**The Allander Autumn Aquathlon Briefing**

**Sunday 25th August 2013**

**Start @ 9.30 am**

[**www.glasgowtriathlonclub.co.uk**](http://www.glasgowtriathlonclub.co.uk)

**Registration opens at 8.35am and closes at 9.10am – please arrive early to avoid delays.**

The information provided below will help you on the day of the event. A route map is available on the Website and you are strongly advised to fully familiarise yourself with the race course. Any questions you may have will be answered at the pre-race briefing.

**PROGRAMME**

Upon arrival, please make your way to the Swimming Pool where you should register and be issued with:-

- Race Number (attaches to your running vest or tee shirt)

- Safety Pins

- Colored Swim Cap

- Heat Number and Swim Lane details

**THE RACE**

Competitors should assemble in the pool area following Registration in readiness for the race briefing and subsequent start of the heats.

Approximately ten minutes prior to the Race Start - the Race Director will call a Briefing of the final race details on the poolside.

Some points to note:

All competitors will start in the water, in an allocated lane and in a specified “cap order” (notified on the day). Dive starts are not permitted.

Competitors should place their running shoes and any clothes they intend to use for the run at an allocated point outside the pool area, (this will be inside if it is raining). This would normally be a pair of running trainers, a tee shirt and possibly, but not absolutely necessarily, running shorts. If the weather is bad – the Race Organiser may insist that extra clothing is worn by all competitors to ensure a good body temperature is maintained.

Follow the Marshall’s instructions as you complete the run course – remembering to count the number of laps you complete.

Once finished you will be asked to keep clear of any swimmers emerging from later heats before being allowed to collect an items you have left in the pool area.

**AFTER THE RACE**

Shower and change in the swimming pool area of the Leisure Centre. A light snack and Hot Drinks will be available in the Leisure Centre where a presentation will be given as soon after the last competitors have finished as is possible.

Stewart Milne

Race Organiser

January 2013