

## **COURSE INFORMATION**

### ***Transition Area***

WILL BE IN THE MAIN LARGE CAR PARK AT CLEARWATER BEACH

### ***Swim Courses***

#### ***Olympic Distance Triathlon and Sprint Triathlon***

You will start in the water at the end of Clearwater Beach nearest the car park / transition and swim diagonally towards deep water heading south east to a turn buoy. Keeping the buoy on your left you will take a sharp left turn and head in a straight line towards Cooper's Road to the next turn buoy where you will again turn left, keeping the buoy on your left, and head back towards the swim start point buoy. You will keep this buoy on your left as you reach it. You have now completed 750m. If you are in the Sprint Triathlon head straight towards the cones on the beach marking the beach swim exit and follow the cones to the swim transition entrance. If you are in the Olympic Triathlon take a sharp left and commence your 2nd lap which is identical to the first lap. After finishing your 2nd lap and again keeping the final buoy on your left, head to the beach finish cones and then follow the cones to the transition swim entrance.

#### ***13-15 year old triathlon***

Start will be in the water off Turtle Bay and you will swim north towards Clearwater Beach and parallel to Clearwater Beach to the buoy at the main car park / transition area end of Clearwater Beach. You will keep this buoy on your left and turn left towards the beach where you will exit between the swim finish cones on the beach and follow the cones to the transition swim entrance.

#### ***7- 10 and 11-12 year olds triathlons***

There will be two separate starts down Clearwater Beach away from the main car park / transition area. The nearest start will be for 7-10 year olds and the furthest start for 11-12 year olds. You will start in the water and swim parallel to the beach north towards the main car park / transition area to the final buoy near the end of the beach. You will keep this buoy on your left and turn left towards the beach where you will exit between the swim finish cones on the beach and follow the cones to the transition swim entrance.

***Swim course main rules (see also "general rules" section below and refer to <http://www.bermudatriathlon.com> for full rules)***

- Do not cut short the buoys.
- Wetsuits will NOT be allowed unless the water temp is F72 or below. It is anticipated that wetsuits will NOT be allowed based on historical water temp for June.

- You may not move forward by walking or pushing off the seabed with your feet or hands except in shallow water when approaching the finish of the swim. This rule applies in particular when swimming in shallower water parallel to Cooper's Island Road towards the beach finish.
- The swim cap provided must be worn. Swim goggles are optional.
- Spectators must not enter the swim course area in boats or jet skis or assist swimmers except in an emergency
- No flotation devices or swim fins ( hand or feet) are permitted
- If in difficulty, raise both hands above your head and wave them across each other for assistance. Try and float on your back.
- You are responsible for determining whether you / your child are / is capable of completing the swim course.

### ***Bike courses***

#### ***5km Bike lap for all triathlons (Olympic, Sprint and Junior Triathlons)***

***Juniors 7-10 = 1 lap                  Juniors 11-12 and 13-15 = 2 laps***

***Sprint Triathlon = 4 laps      Olympic Triathlon = 8 laps***

Bike Course: Exit transition and follow the cones to the road that exits at the rear of the main car park ( north east corner) and passes the motorbike track on your left. After a couple of twists, this road exits onto the main road (Coopers' Island Road) where you go left onto the straightaway away from transition to the first roundabout. At the first roundabout go left ( first exit) onto another straightaway (Southside Road) until you reach the cycling / pedestrian footpath . Veer slightly left onto the footpath until cones direct you to veer to the right and back onto the main Southside Road. Pass Eliana's Fine Dining Restaurant on your right and the road is then split by a center median. Just past the fire station, which is on your left, is a roundabout. Go straight over this roundabout (2nd exit) and head up the hill. At the top of the hill you will pass historic Carter House on your left. Continue on Southside Road to the next roundabout. At this roundabout go all the way around and head back the way you came passing the Bermuda Gymnastics on your left, heading back down the hill, straight over the roundabout, passing Eliana's Restaurant and the softball pitch / archery range on your left. The road then starts to turn to the left and on this corner take a right at the cones to continue on Southside Road. At the next roundabout take the third exit back down the straightaway to the main car park / transition area at Clearwater Beach. As you reach the main car park / transition area you have completed one x 5km lap. If you are in the 7-10 age group on reaching the car park head straight towards transition to the bike dismount line and into transition. All other competitors must enter the car park by looping around to your right (leaving the transition area to your left hand side) and start your 2nd lap on the road at the back of the car park on which you commenced your first lap. Continue onto your 2nd lap until you have completed your laps (as detailed above) and on completion of all of your laps on reaching the car park head straight to the transition dismount area and into transition.

***Bike course main rules (see also "general rules" section below and refer to <http://www.bermudatriathlon.com> for full rules)***

- Your bike must display the numbers provided as instructed.

- You / your child must wear an ANSI approved helmet which must clip up and the strap must be tight enough that the helmet can't be put on / removed unless it is unclipped. This is for safety reasons.
- You / your child may not ride their bike in transition and must cross the mount line at the bike exit before riding their bike and must dismount before the dismount line before entering transition.
- You / your child must clip their helmet on before taking your / their child off the bike rack / moving with their bike if not on a rack.
- You / your child's bike must be in good working order. In particular the brakes must be working and there must be suitable air in the tyres.
- You / your child may only pass other competitors on the right side except on roundabouts and on the curve entering the car park to commence your second loop.
- You / your child must obey all traffic regulations including going around roundabouts correctly and you / your child must not cross the road center line except at the right turn on Southside Road after the softball / archery field on the return part of your lap and when entering transition or commencing your bike laps.
- NO DRAFTING IS PERMITTED. This means you / your child can't ride close behind one or more cyclists or in packs and must pass within the time permitted by the rules. For full details go to rules at <http://www.bermudatriathlon.com>. Leniency will be shown in the 7-12 junior races except where it is clear that a competitor is knowingly trying to get a drafting advantage.
- Competitors must slow down when entering transition and must dismount before or at the dismount line.
- You are responsible for determining whether you / your child are / is capable of completing the bike course and have / has the necessary bike handling skills and rules of the road awareness to ride on roads which will not be closed to vehicular traffic.

### ***Run courses***

#### ***2.5km lap for Olympic Distance, Sprint Distance and 13-15 year old triathlons***

***Olympic Distance = 4 laps    Sprint Distance = 2 laps    13-15 year olds = 1 lap***

Exit transition by the run exit ONLY and follow the cones onto the main road by the car park (Cooper's Island Road). Do not cut the cones when exiting onto the road. Stay in the coned lane sending you to the left side of the road. Head right onto Cooper's Island Road heading in a westerly direction. Follow the road left past the children's playground area on your right and continue on Coopers Island Road past Gombeys' Restaurant on your left right and the BTA building on your right. Continue on the road past Turtle Beach and through the gates and follow the road up the hill, staying on the left hand side of the road ( you will pass orange cones on your right at the water stop but ignore these orange cones for now). Keep going on the main road until you reach a GREEN turn around cone. At this cone turn around and head back on the left hand side of the same road the way you came until you reach the orange cones blocking the road and sending you left into the Nature Reserve. Follow this new route back and continue following the cones. You will eventually be running with the ocean on your left and you will come out of the Nature Reserve through the gates on the corner of the main road with the children's playground in the park to your right. Head back down the road to the left on the left side of the road towards the transition area / main car park. If you are in the 13-15 year old triathlon, head into the car

park to your left by following the Finish arrow sign into the finish chute to the finish line. If you are in the Olympic or Sprint distance triathlon follow the “LAPS” sign arrow to the right by continuing on the main road to the GREEN lap turn cone on the main road just before the transition swim entrance. Turn around keeping the green cone on your right shoulder and head out on the left side of the road again onto your 2nd lap. After completing your last lap ( see above for number of laps for each race) head left at the “Finish” arrow sign into the car park to the finish line as described above.

***7-10 and 11-12 run lap***

***7-10 year olds = one lap 11-12 year olds = 2 laps***

Exit transition by the run exit ONLY and follow the cones onto the main road by the car park ( Cooper’s Island Road) . Do not cut the cones when exiting onto the road. Stay in the coned lane taking you to the left side of the road and then head right onto Cooper’s Island Road heading in a westerly direction towards Gombeys’ Restaurant and Turtle Bay Beach. Follow the road around to the left passing the children’s play area on your left. Continue on the main road passing Gombeys Restaurant on your left and the BTA building on your right and stay on the road until you reach the turn around cone which will be on the main road next to Turtle Beach. Turn at the GREEN turn around cone keeping the cone on your right and head back the way you came staying on the left side and all the way back the same way towards the transition area / main car park. When heading out and back do not cross the centre line of the road as this will be cutting the course.

If you are in the 7-10 year old triathlon, head into the car park to your left at the sign that shows an arrow to the left saying Finish and follow the cones to the finish line.

If you are in the 11-12 year old triathlon continue on the main road (don’t go to the finish line) following the sign with an arrow to the right that says “Laps” and keep going to the GREEN lap turn cone on the main road just before the transition swim entrance and turn around keeping the cone on your right shoulder and head out onto your 2nd lap. After completing your 2nd lap ( exactly the same as your first lap) head left into main car park to the finish line by following the sign with an arrow that says FINISH.

***Running course main rules (see also “general rules” section below and refer to <http://www.bermudatriathlon.com> for full rules)***

- Run number must be visible on the front either pinned on or attached to a number belt.
- Do not cut corners. Cones will show the run course and you must not cross the centre line of the road unless the coned route requires that you cross the centre line.

***MAIN GENERAL RULES AND ADVISE ( refer also to <http://www.bermudatriathlon.com> for full rules)***

- If provided, you / your child must wear the timing chip provided at all times and display all numbers as instructed.
- Competitors may not be accompanied by parents, relatives or friends etc as they might interfere with other competitors. Supporters may go to any points of the course to encourage athletes but may not run or ride or drive alongside them and must not enter the course, in

particular the run exit and finish shut area. For example : No person should run with their child / other athlete to the finish area or drive or ride alongside them on the bike course or enter the water to assist them on the swim unless in an emergency. Please avoid driving on the course during the race.

- Except in the case of an emergency, such as for example an emergency difficulty on the swim or a bike accident or clear emergency distress during the race, no person may assist an athlete who has not finished. You / your child may not be handed drinks or food etc unless it is by an official helper at a drink station.
- You / your child may not accept mechanical assistance on the bike. Leniency may be shown to competitors aged 7 to 12 who for example are unable to clip their helmet or unrack / rack their bike or for example whose chain comes off .
- No bare torso is permitted on the bike or run.
- You/ your child are / is solely responsible for counting and completing all laps in full although spectators / parents can assist in counting laps so long as they do not enter the race course to provide competitors with this information. Marshalls are NOT responsible for giving you this information so please don't ask them.
- You / your child are / is solely responsible for understanding how to enter and exit transition for each part of the triathlon. These exits and entrances will be clearly marked and will be part of the race briefing. Transition marshalls may assist with directions IF they see you / child exiting the wrong way or confused but you / your child must not rely on this happening. Each competitor must follow the exact routes designated in and out of transition and not cut through cones as this constitutes cutting the course. He /she must go fully around all turn cones and roundabouts and stay left at all times except where the course cones send you on the right hand side of the road.
- Do not interfere with any other athlete. For example by moving their equipment in transition, blocking them on the bike or run course. If someone has put their equipment in your / your child's transition spot advise a transition official to ask for it to be moved.
- Only designated officials and volunteers are allowed in the transition area. Absolutely no parents or non officials may enter the transition area once the transition area is closed for the start of the race.
- It is your responsibility to know the course so please ensure that you / your children arrive in time for the race briefing and athletes and parents we suggest that you read the course descriptions carefully and if possible do a practice tour of the course before race day. On race day also check where you enter and leave transition for each part of the course and memorise where you need to put your bike when you come in from the bike.
- Do not leave any equipment in transition which you do not need for the race such as bags, bike pumps or non race clothing.
- You must at all times treat your fellow competitors, officials and volunteers and spectators / members of the public on the course with respect. If you are a victim of abuse by members of the public or experience dangerous driving then please report it to the race director and if possible obtain car / bike number plates and provide them to race officials. Avoid confrontation whenever possible.
- Behave in a responsible and safe manner at all times.
- Understand your body's fuel requirements including for energy, electrolytes, hydration and post race recovery taking into account weather conditions and follow a plan.

- You are responsible for determining whether you / your child are / is capable of completing the run course and have / has sufficient rules of the road awareness to run on roads which will not be closed to vehicular traffic.