

Athlete Information Guide 2019

Cayman Islands Triathlon

3rd November 2019

Presented by:



Proceeds benefit:



The Cayman Islands Triathlon is financially supported by:



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Message from Cayman Islands Triathlon Association

Dear Athletes,

The Cayman Islands Triathlon Association (CITA) would like to extend a welcome to all our participants, families and friends and a special welcome to any off-island participants and their supporters.

Please note that Transition has been moved to the West side of Governors Square at the intersection of Lime Tree Bay road and West Bay Road

Please take time to thank the many volunteers who assisted in putting this race together, as without the volunteers we would not be able to hold the race.

A donation will be made to Have a Heart Cayman Islands to assist with their mission of facilitating life-saving cardiac procedures for children throughout the Caribbean and the world. ([http:// haveaheartcayman.com/](http://haveaheartcayman.com/)). We encourage our athletes and families to support this worthy cause.

CITA would like to extend a special thank you to the Royal Cayman Islands Police Service and National Roads Authority for assisting with traffic duties as well as the Red Cross for medical assistance.

CITA would also wish to thank our sponsors. Without sponsors, our race would not be possible. We ask that participants patronize these vendors as a thank you for assisting in the race. Our 2018 Financial Sponsors of the triathlon are Cayman First, Briat Insurance, Red Sail Sports, and Governors Square. CITA also wishes to thank Dart Cayman Islands, Red Sail Sports, CUC, and CrossFit 7Mile for assisting with the course. Random prize and athlete sponsors are Cost U Less, Luca, Ragazzi, Flow, Revolutions, AL Thompson's, Don Foster Dive Center, Cayman Islands Brewery, and Red Bull. Without our financial and random prize sponsors we would not be able to hold this event, and we wish to thank all of our sponsors.

Schedule of Events

Saturday 2 November 2019

Start	End	Event	Location
10:00 a.m.	2:00 p.m.	Athlete Check-in & Packet Pickup	Governors Square Board Room
10:00 a.m.	2:00 p.m.	Volunteer Check-in	Governors Square Board Room

Note: NO ATHLETE REGISTRATION ON RACE DAY

Sunday 3 November 2019

Start	End	Event	Location
5:30 a.m.	6:30 a.m.	Volunteer Check-in	Governors Square
5:30 a.m.		Transition Open Bike Check-in	Governors Square
6:30 a.m.		Transition Closes	Governors Square
6:35 a.m.		Opening Ceremonies	Swim Start Area Governors Beach
6:45 a.m.		Swim Start – en masse	
7:05 a.m.		First swimmer expected to finish	
8:10 a.m.		First cyclist expected to finish	
8:50 a.m.		First racer expected to finish	
11:00 a.m.		Course Closes/Post Race Meal Starts	Duke's Seafood and Rib Shack
11:30 a.m.		Awards Ceremony	Duke's Seafood and Rib Shack

PRE-RACE INFORMATION

Athlete Check-In

Athlete check-in hours are Saturday 2 November 2019 from 10 a.m. to 2 p.m. at the Governors Square Board Center which is on the 2nd floor at Governors Square above Sotheby's. Please note that athlete check-in will not be available on race day. If you do not check-in during the designated check-in hours you will not be able to race. **All race packets must be picked up by 2 p.m. on Saturday 3 November, NO EXCEPTIONS.** Team member packets will be given to the first team member to attend Athlete Check-in and who will be responsible to distribute Tri Tat system and other information to other members of his/her team.

Please bring the following items with you to athlete check-in:

1. Photo identification
2. **Cash if payment has not been made. NO**

CREDIT/DEBIT CARDS WILL BE TAKEN

Please note that due to insurance regulations that cover the race, all athletes must be members of the Cayman Islands Triathlon Association in order to participate in the event. Prior to leaving Athlete Check-In please ensure you have the following for the race:

1. Swim Cap
2. Tri Tat Number System which includes Bike Helmet Number, Run Number, Tri Tats, Bike Post Number

Bike Needs

Visiting participants are encouraged to sort out all major repairs and overhauls prior to arriving in the Cayman Islands as on island resources are limited. CO2 cartridges and tubes are normally in stock at local retailers. Limited assistance can be provided by the below providers.

Uncle Bills – 243 Eastern Avenue 345-949-7601 Revolutions
Indoor Cycling – Jerome Ameline – 345- 516-2453 –
revolutionscayman@hotmail.com

Event Timing and Results

Preliminary results may be available during the race, but are not guaranteed to be available or accurate. Official results will be posted to www.triathlon.ky as

soon as practical after the race.

The race clock located at the finish line is **NOT** the official race time. The race operates under a chip timing system. The timing system will attempt to record splits for all athletes and endeavours to ensure that every athlete's time is accurate but no system is perfect. If an athlete believes an error has been made in the recording of times after the publishing of race results, please raise these concerns with the Race Director who will endeavour to research and fix any errors which can be determined. Athletes must realize that there may be a timing error which cannot be determined or corrected but the Race Director will take all reasonable measures to ensure accurate timing.

Visiting Athletes – Race Hotel

Comfort Suites has partnered with the race to offer VIP rates for any athlete. If athletes wish to book rooms please email Kaye White at comfortsales@candw.ky

RACE DAY INFORMATION

Race Day Parking

1. Governors Square

Event participants must understand due to limited detour options. **Roads will not be closed on the course.** It is therefore the responsibility of everyone to be careful on the road and be aware of the road activity around them. Police and Marshals will be present on the course to assist. Organisers will continue to monitor the road situations up to race day and free up road space where possible.

Race Morning Procedure

Transition opens at 5:30 a.m. on race morning. Remember to bring your swim cap, goggles, bike, bike helmet, bike helmet number, running number, Tri Tats, running equipment and sunscreen.

Body Marking

Body marking will be done via the Tri Tat system. This system will be included in your Athlete Bag. Follow the directions to ensure the number system

is applied correctly. **Numbers should be applied to both arms on the bicep. No numbers are required on the legs. There may be extra numbers which are not required with your Tri Tat packet. Apply the tats to your body and bike as instructed in this Guide and ignore any extra numbers.** Do not apply any sunscreen or other lotions to your body until after you have applied the Tri Tats. **All Athletes must ensure he/she properly applies the Tri Tats.**

All Athletes, including all members of teams, must wear the Tri Tat system or they will not be allowed to participate in the event. No exceptions. Athletes should ensure they are careful when applying the Tri Tat system as there will not be additional numbers available. The transition area closes at 6:30 a.m. At this time all athletes must be at the swim start on the beach.

Only athletes are allowed in the Transition area from 5:30 – 11:00 a.m.

Aid Stations

Bike Course - There are no aid stations on the bike course. Athletes must carry whatever hydration and nutritional items they wish to consume.

Run Course - There are 2 aid stations on the run course located approximately each 0.75 miles. These stations will be at the turn around and near transition. Aid stations will have water and electrolyte drink.

Race Timing & Cut-Offs

The race officially ends at 11:00 a.m. Any athlete who has not completed the course by this time will not have a finishing time. Aid station stops, transition, etc. will be included in your total elapsed time. Splits will be recorded to the best of the timer's ability for each segment of the race. The following cut-off times apply for each segment of the race. Athletes not reaching the designated points by the cut-off time will be pulled from the race.

Swim Cut-off - One hour after the swim start.

Bike Cut-off - Olympic distance athletes must reach the beginning of the third lap at Transition by 9:15 a.m.

Run Cut-off - Olympic distance athletes must reach the beginning of the last lap at Transition by 10:30 a.m.

Bicycle & Gear Recovery

All athletes must retrieve their bicycle and other gear from the transition area by 11:15 a.m.

Competitor Responsibilities

If you drop out of the race at any time, report immediately to the nearest Marshal or Race Director.

Team Transitions

Team members will tag at the following locations: Swim to Bike at the entrance to bike transition from the beach.

Bike to Run at the exit from bike transition. **The cyclist must properly rack his/ her bike prior to tagging the runner at the exit to**

transition. Refer to the transition map for the exact locations of the team tag.

POST RACE INFORMATION

Transition Clean Up

All athletes, family and friends of athletes are encouraged to assist in clean up of the Transition area and putting away all equipment used for the race. The Cayman Islands have always had a great custom of everyone pitching in to help and the race organisers greatly appreciate any and all post race assistance in cleaning up the Transition area and putting equipment away.

Post Race Comments

The Triathlon Committee and the Race Director welcome feedback and comments pertaining to any aspect of the race. Comments can be sent to racedir@triathlon.ky and/or cita@triathlon.ky

Rules and Course

Every Athlete has the responsibility to read and fully understand the entire Athlete Guide. Any question can be answered prior to the race by emailing cita@triathlon.ky. Questions will also be answered at Athlete Check-In as well as on the morning of the event.

No Athlete is permitted to wear, mount or carry in any manner a GoPro or similar video recording device.

Race Director has sole discretion on enforcing rules and/or disqualifying athletes. Please note that the Race Director will enforce any and all rules on any Athlete or Team competing for an Overall or Age Group award.

POST RACE MEAL

All athletes and volunteers are invited to join in the Post Race Meal beginning at 11 a.m. at Dukes Seafood & Rib Shack on West Bay Road just South of Transition which is included in the race registration fee. Drinks are not included in the meal price.

AWARDS

Overall and Age Group awards and Random Prizes will be presented at Dukes Seafood & Rib Shack beginning around 11:30 a.m. Both athletes and volunteers will be included in the random prize giveaways. Athletes must be in attendance to win spot prizes. Volunteers need not be present to win. All athletes completing the course will receive a finisher medal as he/she finishes.

Awards

Awards will be given in the following categories and age groups:

Female/Male Overall 1st, 2nd and 3rd

Awards will be given for 1st place for both the Sprint and Olympic Distance races in the following Age Group categories:

Female/Male 15-29
Female/Male 30-34
Female/Male 35-39
Female/Male 40-49 Female/Male 50
& Over

OLYMPIC Team – All Men Team, All Female Team, Mixed Team

Certificates for both the Sprint and Olympic Distance races will be given in the following categories and age groups for 2nd and 3rd place.

Female/Male 15-29
Female/Male 30-34
Female/Male 35-39
Female/Male 40-49 Female/Male 50
& Over

Shore line

Beach
Turn Cone



ATHLETE AREA

After Being Counted
Awaiting Start of Race

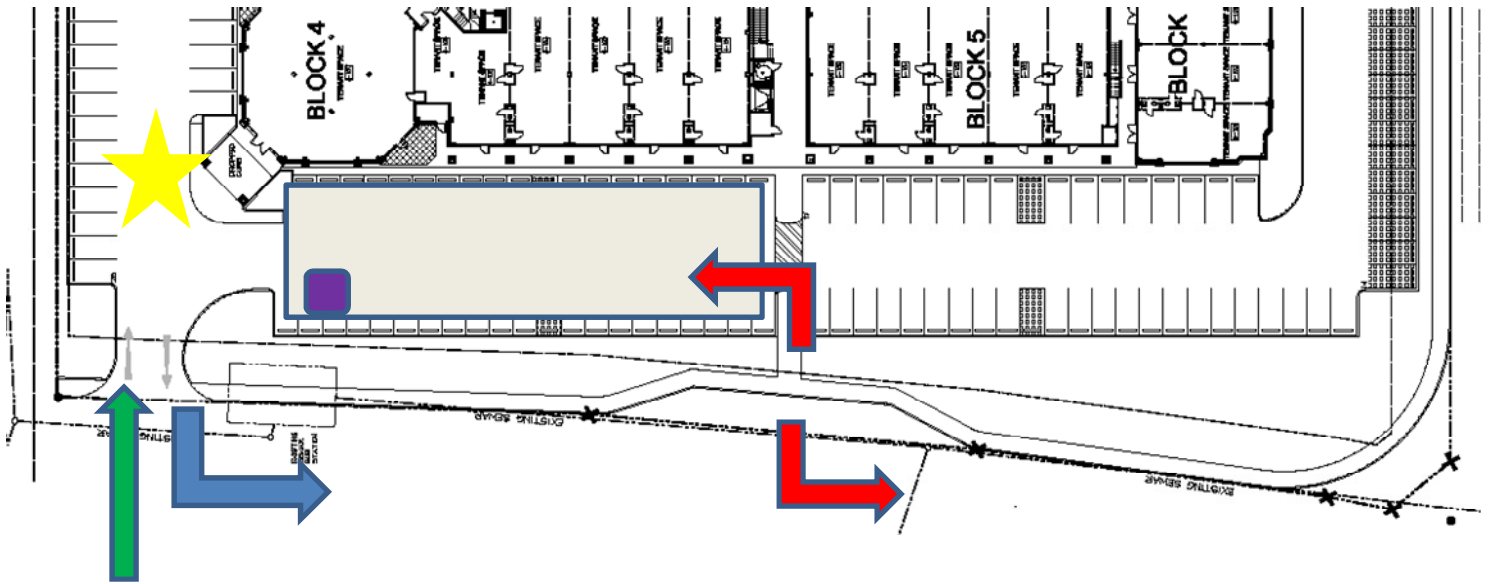


ATHLETE AREA

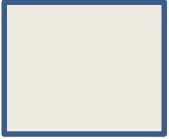
Prior To Being Counted



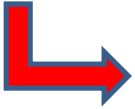
Marshals to ensure no
participants enter start area
without being counted



Swim Enter and Enter for Run Finish



Transition Area



Bike In & Bike Out



Run Out



Run Finish



Team Tag Area

Swim Course Information – 750 meters / 1500 meters

Swim Course Summary

The swim course is a triangular course with the Olympic distance completing 2 loops with a beach exit and re-entry and the Sprint distance completing 1 loop. The direction of the swim will be counter clockwise unless sea conditions dictate a change.

For the Olympic distance athletes will exit the water after the first loop onto the beach, go around the beach buoy/ cone and return to the water for the second loop. All swimmers must exit the water at the beach buoy/cone.

In the event of adverse sea conditions the Race Director reserves the right to amend the course or cancel the swim. In the case of a cancelled swim the event will become a Duathlon consisting of the following distances:

1. Sprint Distance – 2.5K run, 20K bike, 5K run
2. Olympic Distance – 5K run, 40K bike, 10K run

Athletes will exit Governors Beach and cross West Bay Road and will enter the Governors Square transition area via the North vehicle entrance.

Swim Course Rules

1 All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.

2. Athletes must wear the swim cap provided.
3. No fins, gloves, paddles, or flotation devices of any kind are allowed.

4. No wetsuits.
5. Swim goggles or masks may be worn.
6. Any assistance required during the swim will

result in disqualification if forward progress is made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made.

7. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE SWIM COURSE.

8. Snorkels are ALLOWED during the swim course but wearers are not eligible for overall or age group trophies.

9. Any warm up swimming must be completed by 6:30 a.m.

10. ONCE SWIMMERS ARE CALLED TO BE COUNTED THEY CANNOT ENTER THE WATER FOR

ANY REASON INCLUDING WETTING GOGGLES

1 A bucket with sea water will be provided to wet goggles

12 No swimmer can swim for himself/herself and a team.

13. SWIMMER RECALL TO THE START LINE AS A RESULT OF A FALSE START THREE BLASTS OF HORN. If this sound is heard all swimmers should immediately return to the swim start line

14. EMERGENCY RECALL FOR DANGEROUS SWIM CONDITIONS ARE THREE BLASTS OF THE STARTING HORN. IF THIS SOUND IS HEARD ALL SWIMMERS SHOULD IMMEDIATELY SWIM TOWARDS SHORE AND EXIT THE WATER AS SOON AS POSSIBLE.

Swim to Bike Transition

After completing the swim, athletes will exit the water onto the beach and proceed to the Governors Square parking lot to bike transition. Teams will tag cyclists at the entrance to transition.

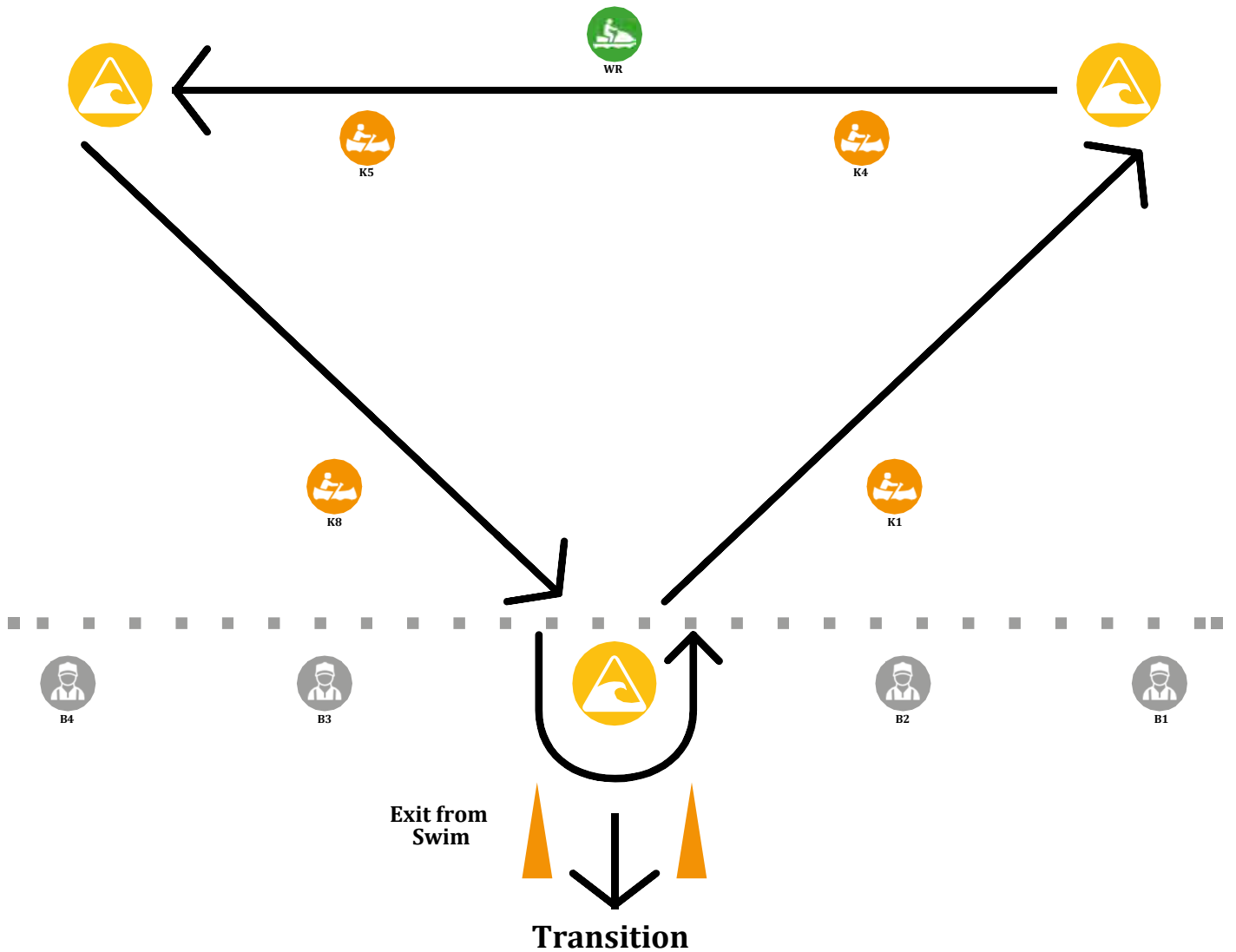
Counting Swimmers In/Out of Water





1 Beach Marshals and Transition Marshals should both assist in this duty.

2. Announcer will call Athletes to the Beach at 6:35.

3. Marshals should create an 'athlete area' as diagrammed below. Marshals should count athletes from waiting area to beach start area.

4. Marshals should count athletes leaving swim course to ensure all athletes are out of water and accounted for.



	Turn Buoys	Olympic Distance - 2 Loops > exit and re-enter water to start 2nd Loop Sprint Distance - 1 Loop Buoys to Left Shoulder SWIMMER RE-CALL - SEVERAL LONG BASTS OF HORN
	Beach Marshals	
	Kayaks	
	Waverunners	

BIKE COURSE INFORMATION – 20KM / 40KM

Bike Check

It is the responsibility of each athlete to ensure his/ her bike is in safe and proper working order. Please ensure your brakes are functioning properly, removable parts are tightened and handlebar ends are plugged. The race director reserves the right to not allow an athlete to participate if, in the race directors sole determination, an athlete's bike is not safe.

Bike Course Summary

CYCLE ON THE LEFT

The course is an out and back course with the Sprint distance riding two loops and the Olympic distance riding four loops. Athletes should be aware that the roads will remain open to public traffic; however detours may be in place in certain areas. The course is primarily flat with turns only at the turnarounds on each loop. All major junctions will be policed and marshals will be on the course to caution cyclists to slow down and aid in directing vehicular traffic.

Marshals will be wearing brightly coloured safety shirts/vests, and will be located at each turn to ensure all athletes complete the entire bike course. Cyclists must govern themselves accordingly as motor vehicles will be on the road during the race. Cyclists must be aware of traffic throughout the course. At road locations with 2 lanes of traffic going in the same direction, athletes should remain in the leftmost lane.

Athletes should attempt to use the inside lane on the roundabouts if possible.

Bike Course Directions

1. Exit the south side of transition via the sidewalk
2. Turn left out of transition heading to Lime Tree Bay road and turn left towards the Esterly Tibbetts
3. Merge left onto the Esterly Tibbetts bypass
4. Follow the bypass to the North going straight through the Yacht Drive roundabout.
5. Turn left onto the Reverend Blackman roundabout.
6. U-Turn on Reverend Blackman and head back to the by-pass turning left back onto the by-pass continuing towards Batabano Road.
7. At the termination of the bypass, at Batabano Road, cyclists will turn right just before the end

of the road (athletes will avoid Batabano Road by turning just before the end for safety).

8. Head back South on the Esterly Tibbetts bypass going straight through the Reverend Blackman roundabout, Yacht Drive roundabout, Governors Way roundabout. At the Lime Tree Bay roundabout athletes will have completed 1 lap. Head back north on the Esterly Tibbetts to complete more laps.

9. After completing the correct number of laps, athletes will turn back onto Lime Tree Bay to head back to Transition. Athletes will turn right onto West Bay Road and Transition.

10. Only on Laps 2 (Sprint) and 4 (Olympic) will cyclists turn back onto Lime Tree Bay Road and go back to Transition.

- 11 Sprint Distance – 2 laps
- . Olympic Distance – 4 laps

Bike Course Rules

1 Position Rules

. All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.

2. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.

3. Athletes must keep a minimum of 3 bike lengths between bikes except when passing.

4. A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.

5. Overtaking athletes may pass only on the **RIGHT** for up to 20 seconds, but must move back to the left side of the road after passing. Overtaken athletes must fall back 3 bike lengths within 20 seconds of being overtaken, to avoid drafting.

6. Overtaken athletes must fall back 3 bike lengths to avoid drafting.

7. Passing on the **LEFT** is illegal.

8. Failing to drop back 3 bike lengths before re-passing is illegal.

9. When passing call out "On your right" or "Passing on your right"

10. Blocking and cycling on the right side of the lane without passing or dropping back, is illegal.

11. **Athletes who are found to be drafting, blocking or passing on the left are subject to disqualification without warning and without appeal.**

12 Bicycles must be racked by the athlete and athletes must respect the other athletes bicycles and space as to avoid any damage to any athletes equipment. **Any athlete not properly racking his/ her bicycle or causing damage to another athlete's equipment due to improper racking is subject to disqualification without appeal.**

13. **The sole responsibility of knowing and following the course rests with each athlete.**

14. **Athletes must obey all traffic laws on the cycling course unless otherwise instructed by the police or a marshal.**

15. **Athletes must wear a shirt or racing top at all times.**

16. Athlete must have the **Bike Helmet Number affixed to the FRONT** of his/her helmet and the Bike Seat Post Number affixed to the seat post of the bike.

17 **Athletes must wear a bike helmet with the strap strapped.**

18. Athletes will not be allowed to mount until OUTSIDE the designated transition area and the athlete must have his/her helmet on and buckled prior to mounting.

19. Athletes must dismount at the designated area just outside of transition and must not remove his/her helmet until inside the transition area.

20. Athletes must not litter on the course.

21. Athletes must carry all hydration or nutrition they wish to consume on the bike course.

22. Athletes may walk his/her bike, but may not make progress on the bike course unaccompanied by their bicycle.

23. Athletes need NOT wear the run bib number during the bike portion of the race.

24. No bike trainers or cycling warm up equipment are allowed in transition.

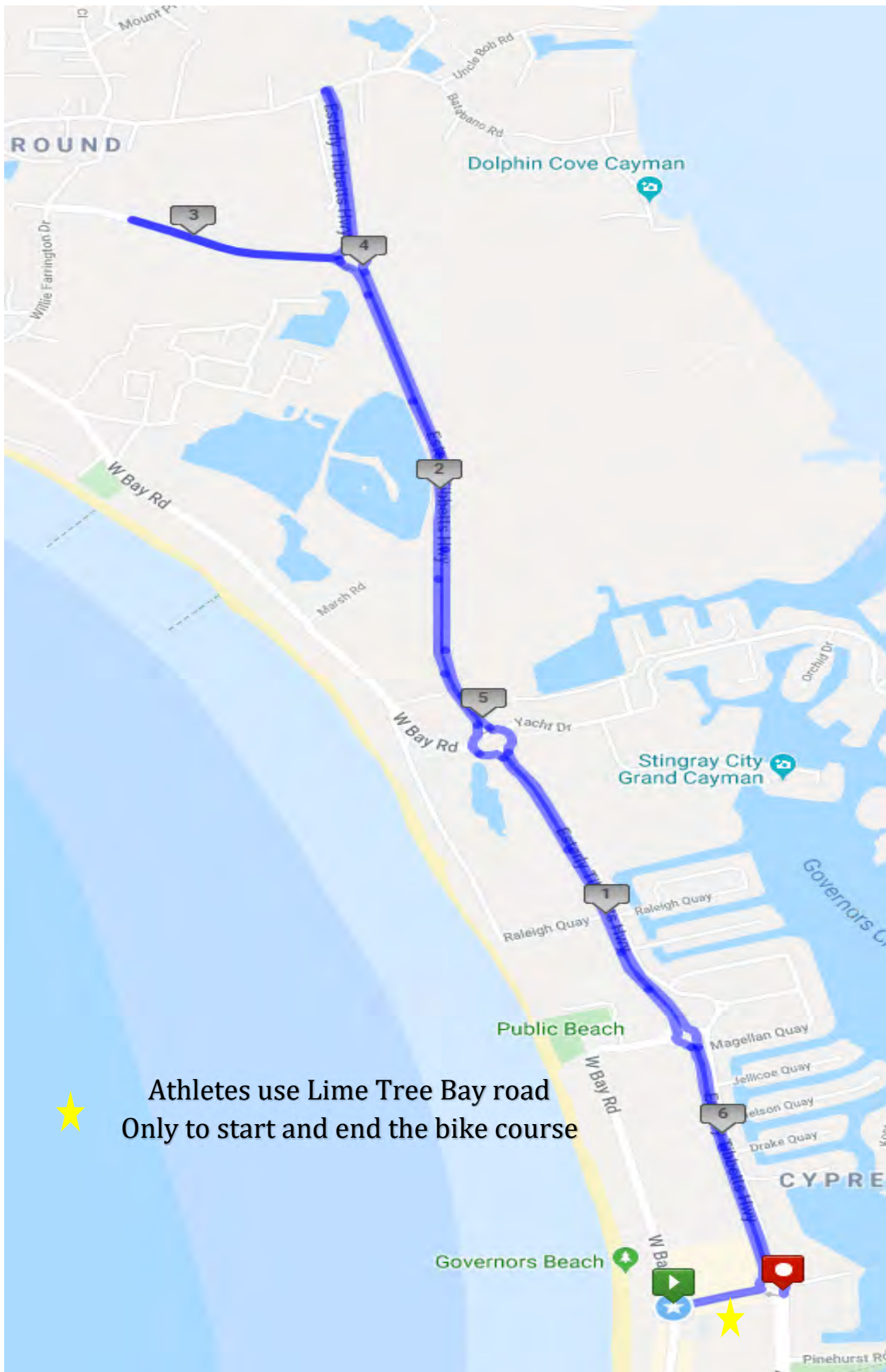
25. **HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE BIKE COURSE. ATHLETES WEARING HEADSETS OR HEADPHONES ARE SUBJECT TO DISQUALIFICATION WITHOUT APPEAL.**

26. Review the course map and note that it is the sole responsibility of the athlete to know and follow the correct course.

27. Any type of bike is allowed (i.e. Time Trial, Road bike, Mountain, etc)

Bike to Run Transition

After completing the bike, athletes will enter transition from the South side of Transition via the concrete sidewalk, rack his/her bike and proceed to the run portion running out the North end of transition. All bikes must be properly racked by individuals or teams prior to starting the run. Improperly or un-racked bikes will result in disqualification. Teams will tag runners at the North end of transition/start of the run after the bike has been properly racked.



Athletes use Lime Tree Bay road
Only to start and end the bike course



RUN COURSE INFORMATION – 5KM / 10KM

Run Course Summary

The run is a flat course with both distances running an out and back course. Athletes should wear sunscreen and consider wearing a cap or visor.

A shirt or racing top must be worn on the run portion. Aid stations will be located approximately every 0.50 mile and will include water and electrolyte drinks.

Marshals will be wearing brightly coloured shirts/ vests and will be positioned at each turn to ensure everyone completes the entire run course.

Marshals will also be counting laps on the course. Athletes should shout his/her number to the Marshalls to assist but the responsibility remains with the Athlete to ensure he/she completes the correct number of laps.

Run Course Directions – Olympic & Sprint Distance

1. Exit Transition on the North side and turn Left onto West Bay Road toward Lime Tree Bay.
2. Athletes will turn back North and run toward Public Beach where they will turn around and head back toward Governors Beach.
3. Athletes are encouraged to run on the OCEAN SIDE of the road for laps.
4. On the last lap heading South Athletes are to turn left to the Finish Arch next to Transition.
5. **Sprint Distance – 3 laps**
6. **Olympic Distance – 6 laps**

Run Course Rules

1. All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.
2. No form of locomotion other than running, walking or crawling is allowed.
3. **Athletes must wear their official issued bib number on the FRONT of his/her body and the number must be visible at all times during the run. Athletes not wearing his/her bib number on the front of his/her person will be disqualified**
4. **Athletes must wear a shirt or racing top at all times.**
5. The sole responsibility of knowing and following the course rests with each athlete.

6. Athletes are expected to follow the directions of all race officials and public authorities.

7. Athletes must realize that the run course is open to vehicular traffic and no two runners shall run abreast unless passing.

8. Athletes must not litter on the course.

9. Athletes must carry all nutrition they wish to consume on the run course. Aid stations will be located approximately every 0.75 mile and will include water and electrolyte drinks.

10. Race belts with attached runner numbers are permitted.

1. Olympic distance athletes must be at the start of the 4th lap by 10:30 a.m. The run course will officially close at 11:00 a.m.

12. **HEADSETS OR HEADPHONES ARE DISCOURAGED, BUT ALLOWED ON THE RUN COURSE. IF AN ATHLETE CHOOSES TO USE HEADSETS OR HEADPHONES THE VOLUME MUST BE KEPT AT A LEVEL THAT THE ATHLETE CAN CLEARLY HEAR MARSHAL INSTRUCTIONS AS WELL AS VEHICULAR NOISE.**

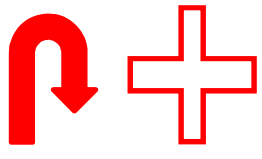
13. **CITA FURTHER DISCOURAGES THE USE OF HEADSETS AND HEADPHONES BY THE FOLLOWING RULE: ATHLETES WEARING HEADSETS OR HEADPHONES ARE NOT ELIGIBLE FOR OVERALL OR AGE GROUP PLACING.**

14. Review the course map in this Guide and note that Course Directional Signage will be placed on the course. These Directional Signs do NOT relieve the athlete from his/her responsibility to know and follow the course. The sole responsibility of knowing and following the course rests with each athlete.

Sponsors

Aid Stations Sponsored by Governors Square





Bike In/Out



Run Out



Aid Station



Run Turn Around



FINISH



Run to Finish

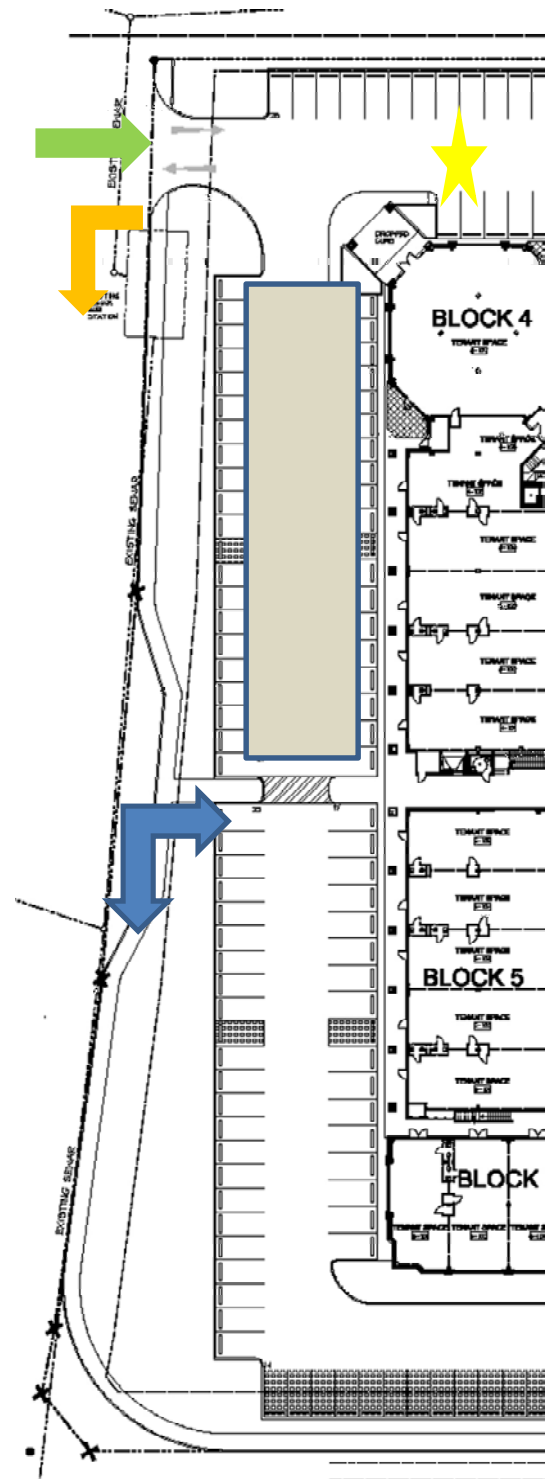
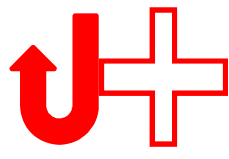


Transition



West Bay Road

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INTERNET SERVICES
CaymanActive.com

Food and Drink Sponsors



Course Assistance



Prize Sponsors

