

Swansea Super Series

Swansea

15 July 2023



General Information

Welcome

The British Triathlon Federation would like to extend a warm welcome to all competitors and spectators to the Swansea Super Series on 15 July.

Venue

Prince of Wales Dock,
SA1 8AL

Car Parking

Parking is available at the car park on Langdon Road.

8 Langdon Rd, St Thomas, Swansea SA1 8AG, United Kingdom

Facilities

There are toilets available, including accessible toilets in the event village. There are no changing facilities available.





Registration & Race Packs

Registration will be located at the Registration Gazebo. Competitor information will also be available here together with course maps. Registration will take place from 7:00 –7:45.

Race Pack:

Race Packs will include the following items:

- Race Number Tattoo / Decal
- Bike / Helmet Stickers
- Timing Chip
- Swim Hat

Please return your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event crew. Competitors who fail to return their timing chip will be charged as per the terms and conditions of entry.

Results

Provisional results will be available through a link on the Super Series website. Timing will be done by My Laps.

Home Nation Association Membership Cards

Please ensure that your British Triathlon membership is up to date and valid on race day. If you fail to bring your membership card you will be required to pay £5.00 day membership fee. You will however still be eligible for category trophies.

Withdrawing during the race

If at any point during the race you feel the need to stop and pull out of the race, please do not hesitate to do so. It is mandatory that if you withdraw from the race then you need to find the nearest marshal who will help you get back to the event headquarters. Marshals can also call for medical support should it be needed.

Sustainability and waste

We would appreciate it if all competitors made every effort to keep the venue, and the surrounding area as clean as possible, there will be ample bins.

Swim Caps

Red – Definitely Require Assistance

Blue – Unlikely to Require Assistance

White - Guide

Yellow – May Require Assistance

Green – PTVI Athletes



Event Schedule

| Event Schedule | |
|----------------|------------------------------|
| 7:00 | Race Registration Opens |
| 7:45 | Race Registration Closes |
| 7:05 | Transition Opens |
| 7:45 | Transition Closes |
| 7:50 | Race Briefing |
| 8:00 | PTWC Race Start |
| 8:30 | <i>PTS Race Start</i> |
| 8:55 | PTVI Race Start |

Bike Familiarisation

There is no official Bike Familiarisation. If you wish to ride the course prior to your race, please be aware it is at your own risk.

Transition

Transition check-in will take place on race day only.

There will be no marking permitted in transition, this includes the use of talc on the floor.

There will be 10-minute windows provided to un-rack bikes and clear your belongings from Transition. This opportunity will arise once all athletes have exited the water and Transition area of a particular Wave. The Entry / Exit point will be clearly signposted for you. Do not cross any timing mats or enter Transition Area through any other location.

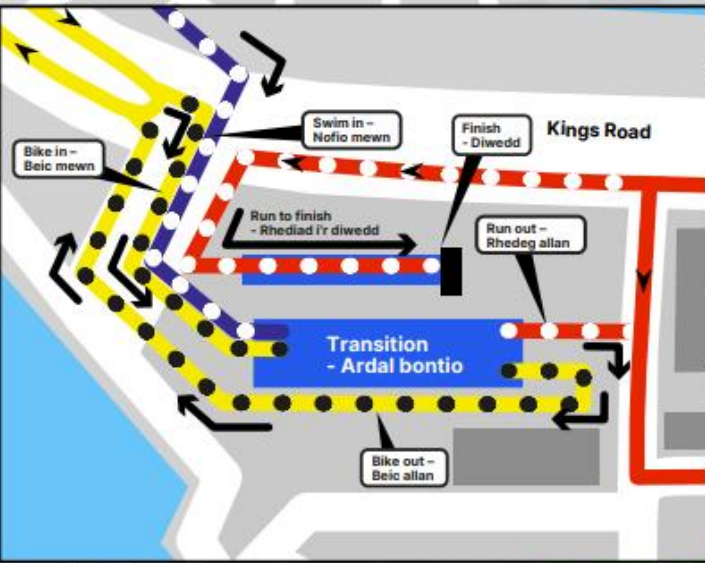
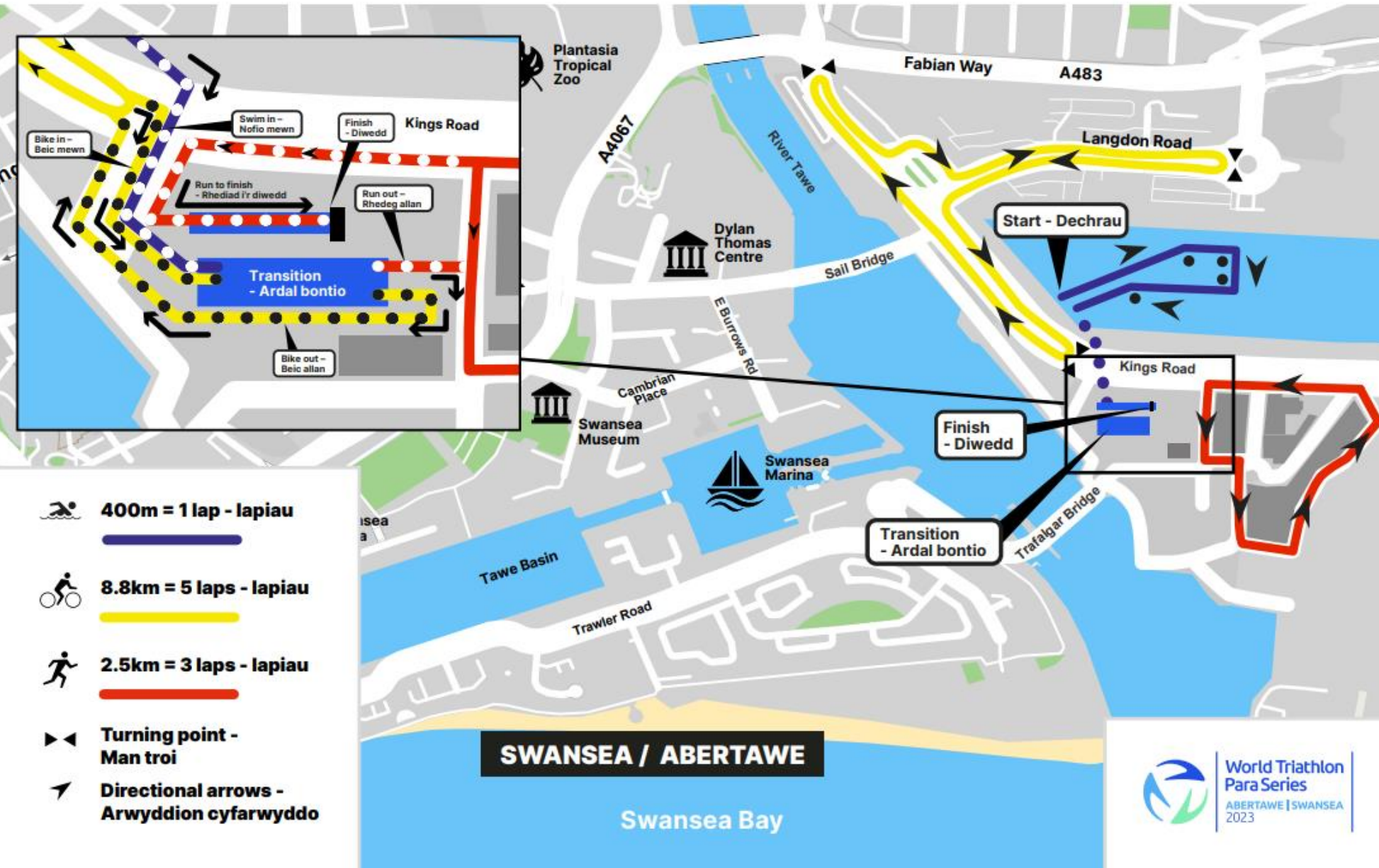
There is no individual allocated space in Transition. Please allow sufficient space for your fellow athletes. No Bags/Boxes will be allowed to stay in the transition. Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place. Additionally, you must have your decals on to enter transition.

After the race, you will need your decal to re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can. We would appreciate the Transition area being cleared as quickly as possible once permissions has been given by the Race Organiser.

After you finish, you must come and collect your belongings as soon as possible. This is as a result of you using the same transition area as the elite racing in the afternoon and so the area must be cleared and prepared.

BRITISH TRIATHLON PARATRI SUPER SERIES

ROUTE - LLWYBR



- 400m = 1 lap - lapiau**
- 8.8km = 5 laps - lapiau**
- 2.5km = 3 laps - lapiau**
- Turning point - Man troi**
- Directional arrows - Arwyddion cyfarwyddo**

See you on race day!

If you have any questions, please email the team at
SuperSeries@britishtriathlon.org

