



WEEKEND WARRIOR RULE BOOK

PLEASE READ CAREFULLY



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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 at the dock edge 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

LONDON SPECIFIC RULES

- Can start when you want. 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.
- Race Times: Sat: 11:50am – 16:30pm*
Sun: 06:40am – 09:30am then 13:30pm - 14:10pm

*WW will not be allowed to race when the Elite competition is taking place. 12:00 – 13:30

- Male WW will be set off 2 mins before any women only waves.

*Times subject to change

Enjoy yourself! And Good Luck!

The AJ Bell London Triathlon Team.