

Normal Start System – Tri Start Only, max 3 per lane

Swimmers will start in each lane, no more than 3 swimmers per lane.

Each swimmer will do 2 lengths.

5

4

3

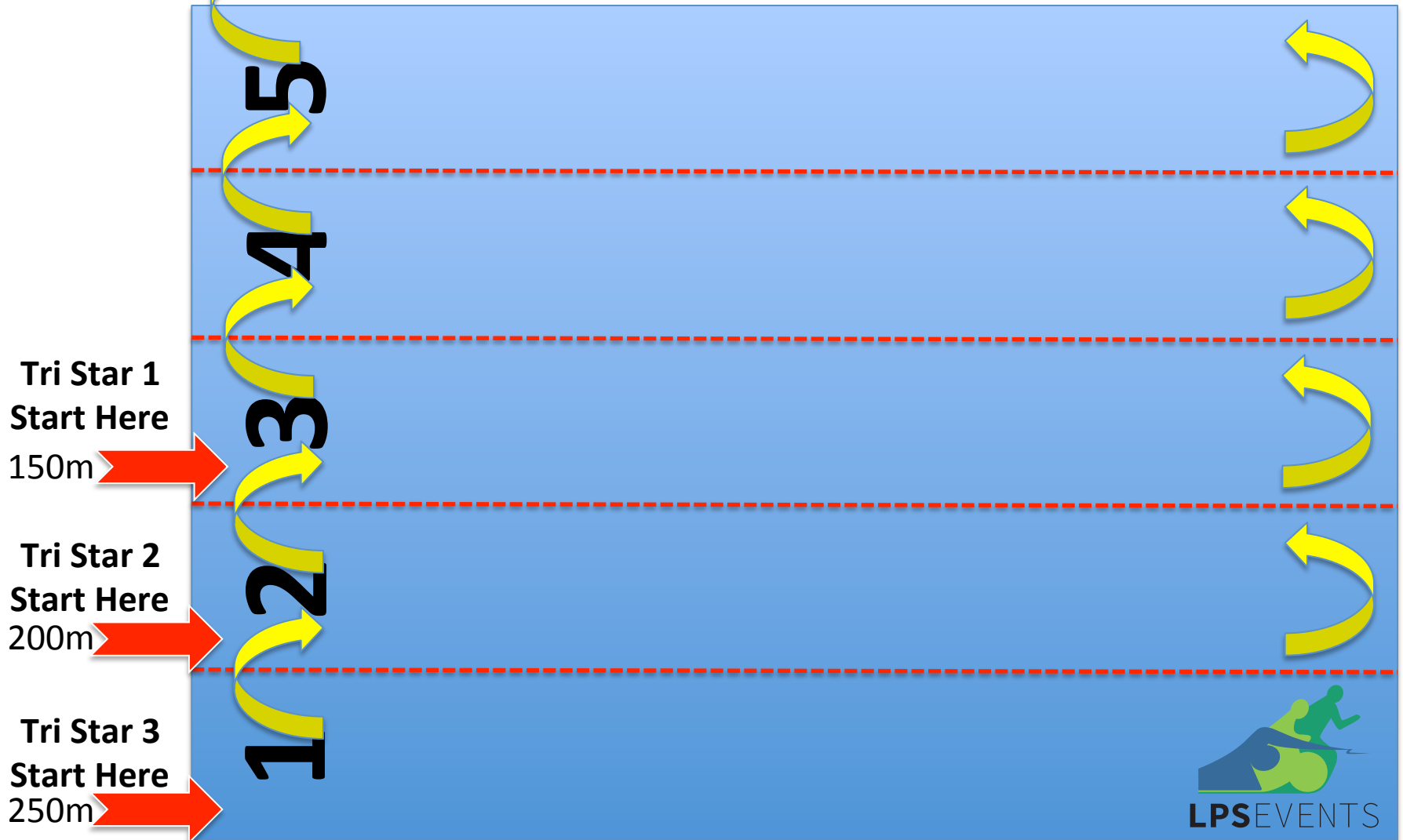
2

1



Smart Start System – Tri Star 1, 2 & 3 Only

Swimmers will duck beneath the lane rope each time they reach the shallow end. They will move to the next lane in order. No ducking at the deep end is permitted.



Smart Start System – Tri Stars 1,2 & 3

What is the Smart Start System?

The smart start system is a new way in which we will be starting our pool based triathlon. We have abolished the wave times based on a given swim time. Instead your swim time will be used to seed a continual feeding of swimmers into the swimming pool.

Why have we decided this option?

The new method of race starting will allow a steady stream of competitors on the bike and run sections, preventing any bottlenecking at the start of the cycle stages or large gaps between waves. It also means the race will always start on time, never late whilst waiting for the previous wave to leave the pool.

How will it affect me?

Your race briefing will now become more visual – it is important that you are in the briefing area at least 10 minutes before the first swimmer starts in your age group. You will still have the opportunity to ask questions before getting into the water, however only if you arrive early. You must start in the order which you are positioned and you must start on time.