



THE BAY AQUATHLON

**ATHLETES EVENT GUIDE -
AQUATHLON**

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WELCOME

THE BAY AQUATHLON SERIES

WE LOOK FORWARD TO WELCOMING YOU ALL AT THE FIRST BAY AQUATHLON RACE OF THE 2025 SERIES. PLEASE TAKE A MOMENT TO REVIEW THIS EVENT GUIDE, WHICH PROVIDES DETAILED INFORMATION ABOUT EVERY ASPECT OF THE EVENT.

IF YOU HAVE ANY QUESTIONS THAT AREN'T COVERED IN HERE, FEEL FREE TO REACH OUT VIA [INFO@THEBAYAQUATHLON.CO.UK](mailto:info@thebayaquathlon.co.uk) OR CONNECT WITH US THROUGH ANY OF OUR @THEBAYAQUATHLON SOCIAL MEDIA CHANNELS.

FOR ANY LAST-MINUTE UPDATES, BE SURE TO FOLLOW US ON FACEBOOK AND INSTAGRAM. IN THE MEANTIME, ENJOY THESE FINAL DAYS OF PREPARATION, WE CAN'T WAIT TO SEE YOU AT THE START LINE!

JAY, DARREN & PAUL THE BAY AQUATHLON TEAM



SCHEDULE

THURSDAY, 12TH JUNE 2025

17:00	REGISTRATION OPENS
18:30	REGISTRATION CLOSES
18:40	MANDATORY RACE BRIEFING
18:50	ACCLIMATISATION
19:00	SPRINT DISTANCE START TIME
19:05	MINI SPRINT START TIME
20:00	AWARDS CEREMONY

★ PLEASE NOTE THAT THE TIMINGS MAY CHANGE
SLIGHTLY ON THE DAY



EVENT LOCATIONS

REGISTRATION

REGISTRATION WILL BE LOCATED ON THE GRASS AREA NEXT TO THE SECRET BAR & KITCHEN.

WHAT3WORD: ///EXCUSE.JAZZ.PUNCH

START AREA

THE SWIM START WILL BE LOCATED ON THE BEACH OPPOSITE TO THE SECRET BAR & KITCHEN.

WHAT3WORD: ///DOLLAR.SPRINT.SILENT

TRANSITION & FINISH AREA

TRANSITION WILL BE SITUATED NEXT TO REGISTRATION.

WHAT3WORD: ///DICE.COACH.SUMMER

THE FINISH LINE WILL BE WITHIN THE SAME AREA.

WHAT3WORD: ///VOICES.PLACES.DAISY



CAR PARKING

NEAREST CAR PARK

RECREATIONAL CAR PARK IS LOCATED A 5 MINUTE WALK FROM THE EVENT AREA. CHARGES MAY APPLY.



THERE ARE ADDITIONAL CAR PARKS NEARBY - CHARGES MAY APPLY

- The Baths Car Park (5 min walk)
- Singleton Boating Lake (8 min walk)

PLEASE PARK WITH ENOUGH TIME TO REGISTER & WARM UP!



REGISTRATION

OPEN FROM 17:00 TO 18:30

PLEASE QUEUE AT THE REGISTRATION GAZEBO TO REGISTER, ENSURE YOU BRING SOME ID WITH YOU IN CASE YOU ARE ASKED FOR IT.

WHEN REGISTERING YOU WILL RECEIVE:

SWIM CAP TIMING CHIP RACE NUMBER

PLEASE ARRIVE AS EARLY AS POSSIBLE TO AVOID ANY REGISTRATION OR TRAFFIC DELAYS & YOU CANNOT REGISTER ON SOMEONE ELSE'S BEHALF.

FOR SAFETY REASONS, MAKE SURE TO COMPLETE YOUR DETAILS ON THE BACK OF YOUR RACE NUMBER PRIOR TO THE START.

IF YOU HAVE PURCHASED AN EVENT T-SHIRT VIA THE BOOKING FORM, YOU CAN PICK IT UP AT REGISTRATION.



RACE CHECKLIST

SWIMMING ESSENTIALS

- WETSUIT
- SWIM CAP (GIVEN AT REGISTRATION)
- GOGGLES
- SWIM / TRI SUIT
- EAR PLUGS
- VASELINE

RUNNING ESSENTIALS

- RUNNING SHOES
- RACE NUMBER (GIVEN AT REGISTRATION)
- SUITABLE RUNNING CLOTHES
- RACE NUMBER BELT
- SUNGLASSES & HAT
- SUNSCREEN

TRANSITION ESSENTIALS

- TRANSITION ESSENTIALS
- TOWEL
- TRANSITION BAG
- ENERGY GELS / HYDRATION

TIMING CHIPS & RACE NUMBERS

PLEASE ATTACH YOUR TIMING CHIP TO YOUR LEFT ANKLE FOR THE DURATION OF THE EVENT. RACE NUMBERS MUST BE DISPLAYED ON THE FRONT DURING THE RUN. FAILURE TO DISPLAY YOUR NUMBER IN THE CORRECT MAY LEAD TO BEING PENALISED OR DISQUALIFIED.



RELAY TEAMS

EACH MEMBER OF A RELAY TEAM WILL NEED TO REGISTER TOGETHER TO FOR THE EVENT. YOU WILL BE GIVEN ONE TIMING CHIP THAT WILL NEED TO TAKEN OFF AND HANDED OVER TO YOUR PARTNER IN TRANSITION.

ONCE THE FIRST TEAM MEMBER COMPLETES THE SWIM, MAKE YOUR WAY TO TRANSITION WHERE YOUR PARTNER WILL BE WAITING TO RECEIVE YOUR TIMING CHIP.

WHEN ARRIVING INTO TRANSITION, YOU MUST TAKE OFF YOUR WETSUIT BEFORE HANDING OVER YOUR TIMING CHIP TO YOUR TEAM MEMBER. ONLY WHEN THEY HAVE PUT THE TIMING CHIP ONTO THEIR ANKLE THEY CAN LEAVE TRANSITION.

YOU WILL BE ALLOWED TO FINISH THE EVENT TOGETHER. THE FIRST TEAM MEMBER CAN WAIT AT THE START OF THE FINISH SHOOT



YOUTH CATEGORY

FOR YOUTH PARTICIPANTS IN THE BAY AQUATHLON 2025 SERIES, WE WILL NEED A PARENT OR GUARDIAN TO REGISTER AND SIGN A DISCLAIMER ON YOUR BEHALF.

DISCLAIMERS WILL BE SENT OUT VIA EMAIL 2 DAYS BEFORE THE EVENT AND THEY MUST BE RETURNED BEFORE EVENT DAY. IF YOU CAN NOT DIGITALLY SIGN THEM, THEN REGISTRATION WILL ALSO BE TAKING IN THE SIGNED DISCLAIMERS.

YOU WILL BE PROVIDED A PINK SWIM CAP FOR THE SWIM, THIS WILL ENSURE THAT OUR WATER SAFETY TEAM CAN IDENTIFY ALL YOUTH PARTICIPANTS IN THE WATER.

THERE IS NO SEPARATE WAVE FOR YOUTH PARTICIPANTS, THEY WILL START WITHIN THE WAVES THAT ARE ALLOCATED TO THEIR DISTANCE. WE RECOMMEND THAT YOU STAY AT THE SIDE OR NEAR THE BACK!



RACE INFORMATION

SAFETY & MARSHALS

THERE WILL BE A MANDATORY RACE BRIEFING BEFORE THE START OF THE EVENT TO ENSURE ALL PARTICIPANTS ARE AWARE OF THE SAFETY GUIDELINES AND SPECIFIC COURSE DETAILS.

DUE TO SAFETY REASONS, WETSUITS AND THE ALLOCATED SWIM CAPS ARE MANDATORY FOR OUR EVENTS. HEADPHONES ARE ALSO NOT PERMITTED FOR THE RUN SECTION.

IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL TO INFORM THEM AND HAND BACK YOUR TIMING CHIP.

PLEASE RESPECT ALL OF OUR MARSHALS, WITHOUT THEM WE SIMPLY CAN NOT HOLD THESE EVENTS. ANY ABUSIVE BEHAVIOUR OR LANGUAGE WILL RESULT IN IMMEDIATE DISQUALIFICATION.



RACE INFORMATION

ENVIRONMENT

TO ENSURE THAT WE HAVE A MINIMAL IMPACT ON THE ENVIRONMENT, WE ASK TO PLEASE RESPECT THE PARK AND TAKE YOUR LITTER HOME WITH YOU!

LOST PROPERTY

ALL LOST PROPERTY SHOULD BE HANDED TO A MARSHALS WEARING HIGH-VIS IN REGISTRATION, IT WILL BE KEPT SAFE UNTIL COLLECTED. ALL LOST PROPERTY WILL BE KEPT FOR 7 DAYS.

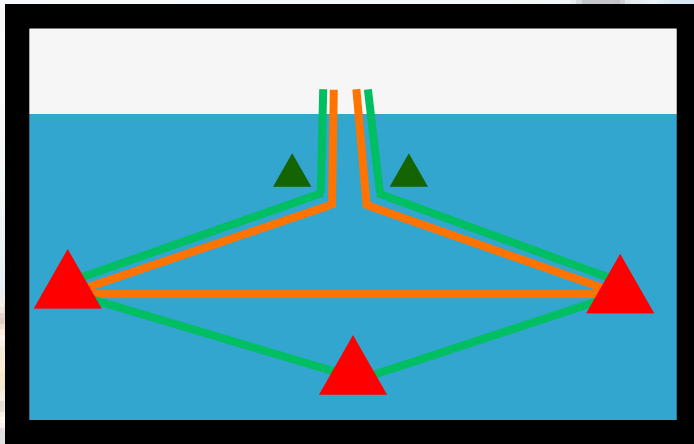
FINISH LINE

AFTER CROSSING THE FINISH LINE YOU WILL BE ABLE TO COLLECT YOUR MEDAL, BOTTLE OF WATER & EXTRA GOODIES. PLEASE RETURN YOUR TIMING CHIP IN THE PROVIDED BIBS. FAILING TO HAND YOUR CHIP IN WILL RESULT IN A REPLACEMENT FEE OF £25.



SWIM SECTION

SWIM DISTANCES 400M - **ORANGE** & 750M - **GREEN**



THE COURSE IS A 1 LAP SWIM.

MAP OF SWIM EXIT & TRANSITION

IF YOU NEED HELP

IF YOU NEED HELP LIE ON YOUR BACK WITH ONE ARM RAISED INTO THE AIR AND ONE OF THE CLOSEST MEMBER OF THE WATER SAFETY TEAM WILL ADVISE YOU TO USE THEIR BOARD FOR TEMPORARY SUPPORT IF REQUIRED.

IF YOU DECIDE TO RETIRE FROM THE EVENT, A RESCUE IRB WILL PICK YOU UP AND TAKE YOU BACK TO THE BEACH. YOU WILL NEED TO MAKE SURE THAT YOU HAND IN YOUR TIMING CHIP.

ACCLIMATISATION

GETTING READY BEFORE YOUR SWIM IS VITAL FOR A SUCCESSFUL RACE. PUT ON YOUR GOGGLES, FACE THE WATER, BLOW BUBBLES, AND OPEN YOUR WETSUIT'S NECK TO ADJUST TO THE WATER. AFTER LEAVING THE WATER, KEEP MOVING TO STAY WARM AND READY FOR THE RACE.



SWIM SECTION

THINGS TO KNOW

WHEN ENTERING THE WATER, IT'S IMPORTANT TO KEEP AN EYE ON THE COMPETITORS AHEAD OF YOU. IF YOU ARE NEW TO THIS TYPE OF EVENT, WE RECOMMEND STARTING AT THE SIDE OR BACK TO AVOID THE CROWD.

MAKE SURE TO BRING YOUR HEAD UP EVERY 5-6 STROKES TO KEEP IN A STRAIGHT LINE TO THE BUOYS. ALWAYS KEEP THE BUOYS ON YOUR LEFT HAND SIDE AS YOU SWIM AROUND THEM.

IF YOU ARE SWIMMING 400M, MAKE SURE TO TURN LEFT AT THE FIRST BUOY AND HEAD STRAIGHT FOR THE THIRD BUOY. AFTER PASSING THE THIRD BUOY, TURN LEFT AGAIN AND SWIM TOWARDS THE FINAL BUOY. FROM THERE, HEAD BACK TOWARDS THE FINISH AREA MARKED BY A FLAG AND A LIFEGUARD WITH A YELLOW RESCUE TUBE.

IF YOU ARE SWIMMING 750M, ONCE YOU HAVE REACHED THE FIRST BUOY KEEP GOING TOWARDS THE FURTHEST BUOY WHERE YOU WILL MAKE A U-TURN TO HEAD TOWARDS THE THIRD BUOY. AFTER YOU REACH THE THIRD BUOY, TURN LEFT AGAIN AND SWIM TO THE LAST BUOY WHERE YOU CAN THEN HEAD TO THE FINISH.

YOU MAY FEEL DIZZY WHEN LEAVING THE WATER. TO HELP THIS, FOR THE LAST 50 METERS KICK YOUR LEGS HARD TO GET SOME BLOOD FLOW INTO YOU LEGS. TAKE YOUR TIME GETTING OUT OF THE WATER. REMEMBER, THERE'S NO NEED TO RUSH!





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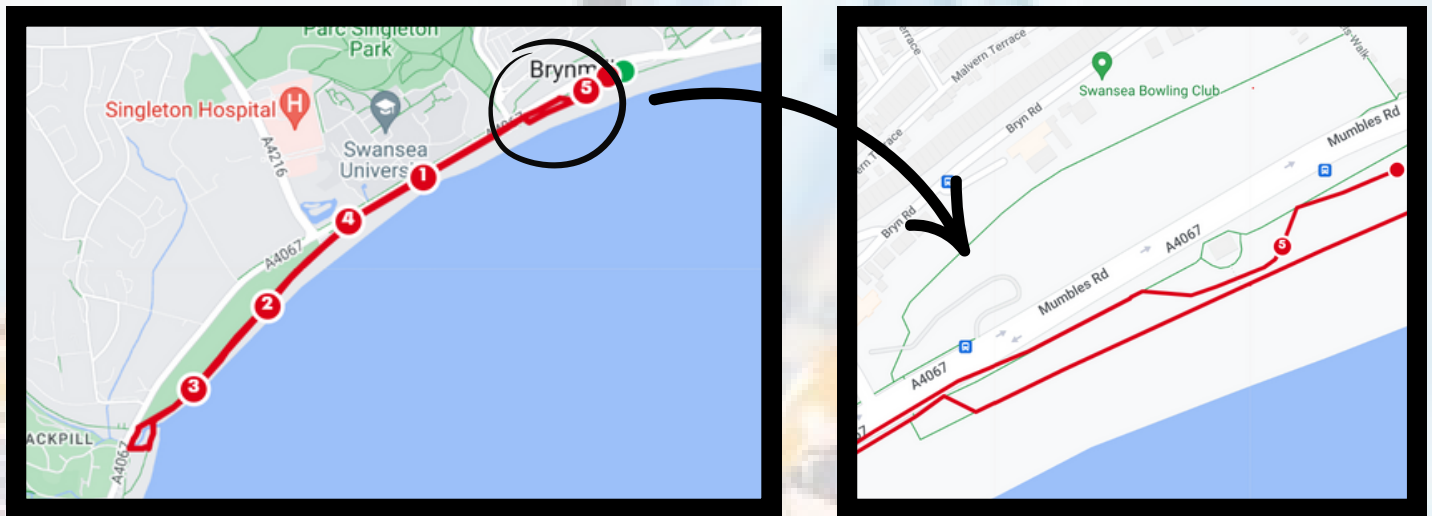
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RUN SECTION

RUN DISTANCE 5KM



THE COURSE IS A 1 LAP RUN.

YOU WILL EXIT TRANSITION AND PROCEED ALONG THE PROMENADE DOWN TOWARDS BLACKPILL. YOU WILL GO OVER THE BRIDGE AND THEN MAKE A RIGHT TURN TO HEAD BACK ALONG THE ROUTE YOU WERE ON.

WHEN YOU ARE CLOSE TO THE FINISH, INSTEAD OF TURNING RIGHT TO GO BACK TO WHERE YOU STARTED, YOU WILL KEEP GOING STRAIGHT AROUND THE CENOTAPH AND THEN INTO THE FINISH.



RUN SECTION

THINGS TO KNOW

THE RUN COURSE IS WELL MARSHALED AND MARKED WITH BLACK ARROWS ON A FLUORESCENT BACKGROUND. PLEASE KEEP TO THE LEFT AT ALL TIMES UNLESS OVERTAKING ANOTHER ATHLETE AND PLEASE RESPECT OTHER PATH USERS.

MAKE SURE THAT YOUR RACE NUMBER BIB IS VISUAL ON YOUR FRONT WHEN ON THE RUN COURSE. FAILURE TO DO SO MAY RESULT IN A PENALTY OR DISQUALIFICATION.

AT THE FINISH LINE THERE WILL BE TIMING CHIP RETURN BINS. YOU WILL NEED TO REMOVE YOUR CHIP YOURSELF, FOLD AND PLACE IT IN THE BIN. FAILING TO DO SO WILL RESULT IN A REPLACEMENT FEE OF £25. AFTER CROSSING THE FINISH LINE YOU WILL BE ABLE TO COLLECT YOUR MEDAL AND BOTTLE OF WATER.



EVENT RULES

- COMPETITORS ARE REQUIRED TO BE FAMILIAR WITH AND ACCURATELY COMPLETE THE ENTIRE COURSE.
- THE USE OF INAPPROPRIATE AND DISRESPECTFUL LANGUAGE IS NOT ALLOWED AT ANY TIME. MARSHALS ARE VOLUNTEERS WHO HAVE TAKEN TIME OUT OF THEIR DAY TO HELP MAKE THE EVENT POSSIBLE. PLEASE SHOW THEM RESPECT AND GRATITUDE FOR THEIR EFFORTS.
- WETSUITS ARE MANDATORY. THEY MUST COVER THE TORSO & THIGHS, SLEEVELESS WETSUITS ARE ALLOWED.
- MOBILE PHONES, HEADPHONES OR ANY PORTABLE LISTENING DEVICE ARE NOT PERMITTED. RACE NUMBER MUST BE WORN ON THE FRONT DURING THE ENTIRE RUN COURSE. MAKE SURE IT REMAINS CLEARLY VISIBLE.
- YOU MUST SWIM WITH YOUR ALLOCATED SWIM CAP, YOU WILL BE PROVIDED THESE TO WHEN YOU REGISTER ON THE DAY. YOU CAN WEAR TWO SWIM CAPS BUT THE EVENT SWIM CAP NEEDS TO BE ON TOP.
- YOU MUST REMOVE YOUR WETSUIT BEFORE EXITING TRANSITION AND PROCEEDING ONTO THE RUN COURSE.
- NUDITY IS NOT ALLOWED. PLEASE TAKE THE APPROPRIATE PRECAUTIONS WHEN REMOVING YOUR WETSUIT AND CONSIDER WEARING YOUR RUNNING GEAR UNDERNEATH. ADDITIONALLY, ENSURE THAT YOUR CHEST REMAINS COVERED AT ALL TIMES DURING THE RUN.
- YOU MUST PLACE YOUR EQUIPMENT, IF KIT IS THROWN IT MAY DISRUPT OTHER COMPETITORS.
- YOU ARE NOT ALLOWED TO MARK YOUR TRANSITION PLACE, THIS IS SOMETHING THAT YOU WILL NEED TO REMEMBER YOURSELF!
- IF THERE IS A QUESTION ABOUT A TIME OR PENALTY FOLLOWING THE EVENT, IT MUST BE RAISED WITHIN 24 HOURS OF THE RACE. ALL DECISIONS WILL BE REEVALUATED 48 HOURS AFTER THE EVENT AND THE FINAL DECISION WILL BE FINAL.

THE BAY AQUATHLON SERIES IS ABOUT HAVING A GREAT EXPERIENCE AND THESE RULES WILL HELP MAKE SURE EVERYONE STAYS SAFE AND HAS A FAIR CHANCE OF COMPETING.



POST RACE / AWARDS

AWARDS & RESULTS

THERE WILL BE AWARDS FOR THE 1ST, 2ND, 3RD OPEN & FEMALE FOR BOTH THE MINI SPRINT & SPRINT DISTANCE

YOU CAN FIND THE RESULTS ON '[TRIANDENTER.COM/RESULTS](https://triandenter.com/results)' YOU CAN DOWNLOAD THE TE LIVE APP TO ACCESS OUR LIVE TIMING. THE LINKS CAN BE FOUND ON THE WEBSITE OR AT REGISTRATION.

SOCIAL MEDIA



IF YOU OR YOUR SUPPORTERS CAPTURE ANY PHOTOS ON THE DAY, PLEASE SHARE THEM WITH US USING #THEBAYAQUATHLON AND MENTION US AT @THEBAYAQUATHLON OR @TRIANDENTEREVENTS. WE MAY FEATURE THESE ON OUR INSTAGRAM AND FACEBOOK PAGES.

CHECK OUT OUR WEBSITE FOR MORE INFORMATION AND WE HOPE YOU HAVE A GREAT EXPERIENCE!

