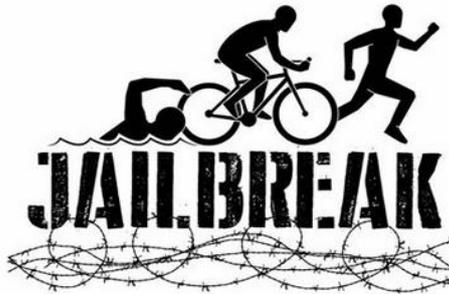


Jailbreak Event Briefing



In association with Cobh Credit Union:



Jailbreak Standard Distance Triathlon

August 24th 2019

Event Information

We are really looking forward to seeing you in Cobh, Co. Cork on Saturday 24th August 2019 for the BMW National Series Jailbreak Triathlon Cobh!

Below is some useful information about our race.

Start

It will be an all-in start at 10.40 am

Event Timetable:

Friday 23rd August

Where?

Commodore Hotel, Cobh.

When?

19.00 Registration Opens

21.30 Registration Closes

We would kindly request local participants (Cork) and athletes who are staying locally to come and register on Friday evening as registration will only be open on Saturday from 7.00 a.m. to 08.30 a.m. thank you.

Saturday 24th – RACE DAY

Where?

Cobh Town Centre, Co Cork

When?

- 07.00 Registration Opens - Commodore Hotel, Cobh
- 07.00 Transition Opens (Promenade area on sea front)
- 08.30 Registration Closes
- 08.45 Transition Closes
- 09.15 Race Briefing (Transition area/around Bandstand)

Transport to Swim Start/Race Start - Please bear with us on this as there are more logistics involved than with a regular beach start. Thank you. Please pay attention to the timeline below as we really want all of you to get to the start on time, if you miss the boat you will miss the race.

- 09.40 - Boats start ferrying athletes to Spike Island from transition area
- 09.50 – Athletes amassing on Spike/acclimatization to the water
- 10.25 - Swim Briefing on the beach at Spike Island
- 10.40 - Race Start

Prize Giving

Prize giving will be at approximately 15.30 hrs (or earlier, depending on last triathlete home) and take place at the Bandstand/Commodore Hotel.

Important Points:

- Register first and in person. You cannot gain access to transition without registering.
- If you are a member of Triathlon Ireland, you must bring your 2019 TI licence with you.
- If you are **not** a member of Triathlon Ireland, you must purchase an ODL (**one-day-licence**). This must be purchased when registering for the event on the TI Website, **print your receipt and bring to registration as proof of purchase.**
- For Relay Teams, one member of the team must be a TI member or else an ODL must be purchased for the team. All members must register together.
- Once registered proceed to transition.
- Only athletes permitted into transition area.
- Bags and Boxes must be removed and placed in bag drop area. Transition will be dismantled at 15.30 hrs – all bikes, bags need to be removed by this time.
- After you finish your race, removal of your gear & bike may only take place once the last cyclist has returned to transition and is out on the run course. On removing your bike from transition, please show your race number to the marshals on the gate – your number must match the number on your bike.
- Helmet to be worn entering transition with your bike & gear
- Bikes will be visually checked for road worthiness prior to being brought into transition. If your bike is deemed unsafe, you will be asked to remedy the faults. Unsafe bikes will not be permitted to race and no refunds will be accommodated.
- Racks will be numbered.
- Race numbers are provided at registration along with timer chip.
- Race number must be clearly displayed on your back during the cycle section and on your front during the run section.
- Torso must be covered during the entire race – no nudity in transition.
- No headphones, no dangerous riding, and breaking the rules of the road will disqualify.
- Obey the Marshals and Gardai at all time
- Safety of everyone is our priority
- Roads are open and all Rules of the Road apply.
- Should you need to retire from the race, inform your nearest marshal and please return your chip to the transition area.
- Finally we would ask competitors and visitors to please not litter out on the bike & run course. We, Cobh Triathlon Club, are dependent on the support of the residents of Cobh and have no wish to jeopardise this support for the future.

Race Governance

- Athletes must ensure that they are well prepared for the race. General health should be good and you will be expected to have familiarised yourself with the course in advance.
- The Jailbreak Cobh Triathlon is a Triathlon Ireland sanctioned race. All athletes must follow Triathlon Ireland rules and regulations and should therefore familiarise themselves with such
- Any form of external assistance such as coaching, pacing, provision of any materials is prohibited.
- Abusive behaviour from competitors or their supporters will not be tolerated. Any transgression of this regulation will be heavily penalised and may result in disqualification.
- Any referee decisions will be posted on the penalty board at transition within 1 hour of the race finishing. Appeals must be in written format and be submitted within 1 hour of the referee's decision being posted as per TI guidelines.

Transition

- Transition will open from 07.00 and closes at 08.45 on race day.
- Entrance to transition is strictly controlled, only those registered athletes will be permitted entry. Family members, friends, coaches, media personnel etc. are not allowed in the transition area; athletes will be expected to enforce these rules
- As stated previously, only road worthy bikes will be allowed in transition
- Bike racks will be clearly marked – you must rack your bike at your corresponding bike number only.
- Only equipment that is essential to your race may be left in your transition area. As space is limited, please adhere to this ruling; transition marshals will perform regular checks. During the race, maintain your equipment in an orderly manner. Equipment deemed to be causing an obstruction will be removed
- From the swim exit T1 – once your helmet is in place and clipped ONLY then may you remove your bike from its racked position
- From the bike return T2 – rack bike fully & correctly and ONLY then remove your helmet
- Once you finish your race, please do not loiter in the transition area, please think of other competitors still in the race. Please remove your bike and race equipment
- Exit bike verification checks post the race will be in place. Under no circumstances will you be allowed remove your bike from transition without your race numbers matching the bike sticker number.

Swim:

- **This is a TOUGH 1700m swim**
- Swim caps provided must be worn.
- Swim wetsuits must be worn/ not surf wetsuits
- Please make way for strong swimmers to manoeuvre to the head of the field. Weaker swimmers should move to the rear of the pack
- Safety is our primary concern throughout. The swim section will be well marshalled by boat and kayak cover.
- If you wish to retire from the swim or find yourself in any difficulties, please remain calm, lie on your back and raise a clenched fist in the air. A boat or kayak will come to your assistance.

- If a swim marshal deems it necessary, you may be removed from the water for your own safety
- There is a safety cut off time of **60 minutes** for the swim section. This cut off **will be strictly** adhered to due to tidal flow and time limit on the shipping channel.
- **PLEASE READ 'ESCAPE FROM SPIKE' AT THE END OF THE RACE BRIEF. IT GIVES A COMPREHENSIVE DESCRIPTION OF THE SWIM AND WELL WORTH THE READ.**

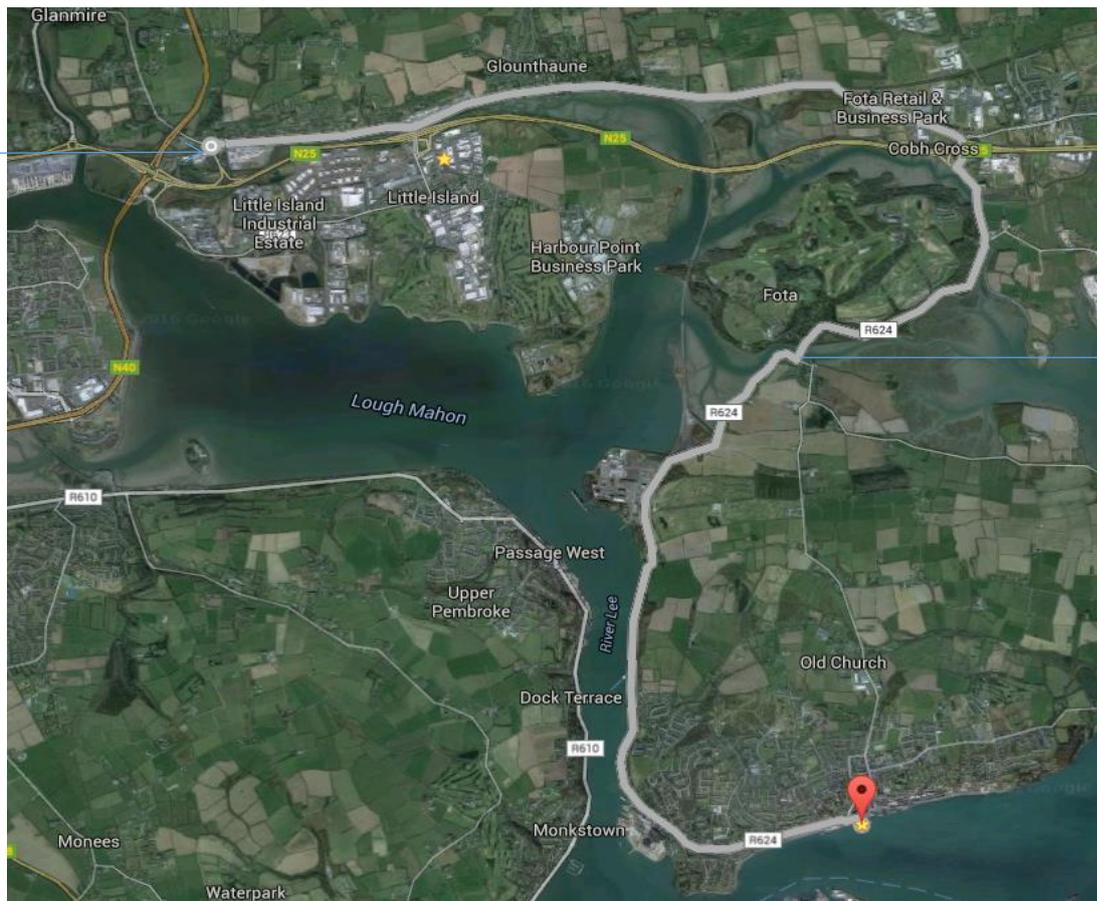
Map:



Bike

- Bike section is an out and back course
- You must have your helmet secured in place at all times
- No cycling through transition
- Mount/Dismount lines will be strictly enforced
- Failure to comply with the above rules will result in Penalties as per TI rules
- Obey marshals and Garda instructions at all times
- Rules of the road strictly apply throughout
- **Drafting** is the term to describe the act of taking shelter behind or beside another competitor or vehicle, within the "Draft Zone". Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft. 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 3-metre 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. If warned by a draft marshal, you must immediately comply with their orders. Failure to comply with such orders can result in disqualification. Ignorance of the rules of the sport of Triathlon, is not a valid excuse.
- All overtaking and draft legal zones (if any) will be highlighted in the race briefing. It is the athlete's responsibility to listen and familiarise themselves with these areas.
- Once you have returned from the cycle section, rack your bike and only then unclip your helmet. Failure to perform this procedure will result in penalties.
- You can see the bike course below.

Map:



(Bike Route)

Run

- A 10km run comprised of 4 loops of a 2.5km flat fast course.
- From transition area turn left and follow the marked route out along the waterfront – water station located on the quayside of the heritage centre.
- Please follow marshal instructions.
- You can see the run course below.
- Wrist Bands will be issued for each lap completed on the run; these are not compulsory but an aid for athletes to keep track of their laps. The timing company will count officially and their tally is final.



Relay Teams

- There will be a designated transition area for relay teams.
- Once the swim section is complete, the swimmer should proceed to the 'holding area' and pass on their chip to the cyclist.
- The cyclist must then proceed to their racked bike, don their helmet and clip it in position and only then remove their bike from the rack. Cyclists cannot bring their helmet to the holding area
- On returning, the cyclist must rack their bike, unclip and remove their helmet. Once this is done, they can proceed to the 'holding area' and transfer the timing chip to their runner. The runner can then proceed with the run section
- Teams will only receive times once the timing chip is worn by all 3 team members
- Each member must behave as all other competitors; equipment must be stowed safely away before proceeding to the holding area.
- TI rules apply exactly the same to relay teams as to individual competitors.

Finish line

- All timing chips must be returned at the finish line.
- Please move away from the finish line as quickly as possible. Remember, there are other competitors arriving
- Celebrate, cheer for finishing athletes, enjoy the food and applaud the winners on the podium!
- Well done 😊

Other relevant information:

Car Parking :

Cobh is quite compact around the town area and therefore there is very little parking in the centre of town, particularly in the race areas. Please use the car parks that the stewards indicate you to go to.

Car Park Number 1: Cathedral Car Park: Follow the instructions from the stewards but drive past St Mary's National School and take the 2nd left, the Cathedral car park is straight up on the right hand side. Then it is a short walk down the hill to Registration and transition area.

Car Park Number 2: Five Foot Car Park. This car park is on the run route, however, you will not be able to exit this car park until all competitors have completed the race. Drive into Cobh Town Centre, heading towards the Heritage Centre and again stewards will guide you to a parking spot. This car park is for Jailbreak Triathlon competitors only and can only be accessed via the Heritage Centre entrance on the day of the race.

If you need to contact us prior to the race event, please contact:

Email: cobhtriclub@gmail.com

WISHING YOU ALL A SAFE AND ENJOYABLE RACE

SWIM ADVICE FOR ESCAPING FROM SPIKE

Leave the beach and aim for the end of the pier. At the end of the pier the water gets a little more "open", this could mean slightly bigger waves and a breeze/wind on the water once the shelter of the island is left behind.

The pier length is about 160m.

From this point on the swimmer needs to be sighting every four to six strokes. There shouldn't be much going on, current wise, between here and the newly developed amenity park so aim just to the right of this. There is a boom and some marker buoys in the water at the end of the park, keep a little to the right of these.

There can be a feeling of exposure here between the islands so keep the focus on the first target i.e. the eastern end of the amenity park.

As you pass this you have covered between 450m and 700m from the beach on Spike.

Once Haulbowline begins to drift behind your left hand side you should begin to look for your exit.

You are now just over half way.

At the edge of the shipping channel you will now see 2 marker buoys 50m apart. This gateway is so designed that all swimmers on entering between these 2 markers should now be able to see the swim exit which is marked by an inflatable archway approximately 500m away. If conditions are rough and you cannot see the swim exit from here then try and make out the two spires of Cobh Museum and Cobh Cathedral ahead.

At this point it is enough to aim between the two spires, Cobh Museum/Scots Church on the left and St. Coleman's Cathedral on the right.

If conditions are perfect you may make out the distinctive façade of the old Methodist Church - "Pillars Night Club" and Carrig House (Council Offices) on the hill. Your target is just right of these.

You are now entering the channel, where most of the swimming is to be done.

If we've had no rain the surface ebb should be minimal so the general flow of the current is right to left, take this into account when sighting. If we are on time the current should be slack enough. As you get within 150m of the DOD slip you may find yourself having to swim harder to maintain your course. It is important to keep swimming here. Don't be tempted to stop for a look and a rest since the current will move you away from your course and you'll have to battle harder get back on line.

If you do find yourself off target try to get in as close to the shore as you can and swim against the (weaker close to shore) current.

Try not to blindly follow other swimmers, they may not know where they are! Also try not to follow kayaks/safety boats too blindly since they might be heading off to retrieve stray swimmers. This can be a tough swim, but if you remain aware of the conditions that you are experiencing on the day and alter course accordingly then you'll be fine.

Keep looking.

Keep swimming.