads within the park are open to public traffic, and will only be closed during the event period.

## COURSE FAMILIARISATION

Athletes can only attend the swim and bike course familiarisation at the official designated times.

Please report to the athlete lounge first, before attending the familiarisation. There are other triathlon events taking place directly before.

### SWIM FAMILIARISATION

This will take place on Saturday 4th June at 15:30-16:30

The full 750m swim course will be in place (please refer to swim course map).

Swimming on the course outside of this time is forbidden by the venue.

### **BIKE COURSE FAMILIARISATION**

Bike course familiarisation will take place on Saturday 4<sup>th</sup> June 16:30-17:30 on a closed road. Please be careful, whilst the roads are closed public are still present in the park and may cross the course.

### **COMPETITION RULES**

The event will run under the new 2016 ITU Competition Rules for Paratriathlon

There have been significant rule changes highlighted in the document. Please ensure you familiarise yourself with these changes before the event.

### **RACE BRIEFING & REGISTRATION**

Race briefing will take place at:

Alona Hotel  
Strathclyde Country Park,  
Hamilton Rd,  
Motherwell,  
Lanarkshire  
ML1 3RT

Attendance is compulsory for all athletes, guides and handlers. Family, friends and non-accredited team personnel will not be permitted in the briefing.

Athletes will receive their race packs after the Race Briefing and on confirmation of entry fee payment. Handlers will get their T-shirts on Saturday during race pack distribution.

Athletes, personal handlers and guides must provide photo ID at the Race Registration / Briefing to receive their race pack.

### **ENTRIES**

National Federations are responsible for entering athletes into the event using the online system at [www.competitions.com](http://www.competitions.com). All questions regarding entries must be submitted via email to [entries@triathlon.org](mailto:entries@triathlon.org).

The event start list is produced and published on the ITU website, any athlete who has not been entered through the ITU online entry system will not be given a start position.

Entry payment is due to the British Triathlon Federation. Once the start lists are confirmed please email [majorevents@britishtriathlon.org](mailto:majorevents@britishtriathlon.org) for the invoice and banking details. When emailing please confirm:

Federation details; Entry total to be invoiced & athlete names

**All payments must be made in this way and all payments must clear by Wednesday 1<sup>st</sup> June 2016.**

## RACE PACKS

Race packs will be distributed after the Race Briefing. They will include the following items per classification.

PT1: numbered 100-140, Timing: 2 chips

Swim cap

3 helmet stickers

1 bike sticker

1 bib athlete bib number

2 bib numbers for personal Handlers

2 personal handlers t-shirts

Body decals

PT2: numbered 200 - 240, Timing: 2 chips

Swim cap

3 helmet stickers

3 prosthesis stickers

1 bike sticker

Body decals

1 bib number of the handler (if applicable)

1 personal handler t-shirt (if applicable)

PT3: numbered 300 - 340, Timing: 1 chip

Swim cap

3 helmet stickers

3 prosthesis stickers

1 bike sticker

Body decals

1 bib number of the handler (if applicable)

1 personal handler t-shirt (if applicable)

PT4: numbered 400 - 440 Timing: 1 chip

Swim cap

3 helmet stickers

3 prosthesis stickers

1 bike sticker

Body decals

1 bib number of the handler (if applicable)

1 personal handler t-shirt (if applicable)

PT5: numbered 500 - 540 Timing: 2 chip (one for the athlete, one for the guide)

Swim cap: 2 swim cap

6 helmet stickers

1 bike sticker

Body decals

Swim caps will be distributed in the Athlete Lounge on Sunday 5<sup>th</sup> June.

Timing chips will be distributed in the Athletes Lounge on Sunday 5<sup>th</sup> June. All timing chips will be collected in the finish area after the race.

## COURSE MAPS

### SWIM



Map is a representation of the course but not to exact scale, swim buoy positions & colours will be confirmed at race briefing

### BIKE

#### **Bike Course**

Paratriathlon – 4 laps, 4.92km per lap  
 19.68km

Out and back course, ride on the left hand side.

Wheel station at start of lap  
 Penalty box at end of lap





## **WHEEL STATION**

The Wheel Station is located at the start of the lap.

Athletes and coaches must bring their wheels to the Athletes Lounge during check-in on Sunday 5<sup>th</sup> June.

All wheels must be labelled with the athlete's number and country code. There will be no neutral spares.

Athlete's wheels will be returned to the Athletes lounge at the end of the race.

## **RUN**

**Run Course** – 4 x 1250m laps  
Detailed item locations



The run course is four laps of 1250m

There is 1 Aid Stations on the run at the start of the lap.

The six VI Leading zones have been identified on the map above.

## **PENALTY BOXES**

A penalty box is located at the end of the bike lap and at the end of the run lap, and will be marked by a red gazebo.

All other time penalties including those from transition and littering on either the bike or run course will be served in the run penalty box.

## **TRANSITION**

Check-in is only allowed during the allotted times. Access will only be granted to individuals as per ITU rules. Please make sure all your numbers are fixed in place before entering transition.

The pre-transition area is approximately 35 metres from the swim exit. Transition is approximately 60 metres from the swim exit, athletes are requested to take note of the flow of transition.

Helmets must be fastened before un-racking the bike, PT1 Athletes must put the bib on the hand cycle.

## **RACE INFORMATION**

### **RACE DISTANCE**

All athletes will race over the Sprint Distance on a closed road.

Swim One lap of 750m  
Bike Four laps of 4.92km  
Run 4 laps of 1250m

### **RESULTS**

Results Base has been engaged to provide timing services. All events would be electronically timed. The results will be posted on the 2016 Strathclyde ITU World Paratriathlon Event webpage, results will also be placed up inside the Athletes Lounge.

Standard protest and appeals procedures will be followed in accordance with the 2016 ITU Competition Rules.

### **ACCREDITATION**

The LOC will provide Athletes, Guides, Handlers, Coaches and Team Medical personnel with accreditation.

Coaches and team medical personnel must register through the ITU entry system prior to the event in order to be eligible to receive an accreditation.

Accreditation will be distributed at the Athletes Briefing to those that have been entered through the online system. All accredited personnel are required to wear their accreditation at all times.

## **CLASSIFICATION**

The Eye Clinic  
Department of Vision Sciences  
Glasgow Caledonian University  
70 Cowcaddens Road  
Glasgow  
G4 0BA  
Scotland, UK

Arrangements and scheduling will be communicated directly with athletes who require classification.

Transfers will be provided from the athlete hotel to the clinic and return.