

Midlands Sprint Series FAQs 2019

How does the Midlands Sprint Series Standings work?

The Midlands Sprint Series for 2019 will now include the Nottingham Sprint Triathlon to form a 4-event series; along with Lincoln Triathlon, Southwell Triathlon and Woodhall Spa Triathlon. If you enter all 4 events you will be eligible for a series discount.

Now that we have 4 events in the Midlands Series, there is a slight change to how the standings will be calculated. Your best 3 scores from these 4 races will count towards your series standings. To be part of the series you need to take part in at least 3 of the 4 events.

The Midlands Sprint Series standings will be available to view from www.osbevents.com

What rules exist for the Midlands Sprint Series?

- Each competitor must complete 3 series events to be eligible to win their age group.
- The competitor with the highest score (see scoring section below) in each category will win the age group and subsequent prize.

How does the scoring system work?

- Every competitor who enters a 'Sprint' distance event will automatically be entered into the series and will receive a points score based on their finishing position at the event(s).
- Each competitor will receive a score based upon their overall finishing position in each event. Starting with 1000 points for 1st place, 999 for 2nd place, 998 for 3rd place right through to the final competitor who completes the course.
- Each competitor's score will then be taken into their age category. An example is outlined below:

OVERALL PLACE	COMPETITOR	POINTS	CATEGORY
1st	A. Sharp	1000	Male: 20-24
2nd	T. Bell	999	Female: 25-29
3rd	P. Smith	998	Male: 20-24
4th	B. Hammersmith	997	Male: Under 20
5th	T. Jones	996	Male: 20-24
6th	D. Jeffers	995	Female: Under 20
7th	F. Colburn	994	Male: 20-24
8th	H. Hill	993	Female: Under 20
9th	W. Stephenson	992	Male: Under 20
10th	P. Power	991	Male: 20-24

Series Scoring Example – Age Category: Male 20-24

NAME	POINTS SCORED	NO. OF RACES
A. Sharp	1000	1
P. Smith	998	1
T. Jones	996	1
F. Colburn	994	1
P. Power	991	1

How old do I need to be?

To enter an OSB Events sprint triathlon as an individual you must be 15 years of age before the 31st December of the same year you are competing. If you would like to enter as part of a relay team, you must be a minimum of 9 years old on 31/12/2019 to be the swimmer, a minimum of 15 years old on 31/12/2019 to be the cyclist and a minimum of 13 years old on 31/12/2019 to be the runner.

What Will You Need?

The OSB Events sprint triathlons attract all types of athletes, from complete novices to international standard athletes, you will see bikes worth from £25 to £5000. There are certain items which you will need: a swimming costume or swimming trunks, swimming goggles are also highly recommended but not compulsory (a swim hat will be provided). A road worthy bike and an ANSI/BS approved cycling helmet: these are available from most sports shops prices start from around £20.

Do I need to buy a lot of expensive gear?

No. It's possible to compete in a triathlon with equipment you have in your garage and your wardrobe. All you really need is a swimming costume or shorts, a bike, a pair of trainers you can run in, some shorts, a t-shirt and a helmet.

Swim

What strokes are permissible?

Any stroke is allowed in triathlons as long as you are not using an artificial means to propel yourself through the water. Backstroke is not recommended as this is generally a sign of distress and water safety may come out to assist you if they see you swimming on your back. If you think you will swim backstroke you will need to inform us prior to the start of your wave so we can plan for this.

The most common and efficient stroke is freestyle. Breaststroke, however, is often performed by people who either have trouble with freestyle or are resting or sighting.

What do I do if I catch the swimmer in front/am caught?

If you are being tapped on the feet by the swimmer behind it is 'etiquette' to pause at the end of the lane and let them pass as they are evidently faster than you. However, if you are behind and the swimmer in front will not let you pass you

just have to accept it, do not try to intimidate them into letting you pass. Every year we have athletes falling out over this. Please be considerate of each other.

How do you stop your legs from sinking whilst swimming?

This is difficult to answer without seeing you swim, however, areas to think about are your head position in the water when you swim – the higher your head, the lower your hips. Strengthening your core will also help you keep a better hydrodynamic position in the water when swimming.

Transition

What is Transition?

Transition is the term used to describe the changeover between the individual segments of a Triathlon, when you are transitioning from one sport to the next.

It is also the area where you keep your race kit between each leg of the event. You will rack your bike and set up your transition area, at your numbered spot, prior to commencing the event. No bags are allowed by your bike in transition but there will be a bag storage area. Most athletes lay out a towel with their shoes and other items that they need for the race in the area at the side of their bike.

Transition 1 (T1) occurs between the swim and the cycle in a triathlon.

Transition 2 (T2) occurs between the cycle and run in a triathlon.

Transition will take place in one area. We do not operate a split Transition.

Although they seem simple, a poor transition can add time and waste energy during a race. A good transition can improve your position and spirits, while a bad one can leave you struggling to make up lost time. It is worth practicing this as a smooth transition can save valuable minutes.

Please orient yourself as to where your bike is, as it can be harder than you think to find your bike in a sea of bikes in a hurry! It also helps to learn where the bike out and run out exits are so you don't waste time going the wrong way. Each transition point will be clearly marked with a large flag.

Will there be time to get changed between disciplines?

You can get changed between disciplines, however this will add to your transition time – which most athletes try to make as short as possible.

Nudity is not allowed in transition, so if you want to get changed completely you will need to do this in the changing rooms at the swimming pool (see Nottingham Sprint Triathlon Race Information closer to the event for more information as the swim is outdoors).

It is not essential, but a Tri suit or two piece that you can do all three disciplines in without having to change makes life a lot easier.

Bike

What sort of bike do I need?

You are able to use any roadworthy bike. We have had people racing in our events on everything from a mountain bike, hybrid (with basket), road bike through to a specific time trial machine. So long as it is roadworthy you will be able to race on it.

All bikes must have bar ends or at the very least be taped, as unprotected bar ends can cause horrific injuries in an accident.

Do I have to wear a helmet?

Yes. If you are not wearing a helmet, you will not be able to race.

Wearing a helmet is for your safety and every race you take part in requires the use of a correctly fitting helmet. It must sit straight and snugly on your head and the strap should not be hanging loose under your chin. Your helmet must be fastened before you touch your bike in transition and until you re-rack your bike or you may find you end up having a chat with the event referee or potentially getting a penalty.

How will I know where to go?

The bike course will be clearly marked with yellow arrows and the run course will have orange arrows. The major junctions will also have a marshal to point the way too. The course will be signed the day before so if you would like to familiarise yourself you can follow the route.

What is drafting and it is allowed?

The ITU defines drafting as: The technique of riding in a pack during the cycling event. The definition of a draft zone as: An area approximately three bicycle lengths, or a large family car, long and six feet wide surrounding each competitor during the bike segment.

In simple terms drafting is a technique to increase your speed or decrease your effort by lowering your wind resistance. Drafting is not allowed in any OSB Events triathlons.

Run

Can I get a drink on the run?

Yes, there will be a drink station, providing water and High 5 Energy Source roughly halfway round the run course. There will also be drinks at the finish.