

JOEY HANNAN MEMORIAL TRIATHLON 2017

UL Sport

Arena

Limerick

Sunday

April 23rd



LIMERICK TRIATHLON CLUB

Pain is temporary, club pride is forever...

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<http://www.limericktriathlon.com>



EVENT TIMETABLE

Registration:	1800 -2000	Saturday 22nd April, Foyer of UL Sport Arena
	0700 - 0800 (Sharp)	Sunday 23rd April, Foyer of UL Sport Arena

All intending competitors must sign on in person to receive their timing chip.

2017 Triathlon Ireland membership cards or a pre purchased One Day Licence must be presented. No exceptions can be made.

Parking Ample parking is available in UL Campus. Please enter through the main (flagpole) gates, where you will be directed to parking opposite the Stables complex. Parking is also available by the Kemmy Business school and the Concert Hall - all only a short walk from the Arena.

Please do not park at Milford Church as you may be clamped.

Road and Gate closures within UL will be at 08:15.

Transition Open	0700	Car Park at side of ARENA 50m Pool
Transition Close	0815	Athletes must leave the transition area to attend race briefing - all bikes must be in place at this time.
Race Briefing (raining)	0830	(All races) - Plaza area in front of Arena (Or inside if raining)
Race starts	0900	Start Wave 1 Try-a-Tri Junior & Senior races
	0925	Start Wave 2 Olympic distance
	1015	Start Wave 3 Olympic distance
	1100	Start Wave 4 Sprint distance
	1130	Start Wave 5 Sprint distance
Prize giving	1430	UL Arena Sports Bar

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Limerick Triathlon Club is one of the longest established Triathlon Clubs in Ireland. The Club was founded in 1984 and held its first race in 1985. One of Limericks 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, a wonderful venue, home of the Swim Ireland High Performance Centre, Munster Rugby, Ger Hartmann Sports Injury Clinic and the Joey Hannan Triathlon.

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 23rd. We look forward to a wonderful day and to the support of all the athletes, friends and families.

RULES AND REGULATIONS

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. It is the athlete's own responsibility to be familiar with rules.

[TI Manual of Guidance](#)

A penalty board located at the timing tent will display any penalties.

Please be respectful of our neighbours and other campus users.

Please do not litter.

MARSHALS

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. Ignoring the instructions of marshals or Verbal abuse will result in disqualification.

WAVES & LANES

All participants must check prior to the race start their allocated swim wave, start time and their allocated lane number - These details will be posted at registration and will not be published or sent out in advance. **Regardless of what your start time is, Transition will close at 08:15 and your equipment must be in place.**

Each athlete will be provided with a timing chip, race number and corresponding stickers for your helmet and bike. Race numbers do not need to be worn for the swim section.

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TRANSITION AREA:

Only athletes and marshals are permitted in the transition area.

Bikes & helmets will be checked on entering transition to ensure everything is in a good & safe condition.

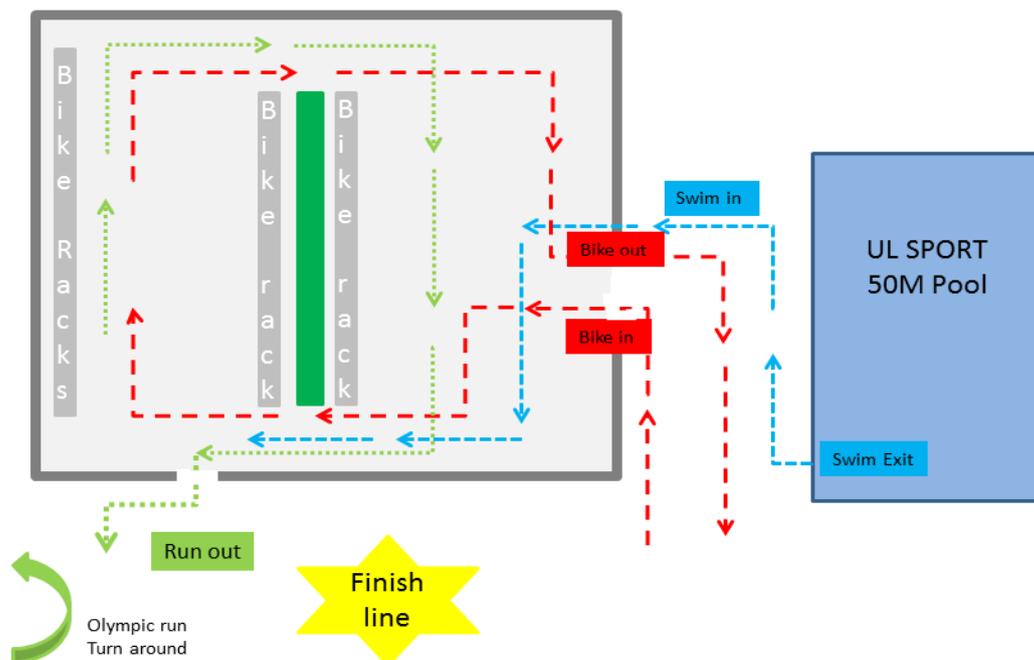
Bike racks will be numbered, and an area will be designated for each wave. A separate area for Junior athletes will also be designated.

Transition will be neutral - please follow the Marshalls instruction.

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. No boxes or bags will be allowed in the area after transition closes. Please note there are secure lockers available in the Arena changing rooms.

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.

We will open the area for the removal of bikes as soon as it is safe to do so. (we hope to have a limited window for the Wave 1 athletes to collect their bikes around 10:20 or so for 15 mins) You must show your race number to the Transition Marshalls in order to reenter transition after your race.



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SWIM:

Novice Try-a-tri	300M (6 lengths)
Sprint Distance Swim	700M (14 lengths)
Olympic Distance:	1500M (30 lengths)

All swimmers must check prior to the race start their allocated swim wave, start time and their allocated lane number - These details will be posted at registration.

Each heat will start whether you are there or not!

Athletes wear their own personal swim hats in the pool. Where 2 swimmers have the same hats, the organiser will provide you with an alternative hat for identification in the swim.

THERE ARE NO TUMBLE TURNS ALLOWED IN THE SWIM.

Swimmers in each lane will decide who wants to lead - less confident swimmers are advised to opt for the back of a lane

If a swimmer is faster than the swimmer in front if he/she taps the swimmer in the feet then the person in front should stop at the wall at the end of the pool to allow the person behind to overtake. (no overtaking mid lane)

The rulings of the swim marshal will be final.

We will endeavour to allow all competitors to finish the swim, however for organisational reasons, a time limit 20 minutes in the Novice, 30 minutes in the Sprint and 45 minutes in the Olympic may be imposed.

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.

You do not have to wear the numbers provided during the swim section of the race.

No buoyancy aid or neoprene shorts will be permitted.

Unless retiring, you must exit the pool to transition through the designated door

If you wish to change clothes in transition, please bear in mind the rules on nudity!

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CYCLE SECTION:

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. There will be a clearly marked mount line visible & marshalled.

You must dismount your bike when instructed before the dismount line, which will be clearly marked.

OBEY ALL MARSHALS, GARDAI AND ALL ROAD MARKINGS AS PER RULES OF THE ROAD

Give way to traffic - this is an open road event and ordinary rules of the road apply

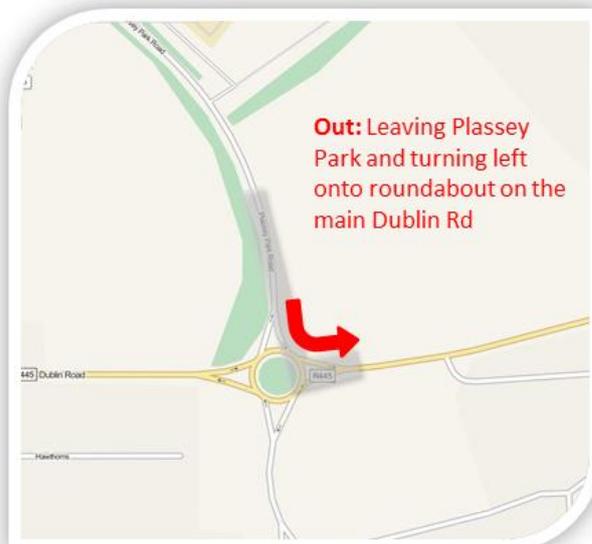
Standard Drafting rules apply.

NO OVERTAKING IS PERMITTED:

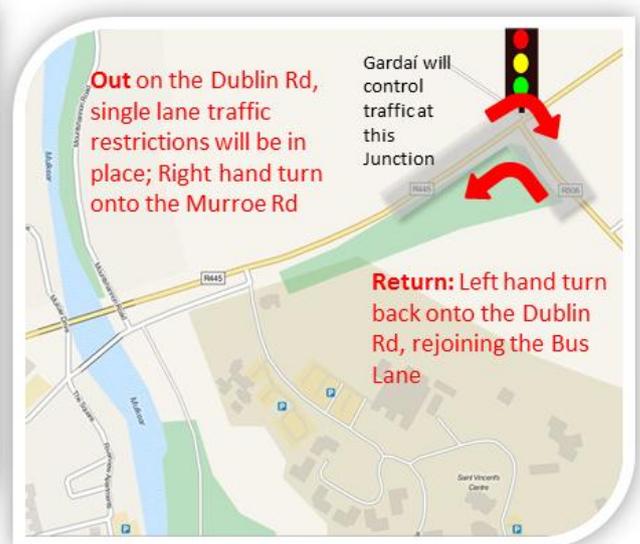
- EXITING/ENTERING TRANSITION
- EXITING OR ENTERING THE UNIVERSITY CAMPUS VIA THE EAST GATE
- AT THE TURN AROUND POINT
- AT ROUNDABOUTS.
- IN NEUTRAL ZONES

NEUTRAL ZONES:

Vistakon/Annacotty Roundabout:



Murroe Junction:



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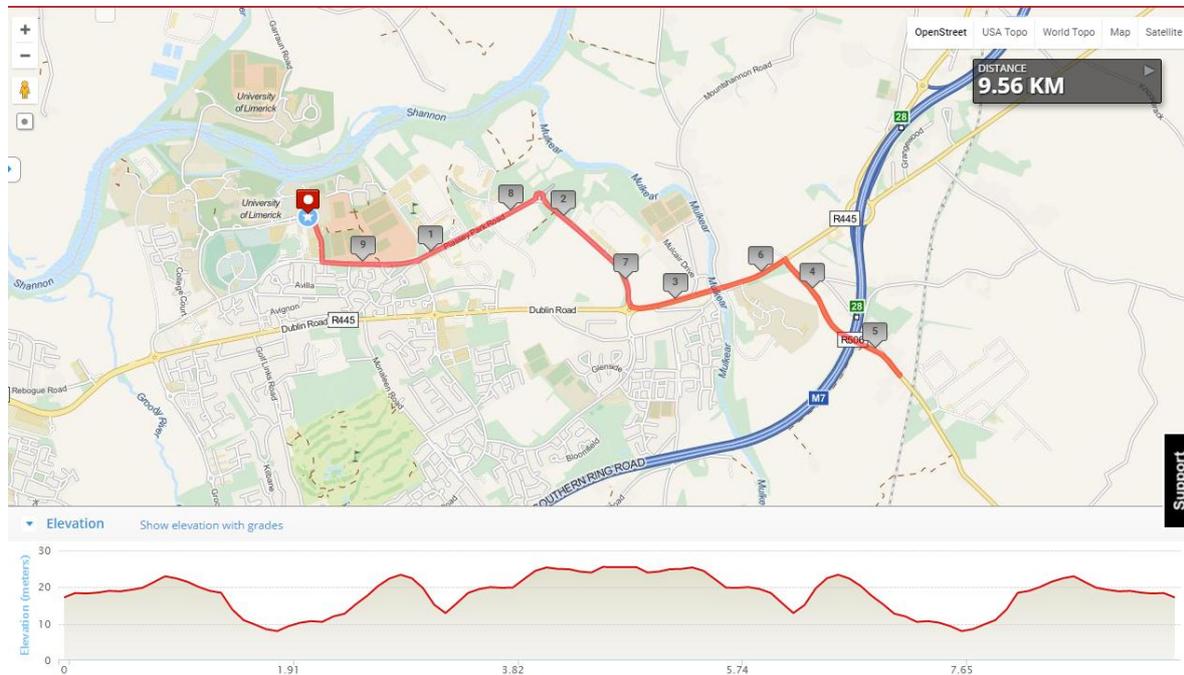
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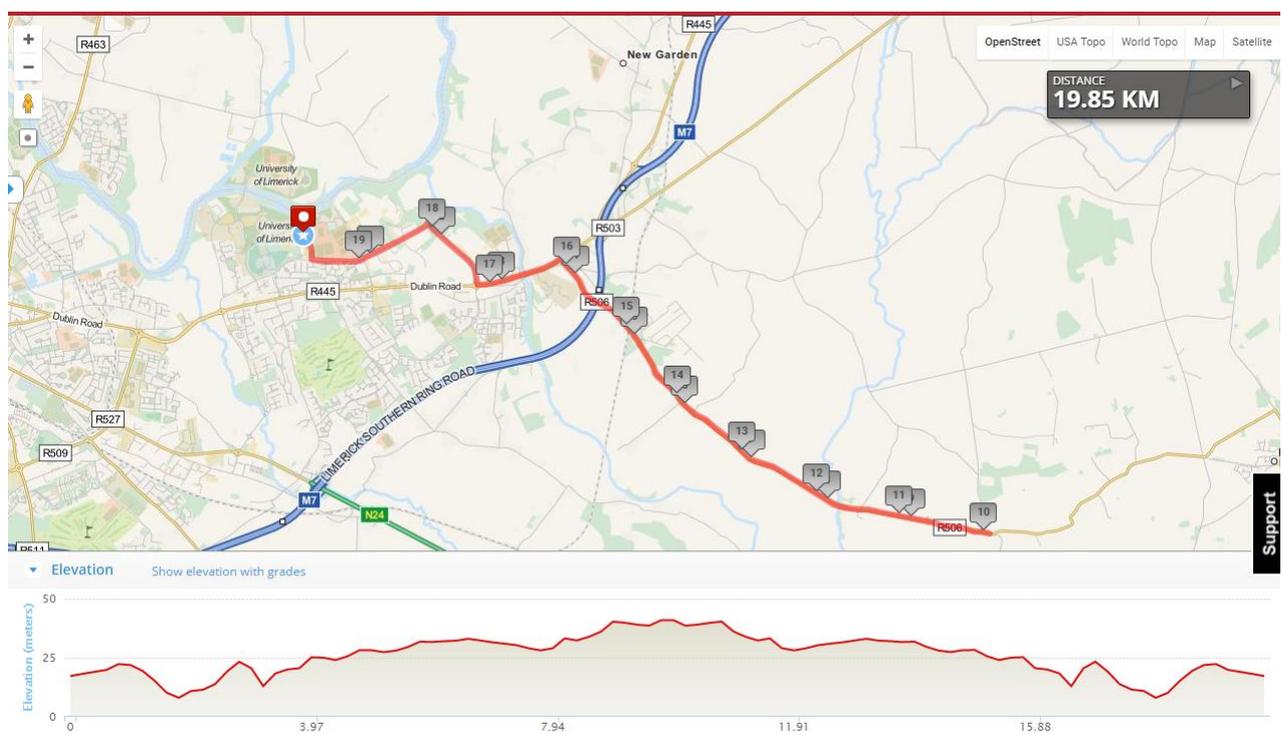
NOVICE/TRY-A-TRI

<http://www.mapmyride.com/routes/view/1021785317>



SPRINT DISTANCE 20KM

<http://www.mapmyride.com/routes/view/1021810101>



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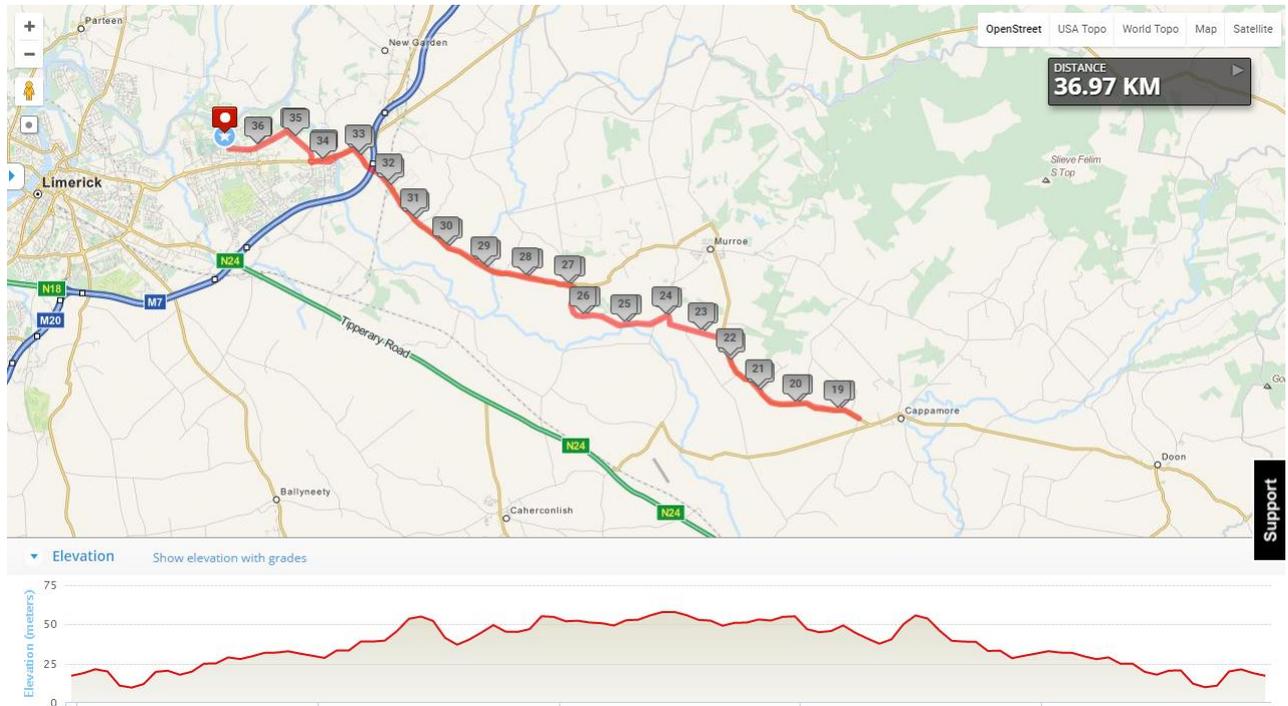
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OLYMPIC DISTANCE 38KM

<http://www.mapmyride.com/routes/view/1021816635>



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RUN SECTION:

Novice Try-a-tri 3km

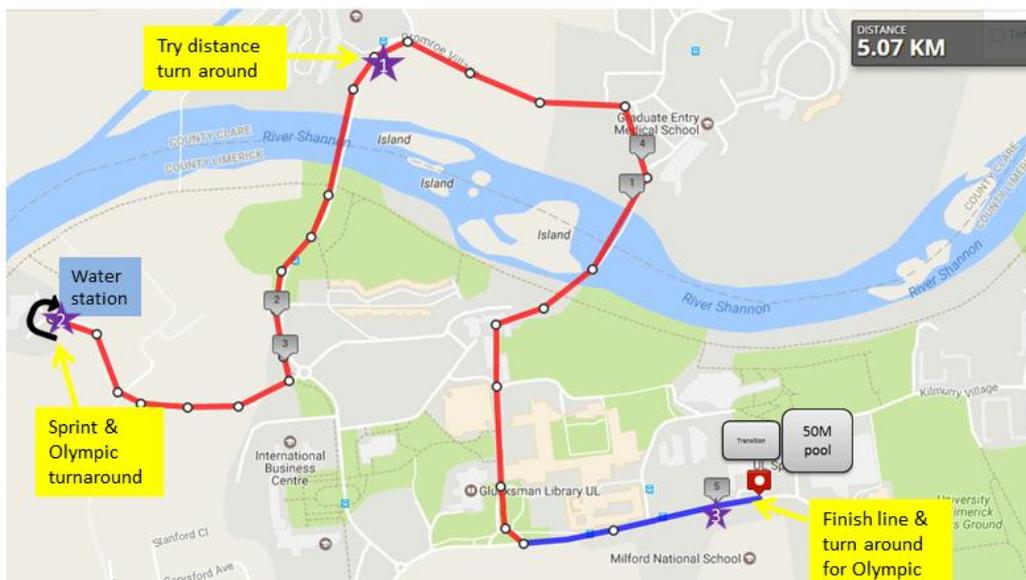
Sprint Distance 5km

Olympic Distance: 10km

The run route will follow pedestrian pathways around UL. Please be aware that this is an open campus and there will be other users on the paths.

A water Station will be located at Turn Point 2 point of the route

Once competitors finish the race they should not re enter the course, as this can impede other athletes. Warm up and cool downs can be facilitated on the track and pitches adjacent to the arena.



All runners should KEEP LEFT - follow the marshals instructions

Try – Out & back to Turnpoint 1

Sprint – Out & back Turnpoint 2

Olympic – Out & back Turnpoint 2, turn at Turnpoint 3 to begin 2nd lap.

Your timing chip should be handed in at this finish line, or at any time should you retire or decide not to race. Failure to return your Chip may result in a fine.

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PRIZES

The Prize giving will take place as soon as possible after the race in UL Sports Bar adjacent to the Arena, at approximately 1430 hrs

1,2 & 3 Overall Male Olympic

1,2 & 3 Overall Female Olympic

1,2 & 3 Overall Male Sprint

1,2 & 3 overall Female Sprint

1 & 2 Male 16-19 Age Group Sprint

1 & 2 Female 16-19 Age Group Sprint

1 & 2 Male 20-29 Age Group Sprint & Olympic

1 & 2 Female 20-29 Age Group Sprint & Olympic

1 & 2 Male 30-39 Age Group Sprint & Olympic

1 & 2 Female 30-39 Age Group Sprint & Olympic

1 & 2 Male 40-49 Age Group Sprint & Olympic

1 & 2 Female 40-49 Age Group Sprint & Olympic

1 & 2 Male 50-59 Age Group Sprint & Olympic

1 & 2 Female 50-59 Age Group Sprint & Olympic

1 & 2 Male 60 + Age Group Sprint & Olympic

1 & 2 Female 60 + Age Group Sprint & Olympic

1, 2 & 3 Senior Male Try-a-Tri

1, 2 & 3 Senior Female Try-a-Tri

1 & 2 Male Junior Try-a-Tri

1 & 2 Female Junior Try-a-Tri

1 & 2 Male Youth Try-a-Tri

1 & 2 Female Youth Try-a-Tri

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AFTERPARTY

Please join us in Flannery's, Denmark St from 6pm for some finger food, drinks and analysis of the day.

THANKS

Our sincere thanks to our members, sponsors and friends, without whom we could not run this event:

An Garda Síochána

Irish Red Cross

UL Sport

UL Buildings & Estates

UL Security

Castlecabin

O'Neil's Mace William St

Sportstiming

Flannery's bar, Denmark St, Limerick

<http://www.flannerysbar.ie/>