**The Glasgow Triathlon Club Spring Aquathlon**

**Sunday 23rd March 2014**

**First Heat Starts 0930hrs**

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

**Registration opens at 0830 and closes at 0900 – please arrive early to avoid delays.**

The information provided below will help you on the day of the event. The run is multiple laps of the entry-drive pavement. A location map is here:

http://goo.gl/maps/kOFZv

You are strongly advised to familiarise yourself with the race course. Any questions you may have will be answered at the pre race briefing.

**PROGRAMME**   
Registration will take place in the cafe. You will be issued with:-

A Race Number (attaches to your shirt or race belt)

Safety Pins

Heat Number and Swim Lane details

**THE RACE**   
Competitors should assemble adjacent to transition at 0910 for the race briefing. The first heat will begin at 0930.

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 would normally be a pair of trainers and a t-shirt or number belt (if a trisuit is worn). If the weather is bad the Race Organiser may insist that extra clothing is worn by all competitors. This will normally be a fleece or jacket which covers the arms and body.

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



**AFTER THE RACE**   
Shower and change in the swimming pool area of the Leisure Centre. Prizes will be presented shortly after the last competitors have finished.

Stewart Milne

Race Organiser; January 2014