



UL Arena Limerick
Sunday April 27th 2014



TIMETABLE OF EVENTS

Registration: 1800 –2100 Saturday 26th April
Foyer of Sports Arena – University of Limerick

0730 – 0820 Sharp on Sunday 27th April
(*Very Very Limited registration*) Foyer of U.L. Arena

Parking: All cars must be parked in designated car parks by 08:20
Due to road & gate closures in UL

Transition Open: 0730 Car Park at side of ARENA 50m Pool

Transition Close: 0830 Athletes must leave the transition area to attend race briefing and will not be allowed to re-enter until after their swim.

Race Briefing: 0835 (All 3 races) – Plaza area in front of UL Arena
(Or inside the pool area if weather is poor)

Race starts:	0900 Start Wave 1	Try-a tri Junior & Senior races
	0925 Start Wave 2	Sprint distance (slower wave)
	1000 Start Wave 3	Sprint distance (Middle wave)
	1030 Start Wave 4	Sprint distance (Faster wave)
	1100 Start Wave 5	Olympic distance (Slower wave)
	1150 Start Wave 6	Olympic distance (Faster wave)

All these waves are approximate, except wave 1, and competitors must be ready in the event that a wave starts earlier than previously announced.

1200-1630: After Race food available at UL Arena Sports Bar

1500 Approx: Presentation of Prizes – UL Arena Sports Bar

1800-2030: After party food & drinks Flannerys Bar, Denmark St., Limerick

INTRODUCTION

Limerick Triathlon Club is the longest established Triathlon Club in Ireland. The Club was founded in 1984 and held its first race in 1985. One of Limerick's finest athletes, Joey Hannan was tragically killed while cycling in 1992 and since 1993 Limerick Triathlon Club have hosted the Joey Hannan Memorial Triathlon. The event was first run from St Enda's Sports Complex.

Coinciding with the increased interest in Triathlon and increased numbers we have moved the event from St Enda's to the University of Limerick National 50m pool and Sports Arena. This is the ninth year the event is being hosted at this wonderful venue, home of the Swim Ireland High Performance Centre, Munster Rugby, Ger Hartmann Sports Injury Clinic and Joey Hannan Triathlon.

This year we will again run 3 races, the standard Olympic distance, the Sprint distance & the shorter Try-a-tri race. The Joey Hannan Triathlon (Sprint and Standard distances) have been chosen as Triathlon Ireland's Qualification race for the 2014 ITU World Triathlon Championships to be held in Edmonton, Canada from August 26th to September 3rd.

For more see here <http://www.triathlonireland.com/age-group-2014.html#WorldTri> and the event website <http://edmonton.triathlon.org>

The race is supported each year by many of Joey's family and this year's event will be another great celebration of his life. We hope Joey will look down from the skies above and keep a keen and watchful eye on all the competitors as they race on Sunday April 27th. We look forward to a wonderful day and to the support of all the athletes, friends and families.

REGISTRATION

Registration will take place in the foyer of the UL Sports Arena.

The main registration will be on Saturday evening - **ALL LIMERICK TRI CLUB AND LOCALLY BASED ATHLETES MUST REGISTER THE NIGHT BEFORE;**

There will be a very very limited registration Sunday Morning. If you intend arriving after 8.25am on Sunday morning to register then you will find yourself in an empty registration room and you won't be racing. No exceptions or excuses will be accepted.

Please note one day licences will not be available on the day. All athletes must either be a member of Triathlon Ireland or have pre purchased a one day licence from Triathlon Ireland..

RULES AND REGULATIONS

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. This document is available on the Triathlon Ireland website: www.triathlonireland.com and we would ask that all athletes refer to section 3.8 'General rules for competitors'.

We will also be penalizing any athletes seen to be given an unfair advantage from their coaches -- any athlete accepting outside coaching and/or assistance (change of

puncture, specific timing of athletes, handing of gels etc) from anyone not involved in the race organising team will be disqualified.

Any close following of athletes in cars or on bikes by coaches/mentors will be deemed as seeking to assist the athletes and the athletes deemed potentially worthy of disqualification.

Athletes are not allowed to use iPods or any portable music devices during the race.

Particular attention will be paid to drafting regulations-please be aware of drafting rules.

SWIM SECTION:

Standard Distance Swim 1500M

Sprint Distance Swim 700M

Novice Try-a-tri Swim 300M

- **Athletes must wear their own personal swim hats in the pool**– where possible please wear an individually coloured/designed hat which would easily identify/distinguish you apart from other swimmers in your lane. Where 2 swimmers have the same hats, the organiser will provide you with a hat for identification in the swim- this hat should be deposited in “hat” bin at the side of the pool before exiting the building for transition. Competitors may wish to bring a second coloured hat if they don’t wish to use a hat supplied by the race organisers
- All swimmers must check prior to the race start their allocated swim heat and start time and their allocated lane number. – These details will be posted at registration.
- Swimmers must be ready in their swim gear (hat, appropriate swim wear, goggles) 15 minutes prior to their race start time – anyone not on deck at the appropriate time will not be allowed race in another heat – so don’t miss your start time.
- Each heat will start whether you are there or not!
- Wetsuits are not permitted under any circumstances.
- There will be 3 swim starts for the Sprint distance & 2 swim starts for the standard distance race & 1 start for the novice Try-a tri/Junior race. The novice race will start at 9am, the first sprint distance wave at 9:25, the second sprint distance wave at 10:00 and the third sprint at 10:30. The 1st standard distance wave will start at 11:00 & the final wave of the day the standard distance fast wave at 11:50.
- Any competitor starting in the incorrect heat will be disqualified.
Swimmers will be allocated lanes on the basis of their estimated swim-bike-run times as per their application– **there is no provision to change your estimated times at this stage** - but there will be plenty of room at each end of the lanes to overtake - If a swimmer is faster than the swimmer in front if he/she taps the swimmer in the feet than the person in front is obliged to stop at the wall at the end of the pool to allow the person behind to overtake. Swimmers may also overtake in one direction only Overtaking will be permitted Swimming from deep to shallow ends. If a swimmer attempts to overtake but fails to do so within the 50m they must not continue to overtake in the opposite direction i.e. from shallow to deep end. Swimmers in each lane will decide who wants to lead – less confident swimmers are advised to opt for the back of a lane
- Where a swimmer impedes or slows other swimmers in the lane and does not pull in at the ends to let them pass, these athletes will be held back by the swim marshals or penalised and / or disqualified as deemed appropriate.

- There will be allowances made in the Novice race only, for swimmers who need to take a rest at each end or walk a small section of the lane – swimmers in the Standard distance & Sprint distance race must not walk or make use of the ropes to rest once they have commenced swimming. The swim marshal will monitor this for both races and manage accordingly.
- The rulings of the swim marshal will be final.
- If a swimmer wishes to retire from the swim for any reason, raise your clenched fist in the air, stay calm, swim/walk to the end of the lane if possible or hold onto the lane ropes if necessary. **Immediately hand your race chip to a race marshal and inform them that you are withdrawing from the race. Same applies for the bike or run sections – YOU MUST INFORM A RACE MARSHAL OF YOUR RETIREMENT IMMEDIATELY.**
- There is a time limit on the swim or if a marshal feels you are endangering yourself or others you can be withdrawn from the swim. You will be allowed to continue the race if you wish to do so but will receive no official time.
- If you withdraw from the swim you will be sin- binned for a time period determined by timing referee. You will then be permitted to continue if you wish but you will receive no official finish times.
- Swim starts in the shallow end & finishes in the shallow end.
Each competitor must complete the distances:
Standard Race: 1,500m or 30 **FULL** lengths of the 50m pool.
Sprint Race: 700m or 14 **FULL** lengths of the 50m pool.
Novice race: 300m 6 **FULL** lengths of the 50m pool
- You exit the pool at the bottom door beside the swim start and cross the road carefully to the transition area following the mats, direction and instructions of the marshals at all times.
- You do not have to wear the numbers provided during the swim section of the race.
- **THERE ARE NO TUMBLE TURNS ALLOWED IN THE SWIM.**

TRANSITION AREA:

- **Only athletes and marshals are permitted in the transition area. Please inform all your friends / family / Training coaches that they are not permitted in the transition area AT ANY TIME during the weekend. This is in the interest of safety and security.**
- Your bicycle and helmet must be in perfect working order before entering transition. Bikes & helmets will be checked on entering transition, so please ensure everything is in a good & safe condition. Make sure that you are wearing your helmet properly fastened before approaching the Marshals.
- Bike racks will not be numbered but transition area will have separate sections for each wave. Please ensure to rack your bike in the correct section. There will also be a separate area in transition for junior athletes. Bikes to be racked on a first come first served basis within your designated section. So get there early.
- All swimmers will exit the pool carefully via the side door at the top of the pool
- All athletes will enter the transition area in the same direction and go anti-clock-wise around the transition area to their bike location.
- All athletes **must put on and fasten their helmet BEFORE removing their bike from the rack. Failure to do so will result in a correction by race marshals –**

failure to obey marshals or to rectify the problem will result in a time penalty and/or disqualification. It's for your own safety so please obey all instructions.

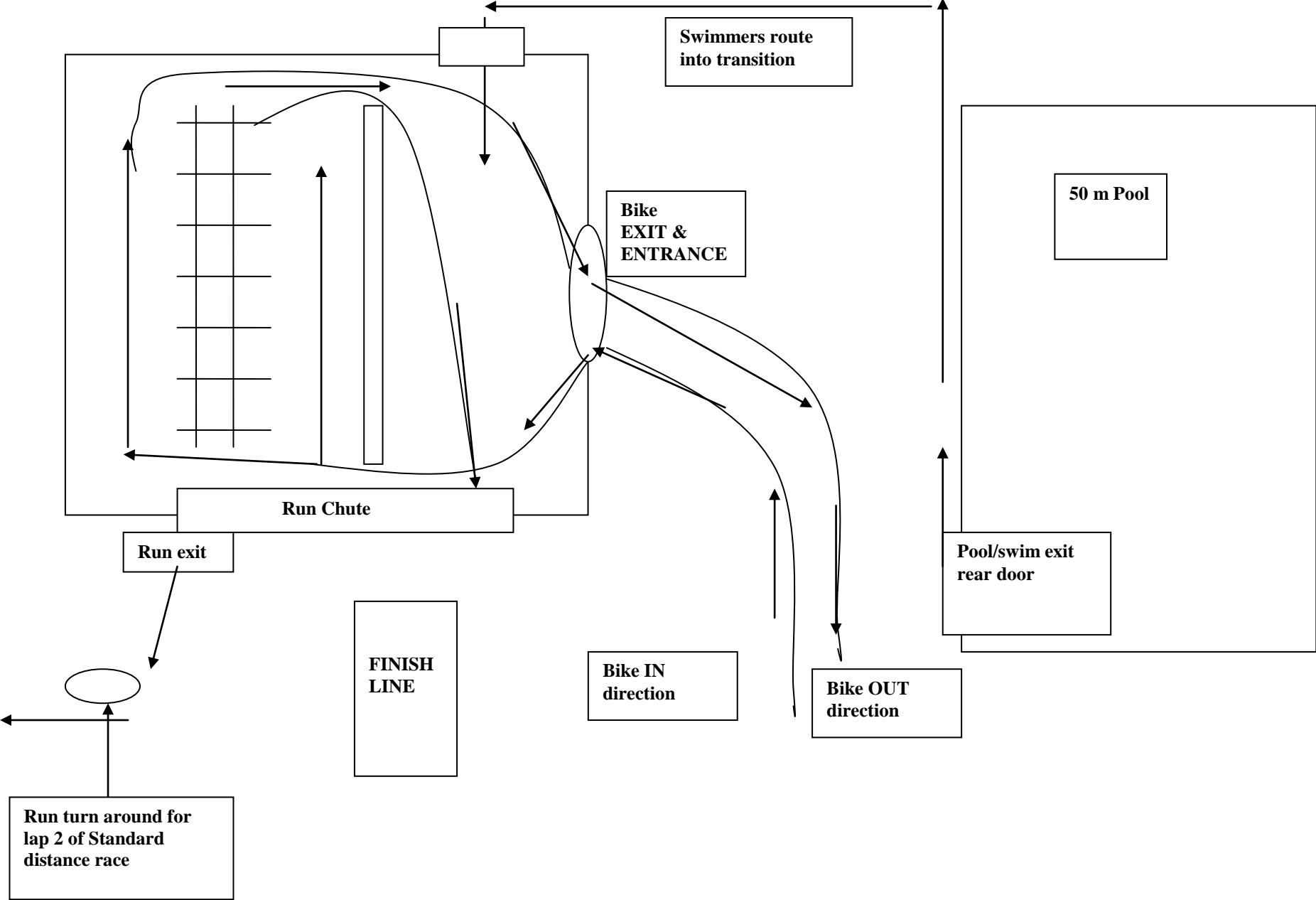
- Only equipment to be used during the race (bike, bike shoes, runners, hat, sunglasses, helmet, race belt (if relevant) swim hat and goggles, small towel) can be left at your bike spot in transition. All other equipment, valuables and personal items must be removed from transition, preferably locked into your car or a secure location. Gear bags and plastic tubs/boxes etc must be removed by competitors from transition area prior to the start of the first wave. Any bags/boxes left in transition will be removed by race organizers. The organizers will not be responsible for the loss, damage or theft of any items not permitted in transition. Please note there are secure lockers available in the Arena changing rooms.
- Please note that position markers (balloons, flags, bright towels placed in front of your bike (trip hazard) are not permitted and will be removed and athletes will be penalized.
- You must not impede any other athlete or gear of another athlete in any way – this includes throwing/placing your gear on top or near that of others, knocking/interfering intentionally or accidentally any equipment of any other athlete.
- **Before the race (wave 1) has commenced the transition area will be closed and athletes will not be permitted to re-enter until after their swim. There will be NO exceptions to this so please ensure that your bike and other equipment is fully prepared before the race briefing!**
- **Your number must be visible on the rear before you exit the transition for the bike leg and must be visible on the front before you exit the transition for the run leg. Failure to correct numbers when instructed will result in penalties.**
- You must then walk /run with your bike to the transition exit and mount your bicycle carefully where instructed by the marshals.
- **CYCLING IN TRANSITION WILL RESULT IN PENALTIES!!!!**
- **Triathlete's will be allowed in small groups to retrieve their bikes while the race is still in progress. This will be accommodated between waves initially and will be supervised by marshals. You will not be able to retrieve your bike unless you have your race number in your possession and that your race number corresponds with the correct bike which should also be numbered.**
- **Be aware that you have two race numbers and if you are only using one to secure the other race number somewhere safe. This will prevent any possible theft and help Limerick Tri Club in trying to make this a secure environment for all.**
- **Please insure that if you have to leave early after your race finishes that you are in a car park that is not closed to traffic and that you can drive out. The car park that will remain open will be by the Concert hall at the back of the University of Limerick near the Foundation Building (No. 10 on the map).**
- **There are lockers in the UL Pool area to put any bags in at a cost of €2 but will be given back when the key is inserted.**

NOTE ON MARSHALS

Ignoring the instructions of marshals will result in disqualification. Marshals are there to make sure you have a safe race – so listen to them and be courteous at all times. They have your best interests at heart.

Verbally abusing a marshal will result in immediate disqualification. The only reason you are able to participate in this race is because a marshal has volunteered his/her time to enable the race to be run. Don't forget this when the adrenaline is pumping.

Transition



CYCLE SECTION:

Standard distance Race	37.2km
Sprint distance race	20km
Novice try-a-tri race	10km

General Guidelines:

- Race number must be worn on the back, if you have a problem with your race number please inform the race organisers prior to the race.
- Race belts are permitted, but not mandatory
- Bike racks will not be numbered. But sections will be allocated to each wave.
- You must put on and fasten your helmet before removing your bike from the bike rack.
- You cannot mount your bike until you have exited the transition area and are on the road and have passed over the timing mat. There will be a clearly marked mount line visible & marshalled.
- You must dismount your bike before re- entering transition area before the dismount line, which will be clearly marked.
- You must RETURN your bike in your own spot BEFORE removing helmet.

Safety on the bike:

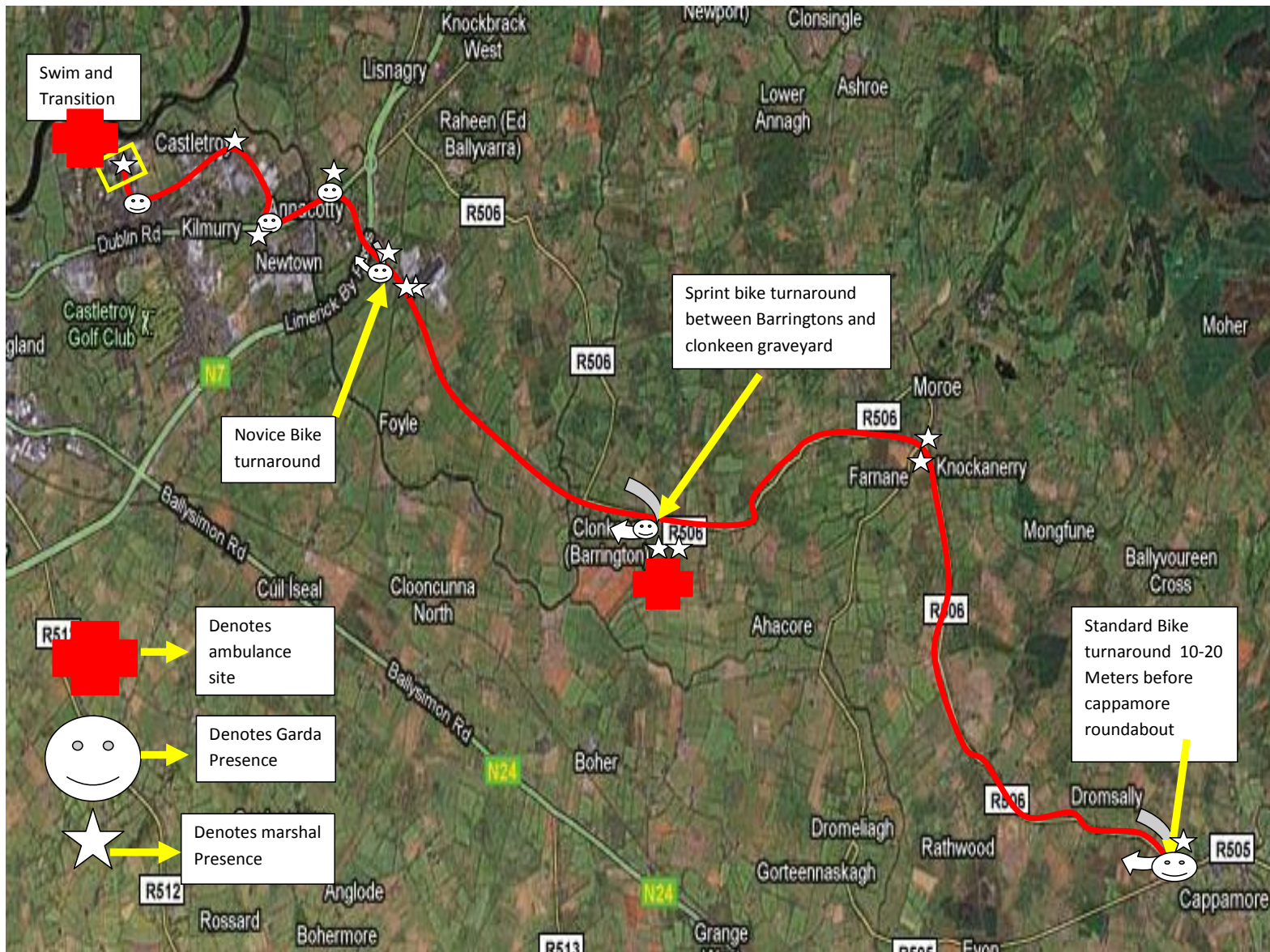
- OBEY ALL MARSHALS, GARDAI AND ALL ROAD MARKINGS AS PER RULES OF THE ROAD
- Give way to traffic – the roads are not closed ordinary rules of the road apply
- **STAY IN THE HARD SHOULDER OR BIKE LANE** where provided and keep to the left hand side leaving enough room for other cyclists to overtake inside the yellow line.

ANYONE CYCLING ON THE ROAD WHERE THERE IS A HARD SHOULDER AVAILABLE WILL BE AUTOMATICALLY DISQUALIFIED!!

- Be very careful approaching the right hand towards Cappamore. You will need to move out into the right lane as you approach the turn in order to turn safely. Traffic will be forced straight ahead here & will not be permitted to turn right.
- Look behind to see if it is safe to move out and then indicate clearly to traffic coming behind that you intend to pull out by sticking out your right arm fully.
- Stick your right arm out before pulling out not after pulling out. Cars coming from behind will not be expecting you to suddenly appear in front of them.
- Take it easy if its wet or else you will fall.
- Do not overtake another competitor while taking a roundabout.
- **UNDER NO CIRCUMSTANCES ARE PEOPLE TO OVER-TAKE AT EITHER TURN AROUND POINTS.**
- **NO OVERTAKING IS PERMITTED EXITING OR ENTERING THE UNIVERSITY CAMPUS VIA THE EAST GATE OR EXITING/ENTERING TRANSITION**

There are a number of "speed ramps" on the Plassey Park Rd. after you exit the UL campus until you get onto the Main N7 and also in the UL campus on the return to transition – DO NOT CYCLE OVER THESE ON YOUR "TRI-BARS".

!Extreme caution should be taken when crossing over the N7 to turn right towards Murroe/Cappamore. This junction will be well marshalled by both race marshals & the Gardai. Please obey the rules of the road-failure to do so will result in disqualification.!



BIKE ROUTES:

Try-a-tri

- Exit transition and exit UL via East Gate turning left onto Plassey Park road
- Continue to roundabout and take first exit (RH turn) and continue past Vistakon (LHS)
- Go left onto R445(formerly N7/Dublin rd.) at the Annacotty roundabout.
- Take the next right after Annacotty bridge signposted Murroe/Cappamore-R506
- Continue on this road for total 5k, to the turnaround point & continue back to UL on the same route.
- **Please be VERY Careful when turning right off the N7 after Annacotty onto the R506**

Sprint distance

- As above, but continue on this road for total 10k, to the Sprint turnaround point & continue back to UL on the same route.
- Total distance 20km.
- Stay hydrated on bike course
- **Please be VERY Careful when turning right off the N7 after Annacotty onto the R506**

Standard/ Olympic Distance

- As above, but continue on this road for nearly 19km.
- At the edge of the village of Cappamore turn around is just before small roundabout.
- Return to UL via the same route
- Total distance 37.2km.
- Stay hydrated on bike course
- **! Please be VERY Careful when turning right off the N7 after Annacotty onto the R506**

DRAFTING

Drafting is defined as seeking an advantage by being in the draft zone of the competitor in front of you

Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft.

A competitor who does not clearly avoid violating the drafting rules will receive a penalty as per TI Rules.

In triathlon events the "Draft Zone" is a rectangle surrounding every competitor that is 3 metres wide and extends to 12 metres behind the front wheel of the competitor's bicycle. The front edge of the front bicycle wheel will define the centre of the leading 3M edge of the rectangle. A competitor may enter the draft zone but must be seen to be making forward progress. A maximum of 15 seconds will be allowed for a competitor to pass through the draft zone. (ITU/ETU RULE 2003)

The draft zone of one competitor may not overlap the draft zone of another competitor.

A competitor is overtaken when the front wheel of another competitor's bicycle is ahead of theirs. It is then his/her responsibility to drop out of the draft zone, either sideways, or by dropping back. Failure to drop back the required 10 meters will be deemed to be drafting.

Side by side riding is not allowed.

It is not allowed to gain unfair advantage by drafting on officials' escort vehicles or vehicles being used by media etc. Minimum bicycle/vehicle separation will be 35 metres long by 5 metres wide.

A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances: if the competitor enters the draft zone, and progresses through it within 15 seconds,

For safety reasons drafting will not be enforced:

- At the exit or entrance of a transition area
- Approaching or leaving roundabouts for 20m
- At the on-off ramps on the dual-carriageway
- At turnaround bridges
- At an acute turn
- If race officials exclude a section of the course because of narrow lanes, construction works, detours, or for other safety reasons.

Marshals can instruct cyclists to "pull back" without giving penalties but also note that it is not necessary to give warnings of drafting, if marshals deem an offence to be worthy of a penalty.

sprint distance / tri- a- tri penalties :

1 min time penalties, 2 x 1 min penalties and a competitor will be dq'd

Standard distance penalties:

Are all 2 mins, 2 x 2 min penalties are the competitor will be dq'd

Whilst on the bike course if for any reason you are shown a yellow card. This is the penalty not a warning.

There will be no stop and go on the bike course. Time will be added to your overall time be it sprint or standard distance

There is no appeal for drafting or dangerous cycling, cycling on wrong side of road.

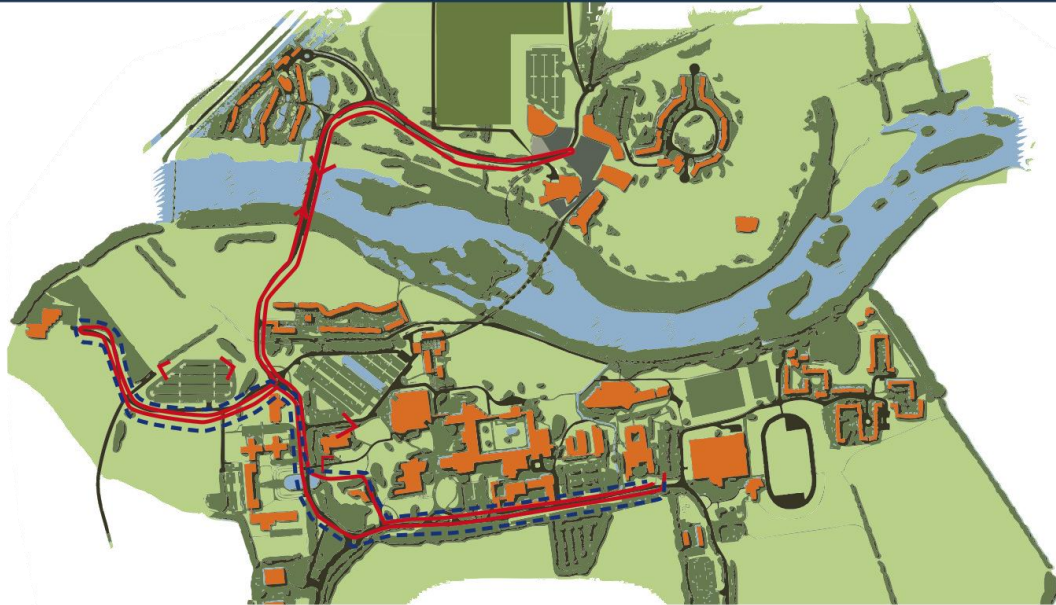
All race numbers will appear on the penalty board near finish line / timing area.

It is the competitor's responsibility to look at this board.

RUN SECTION:

LIMERICK TRIATHLON CLUB WELCOMES YOU TO THE JOEY HANNAN MEMORIAL TRIATHLON

TRY-A-TRI, JUNIOR, SPRINT & OLYMPIC DISTANCES - RUN COURSE



SPRINT RUN
OLYMPIC RUN 2 LAPS



START AT THE ARENA AREA
RUN TO THE BOATCLUB
RUN TO THE PAVILION
BEHIND THE LIBRARY
BACK TO ARENA AREA

TRY-A-TRY RUN
START AT THE ARENA AREA
RUN TO THE BOATCLUB
BEHIND THE LIBRARY
BACK TO ARENA AREA



WWW.LIMERICKTRIATHLON.COM OR FACEBOOK.COM/LIMERICKTRIATHLONCLUB

All race numbers must be in the front of the triathlete for the run section. The run consists of a 5km loop around the University grounds 1 lap (5Km) for Sprint distance 2 laps (10 Km) Standard distance race, in brief:

- Exit the transition area, turn right and proceed to the main entrance gate of the University. At the first roundabout keep straight towards the new Pavilion. Marshalls will be in place to direct Athletes and traffic.
- At the next roundabout turn left towards the boathouse and continue to the Boathouse where there will be a turnaround point.
- After the turnaround continue back to the roundabout, this time turning left over the bridge towards the Pavilion where there will be Second turn around. Return back over the bridge, and continue towards the Transition, without going to the boathouse.
- **Marshalls will be placed at all roundabouts, turns and turnaround.**

TRY A TRI

- Exit the transition area, turn right and proceed to the main entrance gate of the University. At the first roundabout keep straight towards the new Pavilion.
- At the next roundabout turn left towards the boathouse and continue to the Boathouse where there will be a turnaround point.
- After the turnaround continue back to transition and the Finish line (3KM).
- **Marshalls will be placed at all roundabouts, turns and turnaround.**

PRIZES

The Prize giving will take place immediately after the race in UL Sports Bar adjacent to the Arena, approximately 1600

Prizes will be awarded to:

Olympic (Male and Female) 1st, 2nd and 3rd

Sprint (Male and Female) 1st, 2nd and 3rd

Sprint Junior (Male and Female) 1st, 2nd and 3rd

Try a Tri (Male and Female) 1st & 2nd

Try a Tri Junior (Male and Female) 1st

AFTER RACE PARTY

Join us for food & drinks in Flannerys Bar, Denmark St from 6pm

We would like to take this opportunity to thank you for supporting our event and we wish you all the best in the remainder of your 2014 Triathlon season.

Yours in Sport

Committee
Limerick Triathlon Club

TRAVELLING TO THE UNIVERSITY OF LIMERICK SPORTS ARENA

Parking :

East Gate Car Park (20 on map) until 8.00am. This entrance will be closed to traffic from 8.30am for the race and you will then need to use the main UL entrance (3 on map) and park in Foundation Building Car Park (10 on map), Race venue for Joey Hannan (18 on map).

DO NOT APPROACH the East Gate Entrance after 8.20am as you will cause a traffic obstruction.



From Limerick City

Take the Dublin Road out of the city and travel approx two miles to the Parkway roundabout. Go straight through at this roundabout. At the next roundabout, turn left and follow the signs for the University.

From Dublin/Nenagh

After the village of Annacotty, turn right at the first roundabout you meet as you approach Limerick (Sign for the National Technological Park). Follow the road for one mile through the Technological Park until you see the sign for the University entrance on your right.

From Cork/Kerry

Before Patrickswell, take the Limerick exit off the Croom Bypass. Follow the ring road and take the exit for Limerick City. Turn right at the T junction and follow the signs for Dublin and the University.

Please note that parking outside of [designated car parks](#) will result in clamping. There is a charge of € 25.40 to have the clamp removed.

Taxis are available from the Train Station and City Centre to the University and cost on average €8/9.