



Welcome to Lissadell Olympic Triathlon organised by Sligo Triathlon Club

Sligo Triathlon club this year welcomes 300 individual triathletes and 20 relay teams to the beaches and roads of Lissadell Estate and the surrounding areas. Sligo has long been the spiritual home for Triathlon and this year we are taking you across the bay to try out Lissadell as a venue. We are delighted the event is part of Triathlon Ireland's new Super Series and National Series calendar. All in Sligo Triathlon club are looking forward to bringing you a quality event and giving something back to the sport that we all enjoy so much. We trust that you will have an enjoyable and safe weekend.

As an established club, racing in a new venue - you, your fellow athletes, marshals and spectators safety is paramount and in this regard we insist that you read this briefing carefully before arriving at registration. Attendance at our pre-race briefing in transition is mandatory for all competing athletes.

Schedule of Events

Date	Time	
SAT 18th July	17.00-20.30	Registration
SUN 19th July	07.00-07.45	Limited Registration
	07.15	Transition Opens
	09.00	Transition Closes
	08.30	Safety/Marshal Briefing
	09.10	Race Briefing @ Beach Front
	09.30	Race Start
	14.00	Prize-Giving @ Courtyard
	20.30	After Party Bourbon Bar

Getting There

Lissadell House is accessed from the main Sligo – Donegal road (N15) and is located 3 miles from the Village of Carney.

Travelling from Sligo you need to take the first left (L3305) after Davis's Restaurant in Drumcliff, follow signs for Carney Village (2km), follow the road (sharp right over Bridge-then left at top of road) through Carney and continue on to Lissadell Church Crossroads, where Marshals will direct you to registration.

Travelling from The North please aim for this route also, it's approximately 9km from Grange, but you'll be taking a right off the main road to the L3305. There are a multitude of roads in this area and it is quite easy to get lost if you stray from the path ☺

Parking

Public parking is available at Lissadell House and Gardens, please follow the directions of the marshals at all times as we will be operating a one way system during the event. Parking is adjacent to registration.



Accommodation

Our Accommodation partners are The Radisson Blu and Sligo Park Hotel. A full list of accommodation and tourist information can be found at www.sligotourism.ie. Sligo offers a diverse array of accommodation for all budgets.

Registration

Registration will take place on Saturday 18th July at Lissadell House. Registration is situated in the courtyard, marshals will direct you from the car park. Registration will be open from 5:00 - 8:30pm on Saturday evening. **Very limited** registration will also be available on Sunday 19th July from 7:00 – 7:45am. We encourage you to register on Saturday if at all possible as time will be very tight on Sunday morning – we are TIDAL Dependent - Race starts 9:30am with or without you - transition closing at 8:45am sharp.

You will receive your swim cap at registration, which must be worn on race day. Swim caps are allocated according to the starting wave. Swimming cap colour coding will be advised at time of registration.

Wave 1 (9:30am) Super Series Male

Wave 2 (9:35am) Super Series Female

Wave 3 (9:40am) Age Groupers Men<40

Wave 4 (9.45am) Age Groupers Ladies

Wave 5 (9.50 am) Age Groupers Men >40 + Relays



Registration: Sat. 5pm - 8pm
Sun. 7am - 8am

Transition Opens: Sun: 7.30am
Transition Closes: Sun: 9.00am

**1.5km to Transition
from Car Park.**



Race Licenses

You must have your 2015 Triathlon Ireland membership card or One Day License in order to race. Only one member of a relay team is required to have a TI or One Day License. Your 2015 TI membership card must include a photo. The deadline to buy a one-day license (ODL) from the TI website is midnight on Thursday, 16th July. Please bring proof of purchase of ODL to registration. One-day licenses will not be available for purchase at registration. **YOU WILL NOT RACE WITHOUT PRESENTING YOUR TI CARD OR ODL PROOF OF PURCHASE.**

International Racing License

If you hold an International Racing licence your licence may be used at Triathlon Ireland sanctioning events, providing the organisation you are a valid member of is affiliated with the ITU.

If you do not have your physical membership card at registration, along with a valid form of identification you **WILL NOT BE ALLOWED TO RACE** as you will not be covered by insurance.

Transition Zone

The transition zone is located at the Beach Front in Lissadell, transition is 1km from registration and car park, 10 minutes should be factored into your preparations. Transition will open from 7:15 – 8:45am on Sunday, 19th July. Bikes will undergo a short safety check on entering transition, for the following elements – tight wheel skewers, tyre pressure, presence of bar ends and functioning brakes. Helmet inspections will also occur at this time, please have helmet fastened and ready for inspection.

No Helmet-No Race.

The bike racks shall be numbered according to your race number.

Please note that no bags may be left in transition during the race. A bag drop location shall be provided at transition. Toilets shall be available to athletes' at Registration, Transition and Finishing Area.





Race Briefing

The race briefing will take place in transition at 9:10am - all must attend. The race will be run according to current ITU Competition Rules. For more information see

http://www.triathlon.org/uploads/docs/itusport_competition-rules_december20141.pdf

Timing chips for relay teams must register at all points- this will be strictly enforced.

Swim Course

The swim will take place from Lissadell Beach. Wetsuits, and the swim caps provided at registration, must be worn. Competitors from staggered waves will be led down to the beach from 9:20am. Competitors shall be counted into holding pens according to starting wave. Warm up in the water shall be permitted as we have a small swim to race start line. Race will start in Chest high water, with the first wave commencing at 09:30hrs, please follow the instructions of the swim start marshals. Although the beach is very safe, the wind will determine sea conditions on race day. There will be a large number of boats, kayakers, SUPs, as well as surf Lifesaving on duty to assist swimmers. If you are a weak swimmer it is advisable to stay to the back of your waves, as you save energy and time trying to avoid the stronger swimmers. There is a swim cut-off time of 1 hour.



If at any stage you feel you require assistance on the swim, please roll on your back, relax and put 1 hand in the air, a member of the support team will be with you.

We will endeavour to cover the full distance for the swim, but the race committee and safety crews reserve the right to change course if safety concerns are infringed.



Bike Course

The bike takes place on roads open to traffic, and normal rules of the road apply. Drafting is not allowed. In addition, event motor cyclists, static course marshals and race referees shall be on-course to ensure a safe and legal race. Caution must be taken at several points along the bike course and these have been designated neutral zones, where no overtaking or dangerous riding will be tolerated. Marshals have been instructed to record the numbers of transgressors and penalties will be applied accordingly, as such, competitors must adhere to any instruction provided by race marshals, referees or Gardaí. Please respect the environment and refrain from littering on the course.

We have provided a video of the course which highlights some of the more challenging areas, please review and be safe. <https://youtu.be/6R3WfM1ICdE>



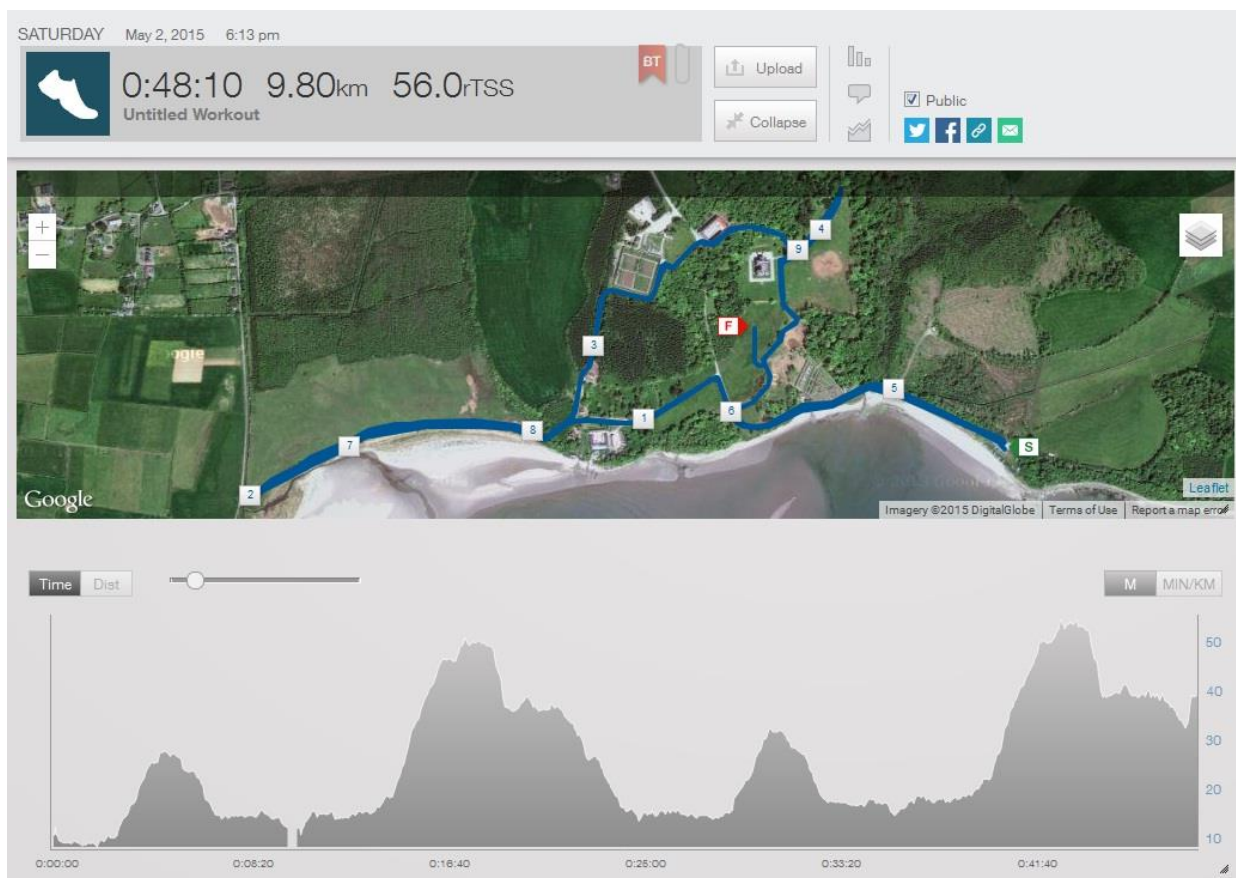


Penalty Box – “Shame Square”

A penalty box shall be in operation at this event. If at any stage while on the bike course you are shown a “yellow card,” this is a mandatory 2 (two) minute penalty. It is not a warning card. You must serve the 2 (two) minute infringement in the penalty box. The penalty box will be located to your left as you exit Transition (T2). You must serve the penalty here and at no other place on the run course. Failure to stop for ANY reason will result in an automatic disqualification from the event with no appeal. At all times there will be a Technical Official in the penalty box who will observe the penalties.

Run Course

The run course is a 2 lap course on varied terrain (Road(4km), Trail(1.5km), Compacted Sand(2km), Gravel Trail(500m), Grass(2km)) around the grounds of Lissadell House. Water stations shall be located at 2.5km and 7.5km. Bins shall be supplied 15 meters after each water station to dispose of drinking cups. Please respect our hosts and refrain from littering on the course. The main turnaround point is at Transition – but there are 2 more out and back sections to check how your opponents are getting on. Proximity sensors at each turnaround point will record your number. The finish line is located away from Transition in front of Lissadell House. Run Route is available https://youtu.be/_c7R0GNRoBk





Marshals

As this is a club run race, all marshals are volunteers and are giving up their time to help run a safe and enjoyable race for all involved. It is therefore important to treat all Marshals with respect, when you meet one - smile and say thanks.

First Aid

Medical support for the event shall be provided by the Irish Civil Defense and they shall be positioned at the swim exit, transition and ambulances located along the course. If you require assistance please alert the closest marshal.

Anti-Doping Policy

Sligo Tri Club are committed to providing a drug-free environment at all our races. As such, we support and follow the Irish Sports Council's and Triathlon Ireland's protocols on anti-doping. Anti-doping testing is part of the ISC's National Anti-Doping programme that acts to protect Ireland's sporting integrity against the threat of doping. For more information, see

<http://www.irishsportsCouncil.ie/Anti-Doping/2015-Anti-Doping-Rules/> <http://www.irishsportsCouncil.ie/Anti-Doping/Testing-Programme/> <http://www.triathlonireland.com/anti-doping.html>

Athletes Recovery Area

An athlete's recovery area will be located near the finish line where competitors will be provided with drinks, water, bars and fruit.

You will also be able to redeem your choice of Food in this area – Flamenco Kitchen (Paella), Shane's Shack (Hot Pot) and The Foragers Basket (Veggie).

Remember - no token – no free food.

Prize Giving –

Prize giving shall be held at the Courtyard at Lissadell House commencing at 2pm. Prizes shall be awarded in accordance with TI guidelines, see listing below. Athletes must be present to collect their prize at this time.

Super Series Male & Female*	National Series Male & Female*
1 st - €250 & 2 Nights Radisson Blu SAS	Prizes 1 st - €150 & 2 Nights Sligo Park
2 nd - €150	2 nd - €100
3 rd - €75	3 rd - €50
4 th - €25	

There shall be at least one prize, in each age group category. Age Group & Relay prizes. Please note if you have won one of the placed awards above you do not also qualify for an age group prize. Raffle Prize for Sligo Tri Club Male and Female participant.



Thanks and Shout Outs

We would like to take this opportunity to thank;

- All of the organising committee and event volunteers without whom no race would happen.
- Triathlon Ireland and in particular the assigned race officials.
- A very big "Thank You!" to sponsors;
 - Radisson SAS,
 - Sligo Park Hotel,
 - Good4U Whole Foods,
 - Connolly Motors,
 - ProTek Medical,
 - McPhartland Opticians,
 - Voya Seaweed Baths,
 - Amcor,
- We would also wish to extend our gratitude also for all the support we have received from Lissadell House and Gardens, Jarlath @Lissadell Adventure, Sligo County Council, Sligo Sports and Recreational Partnership, Garda Síochána, Sligo Kayak Club, Perfect Day Surf School, Civil Defense, Sligo Surf Lifesaving Club and Triathlon Ireland.

We are looking forward to seeing you for a great race on July 19th!

Go Hard and Enjoy it!

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