



## Frequently Asked Questions – 2019

### ***When/how will I receive my race pack?***

Once you have entered you will receive confirmation via email, nothing will be posted to you – everything is collected at race registration when you arrive.

All competitors will need to register on the morning of the race. We recommend you register approximately 1 hour before your start time. Last chances to register will be confirmed in the Final Race Information which will be made available closer to the event.

We will keep in touch with you with news and information about the event. If you do not receive any emails from us, first check your junk mail/spam folder and make sure to list [info@osbevents.com](mailto:info@osbevents.com) as a safe sender. Check that you entered your email address correctly by logging into the entry system. If you still don't receive anything, please contact us to ensure that we have the correct email address. It's important that you can receive the emails as this is how we will let you know about course info and much more.

### ***Are there separate Age Group waves & awards?***

Yes, there will be Age Groups awards, but waves are not Age Group allocated. Swim times and waves are allocated based on the swim time you give us when you enter the event. If you are a slower swimmer you will likely go first or close to first so that you will be swimming with people of a similar ability. Waves will likely start from 7.30am through to 12.15pm.

Note: your age group is decided based on your age on 31/12/2019

### ***When do I have to register & rack my bike?***

Registration for the event will take place in the rugby club on the day of the event. All competitors should check in a minimum of 1 hour prior to the start of their wave, please allow time for queues. Please check registration times when the Final Race Information is published closer to the event.

Please know your race number and bring your photo ID and a copy of your entry confirmation email.

### ***Is there parking for competitors and spectators on site?***

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Yes there is. As we have restricted car parking at this event, we would encourage you to car share wherever possible.

There will be 3 primary car parks for this year's event, situated at the Southwell Rugby Club, the Southwell Leisure Centre and at Nottingham Trent University's Brackenhurst Campus where there are 3 separate car parks. The Brackenhurst Campus is 750 metres away from Southwell Leisure Centre and will take approx. 5 minutes to walk, please allow for this.

PLEASE follow the instructions of the Car Parking Stewards as we need to follow a strict parking plan to ensure we can make maximum use of the parking we have available.

The most direct route to registration is not via the main road (the bike course) but down a small road by the cricket pitches. When approaching, please follow the instructions of our race marshals. Please remember that the approaches to the car parks are on the cycle course, so give way to cyclists.

### ***Are there route maps available?***

Yes, the course maps are available for you to download from our website. It is possible that these routes may be subject to change however, we are confident that these are the routes that will be used.

### ***What advice do you give to athletes?***

Know where your belongings are in transition – make sure to visualize your run out of the water and how to locate your bike, same again for T2. We also recommend that you familiarise yourself with all of the entry and exit points of transition prior to racing. These are also highlighted with flags.

Arrive early enough to give yourself plenty of time to prepare. Remember there is a lot to do before a race and we check in every bike to make sure it's safe and has the race stickers in the right places, this takes time so please allow for this and the inevitable toilet queue.

### ***When should I eat the morning of the race?***

Everyone develops their own strategy however, we recommend ensuring you have your last main meal at least 2 hours prior to your start time. Keep a drinks bottle close by to sip on prior starting so you stay hydrated. Take a gel or two 15-30 minutes before the start; if you have practised this in your training.

### ***How often should I take gels?***

This is a brilliant guide from High5:

<https://highfive.co.uk/high5-faster-and-further/triathlon-nutrition-guides/>

### ***How do competitors get a DQ in the race?***

Be familiar with the current BTF rules. In particular, do not cross the centre line of the road (ride on the correct side at all times). Do not urinate in public, there are plenty of toilets at drink stations on the bike course. You need to wear clothing that covers your midriff & do not drop litter!

### ***What gets you a penalty?***

Penalties are usually for drafting. Be familiar with the current BTF rules. Once you pass someone, it's their responsibility to drop back. There are motorbike referees on the course. Repeat drafters will get a DQ.

### **What is drafting and it is allowed?**

The ITU defines drafting as: The technique of riding in a pack during the cycling event. The drafting zone is 10m from the front wheel of the bike in front of you.

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.

### ***Where should I start on the swim?***

The swim will take place in the 25 metre indoor heated pool at Southwell Leisure Centre. Swim 16 lengths – 400 metres, you cannot walk along the bottom of the pool. Please arrive on poolside approximately 10 minutes before your start time. The timekeeper will start waves of 5 swimmers every 2 minutes. Your start time has been worked out from your estimated swim time that you filled in on your entry form.

### ***Can I use tri bars?***

Yes, tri bars, disc brakes and disc wheels are fine to use in all of our non-drafting triathlons.

### ***I am unable to take part; can I transfer or sell my place to a friend?***

Unfortunately, not. It's not within our event policy to make this possible - our event terms and conditions set out our refund policy.

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines. No race credits will be issued to those withdrawing after the withdrawal date of 17<sup>th</sup> May 2019.

### ***Can I change my relay team members?***

Yes, you can, either via the online entry system or by contacting our office on 01522 699950.

### ***What can family do while I am racing?***

There is a selection of food and drink available at the rugby club clubhouse.

### ***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 31<sup>st</sup> 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.

### ***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 inform the swim safety team.

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.

### ***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.

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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.

## ***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.

## ***Can I get a drink on the run?***

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