

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

1. Dismount your bike at the line – marked Dismount Line
2. Take your bike to transition
3. 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

