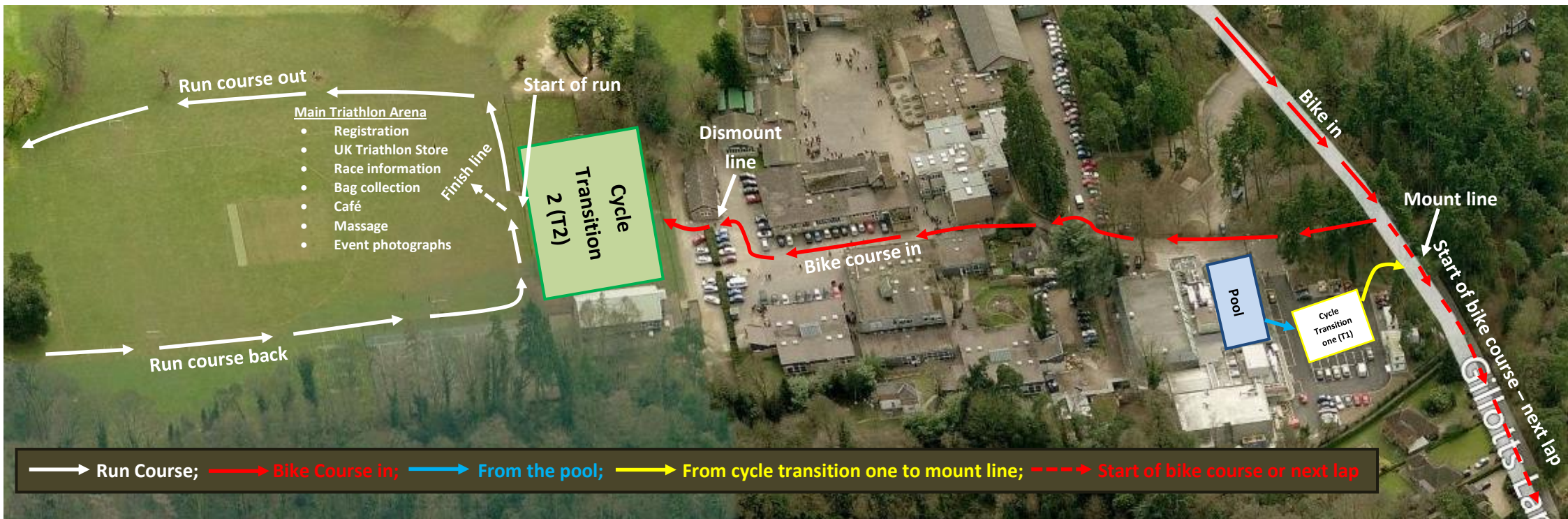


Henley on Thames 2014 Triathlon Main Arena



Henley on Thames 2014 Triathlon – Main Arena

Course logistics

- Swim- Sprint & Relay x 16 lengths = 400m; Super Sprint & Fun x 8 lengths = 200m
- Bike - Sprint & Relay x 2 laps = 25k; Super Sprint & Fun x 1 lap = 12.5k
- Run - Sprint & Relay x 4 laps = 5k; Super Sprint & Fun x 2 laps = 2.5k
- Distance from the exit of the pool to T1 approximately 10m; from the exit of T1 to the mount line approximately 15m; from Dismount line to T2 approximately 10m
- **BAG COLLECTION:** At registration you will be given a draw string bag with your race number on it; this is for you to use in T1 to put all your triathlon gear in such as goggles etc when you have finished your swim. Make sure you put everything in the draw string bag and put the cord tight, the bag will then get transported to the event arena where it will be put at the bag collection point. There will be no bags left at T1; they will all get transported to the event arena.
- **TRANSITION TWO:** Only leave your triathlon running gear (trainers etc) in T2 before the start of your race; your swimming gear, cycle and cycle gear will need to go to T1 at the leisure centre... **REMEMBER NO RUNNING GEAR TO BE LEFT AT T1 BECAUSE IT WILL GET TAKEN TO BAG COLLECTION ONCE YOU HAVE FINISHED YOUR SWIM!**