

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



What should I consider before taking part in an event?

- Are you fit enough? Have you done enough training?
- If you have had Covid-19 at any point, you should consider taking medical advice before taking part in any sporting activity. It may be advisable for you to undergo some form of screening.
- We have had a difficult few years with Covid and we would like to keep going forward disease free, so please do us all a small favour and Do not attend any event if you or anyone in your household has symptoms within the last ten days.

Post Covid and for good practise we suggest additional items you should take with you are: Hand sanitiser (at least 60% alcohol) and anti-viral wipes, Additional water bottles, fluids and snacks to carry on the bike and run if you need them.



Car parking

There will be no parking on site as this is being used for the transition area and needs to be kept free of vehicles. Please park your cars in the car park by Portland Castle or in Mulberry Avenue or the nearby pay and display car. You must pay for parking

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

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KEY EVENT ADVICE



Registration - Getting your stuff, the easy bit!

What you need to do –

You will only be asked to produce your BTF membership card or ID for unattached competitors and pick up a race pack. If you can't produce your BTF card for those who've entered as a BTF member you will need to pay the £5 BTF on the day insurance. Unattached entries do not need to pay on the day as it is included in your entry fee.

Everything you need, swim hat, numbers, timing chip, competitor sticker pack will all be picked up from registration.

All you need to do is tell the registration staff your name and you will be handed the above.

Please DO NOT bring your bike to registration, leave this on/in your car, get the registration pack that has all of your numbers and chip in, sort out your bike, helmet and bag/box before trying to enter the transition. If you bring your bike this will cause us delays in getting people sorted and it will be in the way.

Race number – please wear this on a race belt – there will be race belts for sale £5 on the day at registration if you don't have one – Number TO BE WORN - BIKE/BACK - RUN/Front Race stickers – as described on the sticker pack.

Timing Chip - Please make sure it is secured on to your LEFT ankle, no chip means no time. Lost chips will be charged for @ £50 per chip.

Timings.

05:30 Registration/transition opens 06:30 Registration closes

Race brief for all in the hall at 06:45 Race starts at 07:00

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.

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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.

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 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

Bike Route - <https://ridewithgps.com/routes/2712434>

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

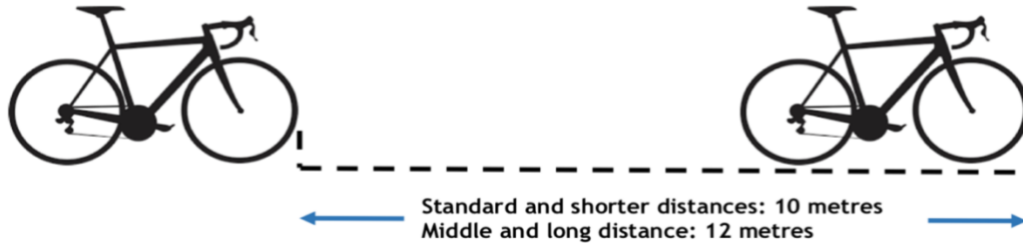
If you have just been passed, you must drop back to allow the 5 bike length gap between you and the bike who passed you. First 2 violations are time penalties, 3rd violation is a disqualification.

You are to obey the highway code at all times. You are to follow instructions given by

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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.

This is a *non-drafting* bike ride, please don't do it. Rules on drafting and other BTF Rules are [here](#)



WHAT IS DRAFTING?

IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

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.

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.

POOLSIDE.

Only competitors will be allowed in the changing area.

Spectators must be on the opposite side of the pool.

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SWIM TIMES

You will choose what wave you start in by how long it takes you to swim 300m, 12 lengths of the pool. Please enter an accurate time for your swim when you enter the event. A 7 minute 45 second swim should be entered as 00:07:45 NOT 07:45:00 that means you intend to swim for 7 hours 45 minutes!

We will start with the slowest going off first in waves – you will get an email 1 week out from the event with your wave and anticipated swim start time.

You will be given the chance to sort yourselves in swim order at the briefing and at the side of the pool.

TRANSITION.

Only competitors will be allowed in transition. No help from any spectator allowed.

You are allowed to bring a soft sided bag to place at your racking location in transition that you can have your bike, run & finish clothing in, anything larger and we will ask you to move it from transition to a safer place for all racing.

Please make sure you have your bike/helmet/wrist bands on before attempting to enter transition to rack your bike. **No stickers - No entry. This is non negotiable.**

Race stickers – place as described on the sticker pack.

Race number – Again as already mentioned above – these are to be worn –
on your back for the bike - on your front for the run.

Please use a race belt, if you do not have one, these can be purchased from registration for £5. We will not be supplying safety pins for your numbers.

To gain access and to rack your bike you must show the member of event staff

A, your race and bike number B, security wrist band.

To retrieve your bike at the end of the race you **must** produce the same as above – do NOT take off your wrist band until you have collected your belongings from transition.

Racking is numbered and you must rack your bike on your number only.

Run/bike in/out gates will all be clearly marked.

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

PLEASE NOTE, IF YOU HAVE NOT REGISTERED BY 06:30 YOU WILL NOT BE ALLOWED TO RACE

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Race Timing.

All timing will be done by Timing Monkey for this event and results will be available live from the event - <https://www.timingmonkey.co.uk/results-list/>

First aid.

There will be medics on route and at transition, should you injure yourself on the course please let one of the marshals know. They will inform the meat wagon that will come to collect you plus any limbs that may have fallen off!

The Finish

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

The Prize presentation will be made shortly after the last person has finished.

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 : 60 – 69 : Vets+

A BIG Thanks to all of our amazing marshals 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