

## Aldeburgh Triathlon Team Relay handover process

### **Swimmer:**

After arriving from the beach exit, the swimmer enter the “transition” on the south end and transfers the timing ankle strap to the cyclist and then the swimmer exits in a northerly direction, being careful not to impede the progress of other competitors. Following this swimmers are encouraged to travel to the stage area to recover and receive refreshment.

### **Cyclist:**

Cyclists will be waiting at their correct numbered racking position with their bike secured on the racking until the swimmer enters transition.

The ankle timing strap will be passed over from swimmer to the cyclist (as described above) and fitted to their **left** ankle **before** the bike is removed from the racking. The cyclist will **push** to the mount line in a Northerly direction only mount bike after mount line.

Upon completion of 2 laps of the bike course, the cyclist enters transition and **dismounts** from the bike before dismount line.

The bike is then **pushed** and secured on the **correct numbered racked position** and the timing strap is only then transferred to the runner at the end of the rack.

The cyclist then walks from transition at the southerly end through the coned section under marshal control being careful not to impede the progress of other competitors. Following this cyclists are encouraged to relax at the stage area to recover and receive refreshment.

### **Runner:**

Upon seeing the cyclist appear on Wentworth road and proceeding towards the turnaround point, the runner then enters transition from the southerly end near the stage. The timing strap is transferred only after the cyclist has racked at the end of the racking (as described above) and then it is fitted to the runners ankle who exits transition in a northerly direction onto the run course. Upon reaching the turn around point at Thorpeness beach front a hair band will be given to the runner to place on their wrist (and they should call out/show their number) and then the runner continues south to the finish line where medals and refreshment are received.

Stay safe and enjoy the fun event. - Time Penalties will be applied for violation of the process (which will be confirmed on the day), for example where a team gains advantage or acts unsafely they will be penalised or disqualified. Stay safe and enjoy the fun event.