

Diddy Triathlon – Race Instructions

Before the Race;

- Register in the Wentworth leisure centre sports hall between 10:00am and 10:30am.
- Place your bike, helmet, running shoes and anything else you need after the swim in the transition area.
 - This is located alongside the windows from the track into the studio pool.
- The race briefing will take place on poolside at 11:30am.
 - Please attend to ready to go as we will start immediately after.

Swim(25m);

- One lap of the buoys in the shallow end of the main pool.
- PARENTS/GAURDIANS MUST ACCOMPANY ATHLETES IN THE WATER.

Transition;

- Exit the pool by the fire door and head towards the track and transition.
- Have your helmet on and fastened before touching your bike.
- Push your bike to the mount line which will be marshalled.

Bike(400m);

- Exit transition onto the track and complete one full lap.
- Enter transition at the end closest to the finish.

Transition;

- Dismount (get off your bike) before the line which will be marshalled.
- Leave your bike, helmet and anything else in transition.

Run(350m);

- Continue out of transition and round the track until the finish area to complete the race.

Parents may accompany athletes for the bike and run sections but this optional and your choice.

Most importantly this race is about having fun and trying something new so enjoy it.