

WARRIOR

RULE BOOK - PLEASE READ CAREFULLY



WEEKEND WARRIOR RULEBOOK

AIM: To cover the furthest race distance, during racing hours, over event weekend. Only completed triathlons will count.*

** Distance will be measured by taking the official course length (per race distance) times the amount of laps achieved.*

Declaration of the Winner: The Official winner will be announced in the Post Event Newsletter once all entries have been verified. Weekend Warriors (WW) will also be able to view their splits time for each tri completed.

GENERAL WEEKEND WARRIOR RULES

- There will be a photo-call in transition before the first wave starts – you will then be accompanied down to swim start for your safety briefing and introductions. Please make sure you all attend the photo-call – anyone who arrives late may have to wait to start, whilst we set other waves off.
- Wetsuits are compulsory.
- All BTF rules and regulations must be followed at all points.
- You are undertaking an extreme endurance challenge – there is qualified medical support at the event should you feel unwell, but please be sensible and compete within your own capability.
- In transition all participants will keep the same place on the racking throughout the race day, but you must take your bike home with you on Saturday night as we do not offer over-night racking for security reasons.
- WW do not take priority over other participants on the event. Other participants may hold you up or get in your way, please appreciate this is unavoidable at a mass participation event.
- Please remember for some people this will be their first ever triathlon, please treat everyone out on the course with respect.

PRIOR TO STARTING EACH WAVE

- WW will be given two coloured swim hats at the start of the race. WW must keep hold of the swim hat to use for each swim throughout the event weekend.
- WW must join in the first swim safety briefing, after that they can go straight to the swim timing official.
- WW can take any official route from the finish line back to swim start, however they should be considerate to the general public as they do so and not barge into people.
- WW do not need to return to transition after they finish the run, however the need to co-ordinate getting their wetsuits back to swim start.
- Before beginning each wave the weekend warriors must make themselves known to the swim timing official (this person will be pointed out to you prior to starting your first wave)
- WW must not run on the pontoons.
- WW must be granted permission by the swim safety team to walk onto the pontoon before entering the water.
- WW MUST OBEY MARSHALLS AT ALL TIMES OR THEY WILL BE DISQUALIFIED.

SUPPORT TEAMS

- Each WW will be provided with 2 wristbands, one for the athlete and one for a member of their support team – this spare wristband will grant that person access to transition.
- Support crew are only allowed in transition, not on the course itself.

SUPPLIED TO WEEKEND WARRIORS

- Two swim caps (different colour from other participant)
- Two wristbands (one for WW one for member of support crew)
- Race Bib
- Bike Number
- Helmet Number

BLenheim SPECIFIC RULES

- WW can start each new race when you want (except the first of each day).
- However if there are a collection of WW within 5 mins of each other, you will be requested to start as a group for safety reasons. If you are within 5 minutes of an official wave start you will be asked to start with that wave.
- You must complete the distance of the wave ahead of you.
- Male WW will be set off 2 mins before any women only waves.
- Race Times Sat: 9:20am – 3:30pm
Sun: 9:50am – 3:20pm

WARRIORS FOR CHARITY

The Weekend Warrior event at Blenheim has always received an incredibly high level of support and interest from the media and general public. Over the past few years the amazing effort put in by the athletes, has inspired thousands of people across the country to take on their own personal challenges.

Now the event has grown to 75 triathletes, we would like to see the event not only demonstrate incredible athleticism, but also create a legacy of helping others. We would like to set you all a team fundraising challenge of £10,000 for our title charity Bloodwise (there is no obligation to take part in the challenge as part of your entry, it is a voluntary initiative).

£10,000 may sound like a lot, but spread between the 75 Weekend Warriors equates to as little as £133 per Warrior. In return for your fantastic efforts both on and off the course, Bloodwise are offering all WW a FREE race belt and high-spec t-shirt once you reach 50% of your £10k target, and a FREE Bloodwise tri-suit when you hit the full £10k.



They will be supporting you through every step of your fundraising journey and are confident that with their support, you can absolutely smash that target!

So please share this page with everyone you know to get the full support you all deserve, and your FREE kit:

<https://www.justgiving.com/campaigns/charity/bloodwise/BlenheimWeekendWarriors2017>

Enjoy yourself! And Good Luck!
The Bloodwise Blenheim Palace Team.

