

## Limassol Triathlon Race Briefing Notes

Dear participants,

This is our last communication before the race tomorrow and we would like to outline some things that are very common for experienced athletes but very helpful for the newcomers to our sport.

Before reaching the race area you can park at the many municipality parking spaces on the main road next to the venue.

All participants must present themselves for race day registration between 07:00 and 08:00. Please don't arrive the last minute since there are more than 150 athletes to be served. At the registration tent you will be handed your race bag with your race numbers for the bike and helmet, your swim cup which you must wear during the swim leg and a wrist band, which will allow you to check in / out your bike and must stay intact till you check out your bike. Persons without a wrist band will not be allowed to enter the T-area.

Also, there you will be handed your timing chip which you have to wear around the left ankle and on top of the wetsuit if you are using one.

After registration you can place your bike on the designated position identical to your race number and use the basket provided to put your personal belongings, making sure not to take space from the participants next to you. Keep the place tidy and clean and don't let your things in the way of other participants.

All bike should be in place by 8:30 at which time the transition area will close.

After you have racked your bike you can warm up in the water and/or in the other disciplines.

A short briefing will take place at 08:45

The race starts with a mass start from shore. After completing the relevant course for your distance (first buoy and back for the Super Sprint, first and second buoy and back for the Sprint) you must come to the same point on the shore.

Proceed to the T-Area, wear and fasten your helmet, wear your shoes and push your bike to the mount line. Mount your bike and start cycling in a safe manner. The laps will be recorded by the electronic timing system. (3 laps for the Super Sprint 6 laps for the Sprint). All participants are responsible to count their own laps.

You are not allowed to ride behind the preceding competitor (drafting) at a distance less than 10 m. In case you are overtaking you have no more than 20 secs to do that. A bike marshal will monitor the cycling course for drafting offences. You will be notified in case you are violating the drafting rule and penalized if you insist doing so.

In case you are shown a yellow card by the bike marshal, you must wait at the penalty box (same tent as for registration) for 1 min before you continue with your running.

After completing the bike laps corresponding to your distance, you must stop and get off your bike before the dismount line, and push your bike to your place in the Transition Area.

Change into running shoes if applicable, and start your run which is 2 laps for the Super Sprint and 4 laps for the Sprint. You should always keep on the specified and outlined run course. Shortcutting will lead to disqualification.

Please remember that you must always have your upper body covered. Failing to comply will lead to disqualification.

Earphones are **NOT** allowed during the race.

**An ambulance with medical staff will be present during the race. If you feel discomfort or you are unable to continue please notify a marshal at any point of the race.**

**Enjoy the race and don't forget safety comes always first**

**Limassol Triathlon Organizing Committee**

