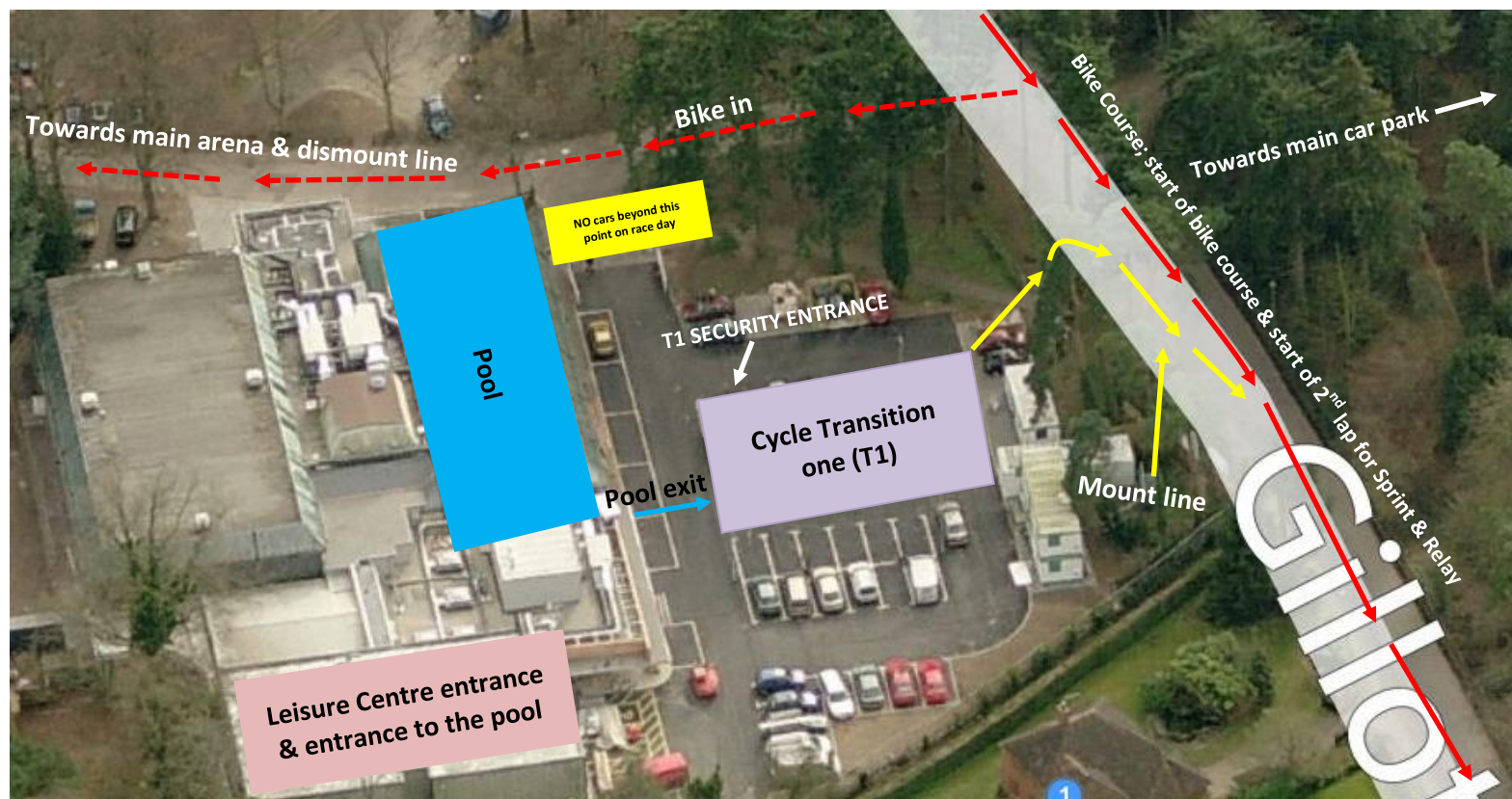


Henley on Thames 2014 Triathlon

Transition one



Henley on Thames 2014 Triathlon – Transition one

Transition one (T1)

- Please remember you cannot rack your bike until 15 minutes before your start time
- You must have your race number ready before you enter T1 for security purposes
- When you enter T1 please use the security entrance & exit at all time (DO NOT use the swim entrance or bike exit to leave T1)
- After your swim you enter T1 through the swim entrance only
- You exit T1 with your bike through the bike exit only
- NO cars are allowed to enter or exit the school grounds throughout the duration of the race
- **IMPORTANT!** You must park in the allocated car park (see postcode on website for official car park)
- **IMPORTANT! YOU MUST NOT PARK NEXT TO THE VENUE OR ON GILLOTTS LANE AT ANY TIME**, your safety is paramount, by trying to park near the venue could cause danger to other competitors!

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
- Distance from the exit of T1 to the mount line approximately 15m

- **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.