



868 Triathletes Manual

868 Aquathlon & Open Water Swim (FUNathlon event#2)

Race Registration Information

- The preferred payment method for race registration is via bank transfer.
- Registration Fees:
 - Aquathlon \$50
 - Open Water Swim \$40
- Bank Account information:
 - 868 Triathlon
 - Republic Bank Limited, Valpark Branch
 - Chequing Account # 260802189201
- Athlete name must be included in deposit info.
- Email copy of deposit slip to coach@868triathlon.com or Whatsapp 713-3298

Race Day Check-in Process

- Masks are mandatory during check-in. Practice social distancing. Covid-19 protocols remain in effect after your race.
- Check-in and proceed to body marking **30 mins** before your race start time.
- Warmup. If a race is in progress, conduct your swim warmup outside the swim course.
- Proceed to the transition area **10 mins** before your race start time to set up then to the starting line for a quick course recap. You may use a small towel to set up your transition area.

868 Aquathlon Race Schedule

| RACE | CHECK-IN TIME | RACE BRIEFING TIME | RACE START TIME |
|--------------------------|---------------|--------------------|---|
| 375m Aquathlon (Wave 1) | 6:30 | 6:50 | 7:00 |
| 750m Aquathlon (Wave 2) | 7:00 | 7:20 | 7:30 (or upon clearance of the swim course) |
| 750m Aquathlon (Wave 3) | 7:45 | 7:50 | 8:15 (or upon clearance of the swim course) |
| 1500m Aquathlon (Wave 3) | 7:45 | 7:50 | 8:15 (or upon clearance of the swim course) |

Rules

- Swim caps are required for the swim
- Barefoot running is allowed
- Swim buoys are permitted in all categories
- Coaches are permitted to swim alongside athletes in 375m swim
- Count your own swim laps and run laps.

| RACE | SWIM | RUN |
|-----------------|--------|--------|
| 375m Aquathlon | 1 lap | 2 laps |
| 750m Aquathlon | 2 laps | 4 laps |
| 1500m Aquathlon | 4 laps | 4 laps |



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Course Maps

Swim Course

750m/1500m (counter clockwise swim)

- Beach start (start/end line)
- Turn right at *1 marker, keeping all other markers on your left side
- Complete:
 - 750m 2 laps
 - 1500m 4 laps
- Exit to the beach after final lap

375m swim course (parallel to shore)

- Beach start (start/end line)
- Turn right at *1 marker
- Turn left at *2 marker
- Exit to the beach

Run Course (500m loop)

- Exit swim then turn left to enter transition (T1)
- Exit T1 at opposite end
- Run to the turn point, make a u-turn at the 1st run marker
- Keep right
- Turn at 2nd marker
- Complete:
 - 1k 2 laps
 - 2k 4 laps
- Finish at (start/end) line

