Race Brief – Swimming - 1 of 6

- 1. Timing chip attach securely on left ankle
- 2. Swim caps are optional, please bring your own or leave the cap provided to be reused
- 3. Start at the shallow end
 - Tri Start in lane 5
 - Tri Star 1 in lane 3
 - Tri Star 2 in lane 2
 - Tri Star 3 & Youth in lane 1
- 4. Exit via middle doors
- 5. Floor may be slippery take care





Race Brief - T1 - 2 of 6

- 1. Run to transition
- 2. Ensure you put your helmet on before touching your bike
- 3. Race number should be visible on your back
- 4. Take your bike to the mount line





Race Brief – Bike - 3 of 6

- 1. Bike Course is 'laps'
 - Tri Start 1 lap
 - Tri Star 1 − 2 laps
 - Tri Star 2 3 laps
 - Tri Star 3 4 laps
 - Youth 5 Laps
- 2. Personal audio or recording devices are not permitted
- 3. Do not Litter on the course





Race Brief – T2 - 4 of 6

- Dismount your bike at the line marked
 Dismount Line
- 2. Take your bike to transition
- Rack your bike back in transition (in your space)
- 4. Do not remove your helmet until your bike is racked





Race Brief - Run - 5 of 6

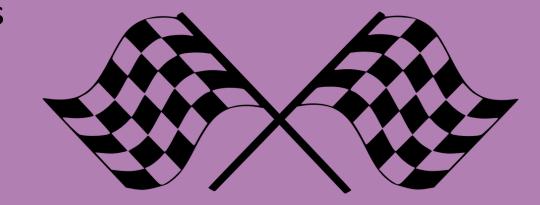
- 1. Run Course is 'laps'
 - Tri Start 1 lap
 - Tri Star 1 2 laps
 - Tri Star 2 3 laps
 - Tri Star 3 4 laps
 - Youth 5 Laps
- 2. Personal audio or recording devices are not permitted
- 3. Do not Litter on the course





Race Brief – Finish - 6 of 6

- 1. Finish under the gantry
- 2. Hand your timing chip back
- 3. Grab a medal and snacks
- 4. Relax



Results will be posted shortly after the event online www.lpsevents.co.uk