
INDIVIDUAL TEAM RELAY EVENT

**4 Team Members - 300m Swim, 8km Bike, 1.5km Run.
Individual - 4 x 300m Swim, 8km Bike, 1.5km Run.**

This event has 2 waves which will be wave 1 for individuals and wave 2 for teams, your team do not all need to be present for registration however we do need to carry our a membership and race licence check, we will do this ahead of registration but anyone in the team who does not hold a membership or hasn't purchased a race pass will hold up the collection. Registration on Saturday evening 17:010-18:00 is available.



09:30 Start - please arrive between 07:45 and 09:00am for registration and racking with your team members.

Please park in our event car park, located just off the spine road cross roads, car park map attached. Walk across to the venue. SN6 6QX. The car park is signed with blue arrows.

Team Format - 4 team members are required for this event. If a team member becomes ill, you may race with 3, but won't be eligible for the presentations.

Each team will be given a consecutive racking for bikes within transition, you will have adequate room. You must rack together and in the order which you are racing in. (A, B, C, D)

Team member 1 will complete the swim, bike then run and hand over to team member 2, who will then complete the swim, bike then run. Team member 3 and 4 will then repeat. Team member 4 will need to advance to the finish line at the end of the run leg.

On the final leg, there will be a team box for the whole team to wait for the final runner and finish the run to collect the medals as a team.

Course signage will be present at all road junctions

Split times will be generated with chip timing, Swim, Bike & Run only for each team member, no transitions

You must have 4 team members to take part and be eligible for prizes

Team order to be updated by Tuesday 2nd September

Once your team has been confirmed, no changes can be made.

This is a fantastic spectacle so bring your family and friends along to watch

The hand over box will be before the swim entry. Timing chips must be securely fastened before the next team member starts. We advise you take care when changing timing chips to ensure this is secured to your ankle. Only the next team member will be permitted in this box to ensure overcrowding is minimised.

The entry for the first team member will be a walking entry and a gun start for all, the 2nd, 3rd and 4th member will have the choice to enter via the pontoon (jump or shallow dive) or walking entry down the steps.

Each team member will receive a race number which must be worn on the bike and run section of the race. Usual rules of triathlon do apply during this race - no mp3 players, helmets fastened when in contact with your bike and no drafting.

Team orders - 1st A White, 2nd B Blue, 3rd C Red, 4th D Yellow. If you wear the identifications or rack your bike in the wrong order your team will be penalised.

First aid will be on hand at this event should you require assistance, we will have water cover in the lake which will provide your safety during the event. There will be no water acclimatisation for this event.

Due to the short swim, wetsuits will be optional. Helmets are mandatory.

There will be awards for the top 3 female, top 3 open teams - with each team member receiving a trophy. Please note that the awards will be presented around 12:30.

Swim waves will be colour coded with your bib numbers with hats to distinguish the competitor ranking.

Use the hash tag when sharing photos #Lake62 #TeamRelays

Individual Format - each individual will be permitted to have an assistant to help them move equipment.

Each individual will be given additional space for racking for bikes within transition. You must rack in the space and your assistant may only access your equipment.

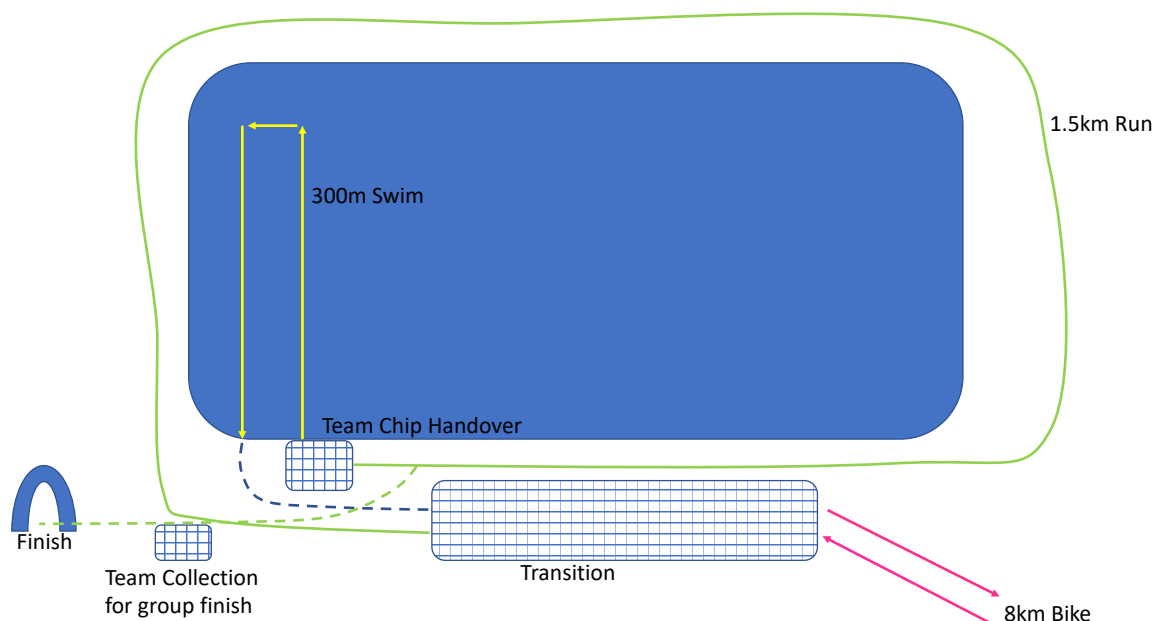
You will complete the swim, bike then run and your assistant will meet you at the swim with your gear, they will also take your running trainers and number back to transition. Note the assistants role is to assist, not provide pacing or coaching at any point and the assistant will not be permitted in the lake, on a cycle or on the run course.

The Course

Swim Course: a simple anti clockwise lap. Enter the water, head across to the far side of the lake, turn left and left again, then swim back to the exit steps.

Bike Course: a circular route with 4 left turns, we anticipate marshals on each junction however it is your responsibility to give way at junctions, please be courteous through the village especially, we have moto marshal, adequate signage will direct you prior to the turn. Usual mount/dismount rules apply. Please follow the highway code throughout the race.

Run Course: a lap around the lake in a clockwise direction, following the hard packed path. Athlete 1, 2 & 3 will need to hand the timing chip to the next competitor. Athlete 4 will need to advance to the finish line.



www.lpsevents.co.uk

This bike course is measured at 8km. The course is flat and comprises of 3 left turns.

Reference Locations:

E TMO

V T

To view an interactive version of this route, please visit our website.

Cotswolds Lake 62 Teams Triathlon

Bike Course

