

The Osprey Sprint Triathlon

The Osprey Leisure Centre, Castletown, Portland, Dorset. DT5 1BD

The Osprey Sprint triathlon will soon be here and this document is designed to help with some last minute information and questions regarding the race. Please read these instructions carefully and if you have any further questions you can contact us at osprey@bustinskin.com

Car parking

Please **do not** expect to park on site (blue area) this is being used for the transition area and needs to be kept free of vehicles. You will be turned away at the gate if you approach in your car, please park your cars in the off road spaces by Portland Castle (green area) or in Mulberry Avenue (green) or the nearby pay and display car parks (green area Beach Road)

Please DO NOT park in the Castles car park or on Lerret Road as this is on your cycle route and we want to keep it clear (red). Make sure you give yourself enough time to find a parking space.

We think the large car park marked in red has now had the gate removed so may be worth trying here first, its 200m from transition too.



Timings

06:30 - REGISTRATION & RACKING OPENS - Please register before bringing your bike in to transition, if you do not have your numbers fixed on you and your kit you will not be allowed in - you may also not leave your bike with our transition staff while you go and register, they have a job to do and its not babysitting your gear!

07:30 - REGISTRATION WILL CLOSE, anyone failing to register before this time will not be allowed to compete, we have a strict time limit.

07:45 - SAFETY BRIEF, in the main hall - mandatory for all competitors so the transition area will need to be totally clear. You will be allowed back to your bike if you have a later start time.

08:00 Race Starts

Registration

Race registration will be inside the Leisure Centre main hall itself, clearly marked with Race HQ signs. All entrants' names have been sorted into alphabetical order by surname.

Race numbers have thus been assigned.

All you need to do is tell the registration staff your name.

They will then issue you with:

1. Timing chip to be worn on your left ankle only, lost chips will be charged at **£50** per chip.
2. Race number (to be worn on back for the bike – front for the run) remember to bring safety pins and a race belt with you! **Race belts will be for sale for £5 if you do not have one.**

You will also receive a full sheet of stickers for the event.

Bike sticker (to be put around seat post)

Helmet sticker to be placed on the front of your lid.

Wrist security band, yes these are “sticky” but man up, You will only loose a few hairs!

Swim hat (to be worn in the swim!) no need to put the sticker on that!

As above, you will need to register before you rack your bike as the racking will be numbered and you need to place your bike on your number.

Transition Area.

STRICTLY COMPETITORS ONLY - please tell your supporters to respect this area, anyone found inside the area will be ejected :)

To gain access and to rack your bike you must firstly have registered and show the member of event staff your race and bike number & security wrist band.

Make sure you orientate yourself thoroughly with the transition layout and your bike location.

To retrieve your bike at the end of the race you must produce the same as above so please leave your stickers on until you leave the event.

Again, racking is numbered and you must rack your bike on your number. Run/bike in/out gates will all be clearly marked, **THERE IS ONLY ONE!**

RACE RULES

This race will be held under British Triathlon Federation rules. You should make yourself fully conversant with these. You can download the rules from the BTF website <http://www.britishtriathlon.org> click on “events” and select “rules”.

Or contact BTF at British Triathlon, PO Box 25, Loughborough, Leics, LE11 3WX. Tel: 01509 226165

1. Make sure your helmet is first on & last off before touching the bike.
2. No naked bodies in the area.
3. You are not allowed to receive assistance in the transition area.
4. **All spectators** must remain outside of the transition area.
5. All of your equipment must be placed in the transition area. Bike must be placed in an upright position on the bike rack and must be replaced in the same position on your return to the transition area. You cannot interfere with another competitor's equipment or impede their progress in any way and **no glass containers** are allowed in the transition area.

PLEASE MAKE SURE YOU ARE FAMILIAR WITH THE COURSE.

FULL ROUTES ON-LINE AT www.bustinskin.com

BAD BEHAVIOUR:

Foul, argumentative, or abusive language or unsportsmanlike conduct directed at competitors, spectators, race officials, or volunteers is forbidden. Penalty WILL result in a disqualification and a life ban from all further BustinSkin events.

HEADPHONES:

Headphones, MP3's etc. are forbidden during a race. Penalty WILL result in a disqualification.

LITTERING:

Anyone caught littering at any point in this event will be disqualified and banned for life from all BustinSkin Events – WE SIMPLY DO NOT TOLERATE IT AT ANY LEVEL.

RACE BRIEF

This will be held at 07:45 in the main hall a few moments before the first swimmers start. If you have an early start time, before you attend the compulsory race briefing please make sure your transition area is ready to go and that you are dressed and equipped for the swim, you will go straight to the pool after the brief.

The race will start on completion of the briefing. You will be allowed back to your bike if you have a later start time.

The briefing will cover course rules and is mandatory.

SWIM RULES:

12 Lengths of the pool starting on individual start times.

You will swim up and down each lane once, at the end of each lap you will be instructed to duck/swim under the lane ropes and into the next lane.

You must stay to the left side of the lane you are swimming in.

Should you need to overtake anyone in front of you then you can and must only do so if safe and it must not encroach on either the swimmer you are overtaking or the swimmer coming towards you in the same lane.

If you do cause any impingement on any other swimmer you will be disqualified.

If you receive a tap on the foot please let the swimmer behind overtake, this would be safer for all if it is



done at the end of each lap.

On completion of the swim you will exit the pool and go straight into transition.

Exit the water safely. Take your time and walk to the exit. The pool deck is slippery!

BIKE RULES

Volunteers marshal the bike and run course. They will be located on all prominent junctions. The course is also signed with **Black arrows on a bright Orange boards**.

HELMET: Your helmet must be on your head and chin strap securely buckled before you depart the transition area or mount your bike. It must not be unbuckled until you have returned into the transition area and dismounted from your bike. No helmet - no race. If you unbuckle the helmet while on your bike you're disqualified.

DRAFTING: Don't draft on the bike.

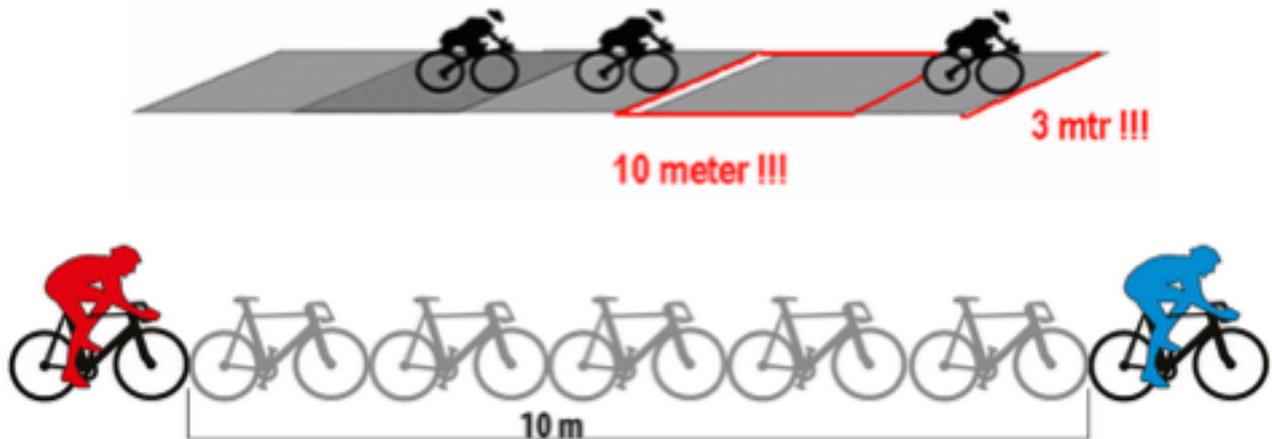
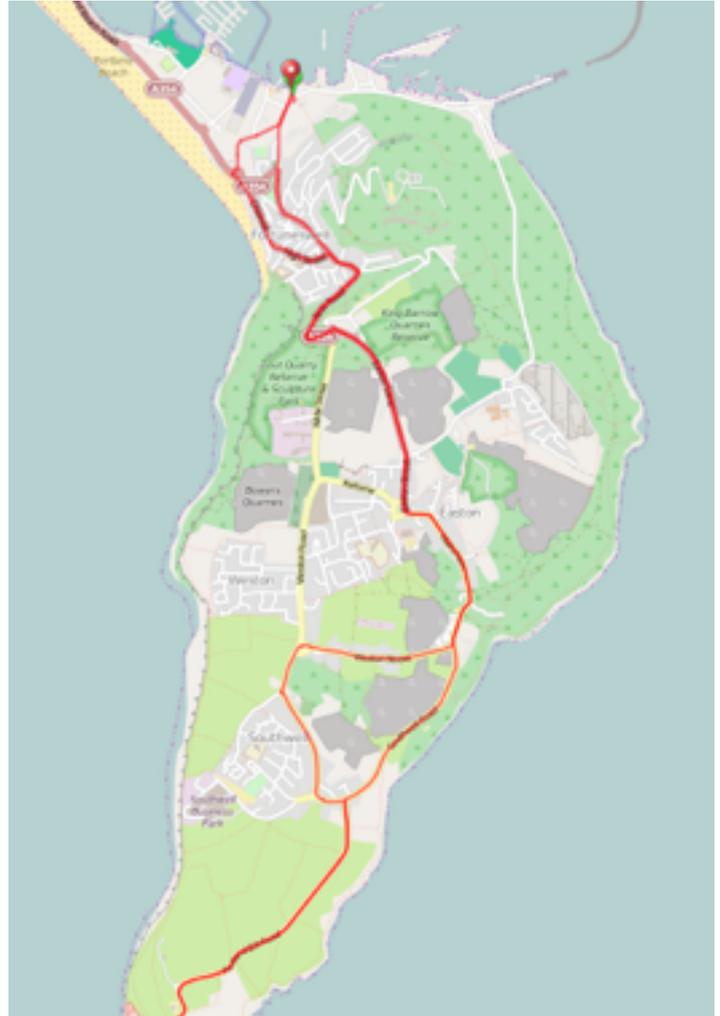
Standard distance and shorter races: the bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor

If you have just been passed, you must drop back to allow the 5 bike length gap between you and the bike who passed you. First 2 violations are time penalties, 3rd violation is a disqualification.

You are to obey the high way code at all times
You are to follow instructions given by marshals
You are to mount and dismount your bike before the given line . You are to ride within your limits.
Your bike must be in a road worthy condition.

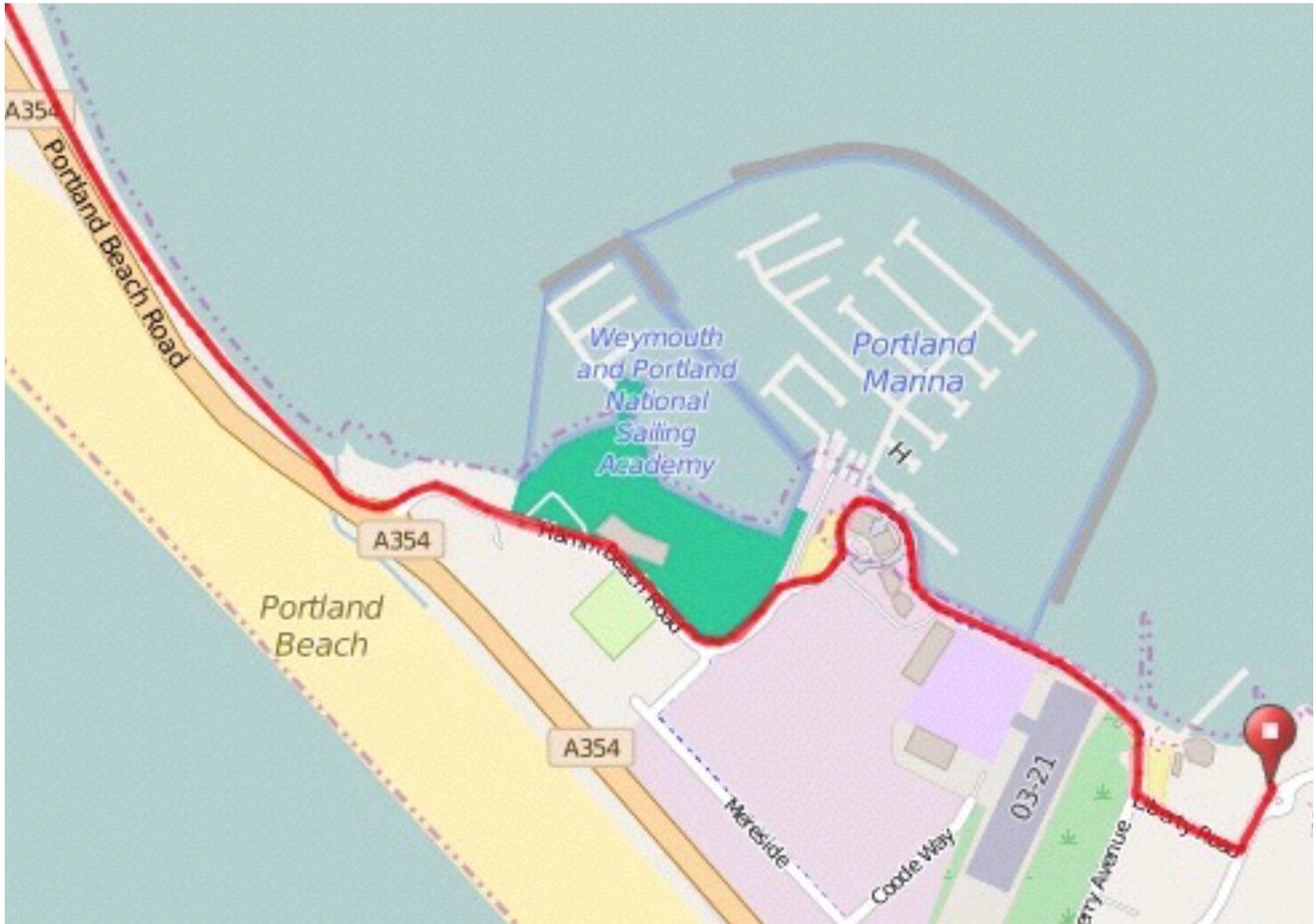
Bike Course -

<https://ridewithgps.com/routes/2712434>



RUN RULES

This is a well-signed route using **big black arrows on a bright orange boards** and following the **footpath/coastal path signs** -



Run Course - <https://ridewithgps.com/routes/3481279>

HEADPHONES:

Headphones, MP3's etc. are forbidden during a race. Penalty WILL result in a disqualification.

LITTERING:

Anyone caught littering at any point in this event will be disqualified and banned for life from all BustinSkin Events – WE SIMPLY DO NOT TOLERATE IT AT ANY LEVEL.

Race timing.

Full on Sport will be taking over all of the timing for this event. Timing points are on;
ENTRY & EXIT from the pool.

On EXIT on the bike and run out.

FINISH LINE.

Results.

Provisional results will be live during the race at www.FullOnSport.com and on our FaceBook page within 2hours.

Once they have been confirmed they will be added to our website, normally within 3 days.

The Finish

Tea, coffee and bacon rolls etc. will be available to buy before/during & after the race in the Legacy Café.



Each competitor will receive a well-earned custom BustinSkin Buff and medal for completing the event.

The prize presentation will take place approx. 30mins after the last competitor home.

1st, 2nd, 3rd, MALE AND FEMALE OVERALL

PLUS

1ST in each age group,

Juniors up to 18 : 18 - 29 : 30 - 39 : 40 - 49 : 50 - 59 : Vets

Charles Whitton photographers will be out on the course snapping away so remember to look your best at all times! - <http://www.charleswhittonphotography.com>

A BIG Thanks to our sponsors and helpers in putting this event on

We hope you have a great race - stay safe - we will see you bright and early on race day.

Regards

The Race Team

Website: www.bustinskin.com

Email osprey@bustinskin.com

FaceBook www.facebook.com/BustinSkinEvents