Race Information & Event Guide

1. Registration, Race Pack Collection & Bike Checks
Race packs will be available for collection on Saturday 30 June 2018 between 11:00 – 17:30 hrs and can be collected from the Event Marquee which is located in the event space at the Les Jardins car park, the nearest access point to Les Jardin De La Mer.

If for any reason you are unable to collect your race pack on this day, please notify the event organisers in writing. You will be able to collect your race pack on the morning of the event at 07:30am from the Event Marquee and receive a short race briefing.

a) Parking
Public parking is available for competitors in the public car park at Les Jardins (access via the roundabout outside the Radisson Blue waterfront hotel) on Saturday 30 June 2018 and during the event on Sunday 1 July 2018.

b) Race Licence
If you already have a BTF race licence it is essential you bring this with you to registration on Saturday, along with a form of ID, in order to collect your race pack.

c) Bike Checks
Please note - It is the competitors own responsibility to ensure that their bike is road safe prior to the bike check at the Jersey Triathlon

If there are any doubts regarding the safety of bikes prior to the Jersey Triathlon then it is strongly suggest that the bike is booked in with Big Maggy’s or another bike provider to arrange a full service rather than wait until the bike check on the day prior to the race. Athletes must bring bikes on Saturday 30 June prior to the race briefings (outlined in section 8) where Big Maggy’s will be doing a quick bike safety check – please note that it will be busy, so allow plenty of time. All competitors who have their bike checked will be issued a small sticker for their bike once checked and approved. The sticker will be required to be displayed on your bike in order to enter transition on race day.

We will be adhering to the BTF Competition rules but as a minimum – bikes should have:

· Working brakes (front and rear);
· Fully inflated tyres;
· Tightly adjusted headsets and locked quick release pins;
· Handlebar stoppers secured in the end of the handlebars, and
· No rattling, loose or faulty components.

Any bike that has any of these has not been checked or is deemed to be unsafe on the morning of the race will be turned away, there is no mechanic on hand to fix bikes prior to the race. We respectfully ask that all athletes check their bike in advance to avoid the awkward situation of an official deeming a bike unsafe on the morning of the race.
2. Race Pack Contents

Competitor race packs and timing equipment is kindly sponsored by the Ports Of Jersey.

Your race pack will consist of:

- Bib number x2 (For Bike section, your bib number must be displayed on your back, for the run section your bib number must be displayed on your front).
- Timing Chip & Instructions (NB. For Team Relay entries there will be one chip per team).
- Swimming Cap.
- Jersey Triathlon tri sticker sets labels (Olympic, Jersey Sprint and Super Sprint) for your bike and bike helmet, following the instructions on the sticker sheet. These must be worn!
- Jersey Triathlon double number tattoo (Olympic, Jersey Sprint and Super Sprint) – please ensure that both numbers are placed on the upper area of each arm. If you are wearing long sleeves, the numbers should be placed on the visible area of your lower leg. Relay team’s – only the cyclist and runner should use number tattoo (one each) and they should be placed on the upper area of the left arm.
- BTF Day Race License, if purchased online.

3. Race briefings

All briefings for the individual/team entries and marshals will take place on Saturday 30 June in the Event Marquee at the following times:

Please note it is compulsory that you attend your race briefing prior to competing. If for any reason you are unable to attend the briefing, please notify the race organisers.

- **15:15**: Junior race briefing
- **15:45**: Super Sprint race briefing
- **16:15**: Jersey Sprint race briefing
- **16:45**: Olympic race briefing

4. Transition Opening and Closing Times

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<tr>
<th></th>
<th>Open</th>
<th>Close</th>
<th>Race Start Times</th>
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<tbody>
<tr>
<td><strong>Olympic</strong></td>
<td>07:00</td>
<td>08:05</td>
<td>08:30/08:31</td>
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<tr>
<td>Jersey Sprint</td>
<td>07:00</td>
<td>08:05</td>
<td>08:34</td>
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<tr>
<td><strong>Super Sprint</strong></td>
<td>07:00</td>
<td>08:05</td>
<td>09:10</td>
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**Important Notes:**

1. Competitors in the Super Sprint, Jersey Sprint and Olympic will not be allowed to collect their bikes until approximately 12:30pm, any earlier will be discretion of the Senior Official.
2. Helmets must meet the minimum standards of ANSI Z90, SNELL B90, EN1078 or equivalent. Check the labelling inside the helmet, or with a local bike dealer if unsure. Officials will check this.

3. All competitors must have their helmets securely fastened before removing their bike from their transition space, and helmets are to remain fastened until you have re-racked your bike. Officials will check this.

4. All competitors will have their bike inspected before entering Transition. If it is deemed unsafe you will be turned away. Please ensure your bike is road worthy beforehand to avoid disappointment.

5. **Race Weekend Itinerary**

**Saturday 30 June 2018**

- **11:00** Registration open / race packs available
- **11:00** Big Maggy’s bike checks will commence
- **14:00** Big Maggy’s bike checks will conclude
- **14:30** Marshal briefing
- **15:00** Registration & race pack collection opens (Bike safety checks, until 14:00)
- **15:15** Junior race briefing
- **15:45** Super Sprint race briefing
- **16:15** Jersey Sprint race briefing
- **16:45** Olympic race briefing
- **17:30** Registration will close

**Sunday 1 July 2018**

- **07:00** Event Marquee opens
  
  Registration & race pack collection opens
- **07:00** Transition open for Olympic, Jersey Sprint and Super Sprint
- **08:05** Transition closed for Olympic, Jersey Sprint and Super Sprint.
- **08:05** Olympic Wave 1 (Red swim hats), Olympic Wave 2 (Orange swim hats), Jersey Sprint (Green hats) and Super Sprint competitors (Pink swim hats) must be in transition.
- **08:16** Olympic Wave 1 (Red swim hats) will be escorted and counted onto the beach.
- **08:17** Olympic Wave 2 (Orange swim hats) will be escorted and counted onto the beach.
- **08:20** Jersey Sprint (Green swim hats) will be escorted and counted onto the beach.
- **08:30** Olympic Wave 1 – for triathletes / relay swimmers who swim 1500m open-water in less than 30 mins.
- **08:31** Olympic Wave 2 – for triathletes / relay swimmers who swim 1500m open-water in 30-60 mins.
- **08:34** Jersey Sprint Race Start (Men and Women)
- **08:45** Super Sprint (Pink hats) to be counted down by Le Fregate onto the beach (via other steps)
- **09:10** Super Sprint race Start (Men and Women)
- **10.30 -14.00** Shower facilities available at Fitness First
- **12.30 approx** Transition opens for bike collection
- **14:30** Prize giving commences in the Event Marquee
6. **Race Cut off Times**

Due to the closure and/or management of public roads in Jersey for the event, the following cut off times will be enforced (they refer to the time that a competitor should be in transition):

<table>
<thead>
<tr>
<th>Race Start Time</th>
<th>Swim Cut off Time</th>
<th>Cycle Cut off Time</th>
<th>Run Cut off Time</th>
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<tbody>
<tr>
<td>Olympic</td>
<td>08:30</td>
<td>09:30</td>
<td>11:15</td>
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<tr>
<td>Jersey Sprint</td>
<td>08:34</td>
<td>09:30</td>
<td>11:15</td>
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<tr>
<td>Super Sprint</td>
<td>09:10</td>
<td>09:30</td>
<td>10:15</td>
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**Important Notes:**

1. Individuals who fail to make the Swim cut off on the Olympic & Jersey Sprint course may be allowed to complete the Super Sprint Cycle and Run sections at the discretion of the Senior Official (or if feasible the safety boat will bring swimmers into shore and participants may continue the Olympic race. This is left entirely at the discretion of the Senior Official on the day.

2. For Relay teams in the Olympic race, if the swimmer fails to make the cut-off, the Senior Official will allow the team to continue from the cut off time (09:30), i.e. The Bike leg will start at 09:30. The same rule will apply for the Bike to Run. Where feasible the timing chip needs to be first passed to the next team member.

3. The cut off times are the time that competitors are expected to be into the Transition area.

4. Please note that cyclists and runners who have not completed the course before the allocated cut off times may find no marshals at junctions, and will have to safely make their own way back to Transition.

The Senior Official will make all final decisions on the day.

7. **Event Facilities**

The Event Marquee and surrounding area will provide all the necessary facilities you require:

- Toilets
- Changing Facilities
- Bag Drop Area
- **Massage Therapists** kindly provided by Orchard chiropractic centre - TBC
- **Food and Drink:**
  - Big Maggy's coffee - selling their much loved coffee
  - The Good Stone – wood fire pizza
  - Alfresco Craft & Ale bar
8. Prize Giving

The Prize Giving will take place at approximately 13:30 in the Event Marquee and everyone is welcome.

Trophies will be awarded to the following categories:

<table>
<thead>
<tr>
<th>Race</th>
<th>Categories</th>
<th>Placing</th>
<th>Prizes</th>
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<tbody>
<tr>
<td>Olympic</td>
<td>Male</td>
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<td>Jersey Sprint</td>
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<td>Super Sprint</td>
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<td>3rd</td>
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</table>
1. Do I have to wear a wetsuit?
   If the sea temperature falls below 14 degrees, it is compulsory that you wear a wetsuit. A final reading will be taken on Saturday 30 June and we will inform all competitors on the current temperature at the registration.

2. Where do I leave my bag?
   There will be a designated bag drop area located inside the Event Marquee. Please note the organisers cannot accept any liability for lost or stolen goods. The Event Organisers will do their best to keep the area as secure as possible, but please do not leave any valuables.

3. What parking facilities are available?
   Parking is available on both Sunday 30 June and Race Day (1 July) for competitors at Les Jardin public car park via the roundabout outside the Radisson Blu Waterfront Hotel – see Transition Map. Please note that they will be no parking on the actual event site this year.

4. When do I receive my race number and timing chip?
   You will receive your race number and timing chip in your race pack when you collect this at registration. Please remember that your timing chip must go on your ankle.

5. I didn’t buy a Day License when I registered, how do I get one?
   You can buy a Day License for £5.00 when you collect your race pack in the Event Marquee. Please notify the Event Organisers on info@jersey-triathlon.com if you need to buy a Day License.

6. Will water be available during the race?
   There will be a water table located near the Transition area and run lap and Fitness First are supplying water on the finish line. There will be no water available on the bike course, so it is your responsibility to keep yourself hydrated. On the Run course please dispose of empty bottles in the bins provided within 200metres of the water station.

7. How do I find out my finishing time and when?
   The results will be posted on our website within 24 hours of the event.

8. What do I do if I get a punctured tyre and have to pull out?
   You are allowed to take your own kit to repair a punctured tyre. If you have to pull out of the race please go to the nearest marshal on the course that will alert the Event Organisers and Senior Official. There will be a sweeper van on site to assist with mechanical failures and injuries.

9. How do you ensure all Super Sprint competitors complete two full laps of the Bike course?
   Our marshal positioned at the turning point after completing the first full lap (out and back) will note your race number and record your laps.

10. How do you ensure all Olympic Distance Runners complete the correct number of laps (four laps) before crossing the finish line?
    Each runner will receive a wristband (from a marshal) on completion of each full lap. Thus you must have [3 wristbands] on your wrist to enter the finish straight and cross the finish line. (By crossing the finish line you will have completed your four (4) laps)

11. How do you ensure all Jersey Sprint Distance Runners complete the correct number of laps (two laps) before crossing the finish line?
Each runner will receive a wristband (from a marshal) on completion of each full lap. Thus you must have [1 wristbands] on your wrist to enter the finish straight and cross the finish line. (by crossing the finish line you will have completed your four (2) laps)

12. If I am taking part in a Relay team, how do we manage the timing chip?
   In your race pack there will be 1 timing chip per team. The timing chip is to be used as a baton and be passed from team member to team member. It is important that the chip gets transferred only in the Transition zone. Your times will be recorded from when you enter and exit Transition.

13. Are there shower facilities available?
   Showers and lockers will be available at Fitness First (2 minute walk from Event Marquee). Showering facilities for competitors will be available for use between 10:30 to 14.00hrs. In order to gain access, competitors will need to show their race numbers.

14. Am I allowed to draft?
   Competitors are not permitted to draft off other competitors during the cycle section of the race. The draft zone for all distances is 10m from the end of the back wheel of bike in front. Remember to keep left at all times when you are not overtaking and that if you are overtaken it is your responsibility to drop out of the overtaking cyclists draft zone or you could receive a penalty. For detailed rules on drafting please see section 5.5: https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2018.pdf

15. Why are there different coloured swim hats?
   All competitors will be given a hat colour depending on their race category and start time. You will be counted into the correct race so it is essential that you wear your correct coloured swim cap.

   - Olympic Wave 1 – Red swimming cap
   - Olympic Wave 2 – Orange swimming cap
   - Jersey Sprint – Green swimming cap.
   - Super Sprint – Pink swimming cap.
   - Junior – Yellow swimming cap.

10. Official Charity

   The official charity for the 2018 event is The Oscar Maclean Foundation.

   The Oscar Maclean Foundation was set up last year to provide additional support to local children suffering from cancer and other chronic illnesses, as well as their families.

   There is good care already available in Jersey but there are obvious gaps and opportunities for improvement. The Oscar Maclean Foundation works closely with the Health Service and local charities to identify areas where they can add value.

   In 2015 the charity aimed to deliver is the funding of a children’s Community Liaison Officer, who will be based at the Hospital. The Liaison Officer will be co-ordinating vital support for children with cancer and other chronic illness and their families - practical, financial and emotional. At present, some of these functions are fulfilled by different charities and departments, but the appointment of a single officer who will coordinate the entire support structure for a family will mean that parents will be able to focus on their child at the time when they need it most, instead of spending hours on the phone calling various charities, states departments or other service providers.
The Oscar Maclean Foundation hopes that something positive can result from his family’s journey and ultimate tragic loss. Oscar lived a short but inspiring life, during which he has written a spy novel, collected numerous sports and various other achievement awards, pursued his passion for all things fun and made some truly special friends. He was a very loving little boy and a wonderful older brother to Hugo and Bertie. Oscar’s endless strength continues to inspire his family today.

We encourage all competitors to help raise funds for our official charity by way of sponsorship or donations, however we do not restrict any fundraising for other charities.

Fundraising has been made easier this year, with the new online fundraising pages for both individuals and teams. Alternatively, the official Sponsorship Form can be downloaded from www.jersey-triathlon.com.

11. Event Sponsors

Thank you to all of our sponsors for their valuable support.

Our title sponsor – Accuro

Accuro’s mission is to care for and protect families and their wealth for the long-term. We do so by attracting and developing exceptional people.

We operate a multi-jurisdictional Trust and Family Office business that works in partnership with international families holding cross-border assets. Our highly personalized services incorporate a flair for entrepreneurial decision-making with a clear understanding of our clients’ needs.

As an owner-managed business, free of private equity, we pursue a longstanding conflict free strategy that is aligned with our clients’ long-term objectives.

Established over 40 years ago, the business has grown to administer and oversee US$10 billion of financial and non-financial assets.

In Jersey, we are regulated by the Jersey Financial Services Commission and we are a member of the Jersey Association of Trust Companies and Jersey Finance.

For more information please visit Accuro’s website www.accurofiduciary.com.

In addition –

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<th>Race Pack and Timing Equipment Sponsor</th>
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<td>Event Management</td>
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<td>3D Events</td>
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<td>Event Brand and Design</td>
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<td>Bike Partner</td>
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<td>Broadcast Media</td>
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<td>Massage Services</td>
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12. Contact Details

Email: info@jersey-triathlon.com

Tel: +44 (0)1534 505926

For urgent enquiries on Saturday 30 June and Sunday 1 July, please contact us on 07797 869 407. Alternatively, you can speak to us face to face in the event marquee on site (view the transition map on our website for the location of the event marquee).

13. Course Maps

See following pages
Jersey Sprint Route

- Start: Les Jardin de la Mer, 2
- 1 lap: 40km
- 2 laps: 5km

Super Sprint Route

- Start: Les Jardin de la Mer, 2
- 1 lap: 40km
- 2 laps: 5km
Start, Finish and Transition Map

SUPERSPRINT ROUTE

- 400m
- 2 laps - 10km
- 1 lap - 2.5km

Start: Les Jardin de la Mer, 2 Layby One, 3 Layby Two, 4 Layby Three, 5 Layby Four, 6 First Tower Cafe, 7 Layby Five, 8 Layby Six, 9 Old Station Cafe, 10 Layby Seven, 11 Bel Royal Slip, 12 La Motte Ford, 13 First Tower, 14 Freedom Tree, 15 Radisson Blu Hotel

FINISH

Start, Finish & Transition Map

1 Transition Area
2 Timing and PA
3 Public Access
4 EVENT MARQUEE: Bag Drop, Changing, Massage, Registration, T-shirt Collection, Prize-giving
5 Competitor Parking
6 Water Station

01/07/2018
jersey-triathlon.com