



POWERADE.

Salmon Run 
Triathlon

10th July 2010

Event Schedule

Saturday 10th July 2010

Registration 11:00 - 14:00
Ballina Sport & Leisure Centre

Transition area opening 15:00

Marshals Briefing 16:00
Transition Area

Competitors Briefing 16:30
Ballina Athletics Track

March to Start 16:45

Race Start 17:15
River Moy Cathedral

Post Race Refreshments 19:00
Results/Prizes
Ballina Sports & Leisure Centre

Prizes

The prizes will be awarded to the following categories:

- Open Male/Female
- Age Groups Male/Female
- Relay Team 1st Only in Male, Female & Mixed

Note that Open 1st/2nd/3rd will not qualify for age group prize

Timing

ChampionChip Ireland electronic timing will be used

Rules

Triathlon Ireland rules will apply.
For details see www.triathlonireland.com

Parking

Parking will be available at Ballina Swimming Pool car park. Competitors are encouraged to arrive early and to avoid causing an obstruction with other cars. All cars must be removed from the Swimming Pool car park by 21:00 prior to the fireworks display on Saturday night

Road Safety

Roads will remain open to traffic for the event. Except road closures on two roads and will be explained in the race briefing . Competitors must obey the rules of the road and exercise due caution when presented with a hazard. Instructions from Gardaí must be followed. Competitors deemed to be cycling dangerously or without consideration to others will be disqualified or penalised by race marshals. Order of Malta (ambulance) will be in attendance on the day. Draft busters will be on the bike course and penalties will apply for Competitors found to be drafting.

Registration

Registration will take place at the times indicated above at Ballina Sport & Leisure Centre which is next to Ballina Swimming Pool. Registration will take place on Saturday the 10th July between 11:00 and 14:00. Unregistered entrants will not be allowed to compete. A race information board will be on display. Goody bags, race numbers, timing chips, and swim caps will be distributed.

2010 Triathlon Ireland (TI) Membership Cards must be presented at Registration as formal Identification. Non TI Members must provide photo ID at registration and a TI One Day Race Licence, these must be purchased prior to the event and cannot be purchased on the day.

Start - Swim

The race will be a water start located in front of the Cathedral in the River Moy.

The race will start in 3 waves 5 minutes apart.

Note: The start will not take place beside the transition area. Participants will swim downstream under Ballina's Sligo road bridge, for 750 metres. The Water Safety Team Leader (WSTL) will have responsibility for safety measures. The WSTL can withdraw participants at his/her discretion if he/she believes that they are in danger. If a swimmer is in difficulty he/she should lie on their back and raise an arm to attract the attention of the one of the rescue boats. Swimmers are asked to apply common sense - average or weak swimmers should remain at the back of the group at the start of race to allow stronger swimmers through. The Grainne Uaile Sub Aqua Club and Civil Defence will be in attendance at the swim start and finish area.

Transition 1

Swimmers will swim under the Sligo road bridge and past the green jetty then swim around the large Orange buoy keeping it on their left side. They will then exit the water by a private slipway and proceed into the transition area at Ballina athletics track.

Note: Competitors must put on and fasten their cycle helmets before touching their bikes. Do not mount bike in transition area. One of the race numbers supplied must be worn on competitors back. Failure to have your race number visible will result in a time penalty being awarded. Exit through athletics club car park as directed by race Marshals.

Cycle

The bike course will be 20km in length and in the main will be an out and back event. The course will take competitors out of the town of Ballina on Belleek Road (for approx 2km) then onto the main Ballina - Killala Road. Competitors will proceed towards Killala for 8km where there will be a turnaround point at the entrance to the former Asahi Plant. Competitors will return along the same route to transition

Note: Road closures are not in operation for the cycle.

Transition 2

Slow down your bike in advance of entrance into the transition area. Dismount bike before entering. Depart through Castle road exit as directed towards Beleek woods.

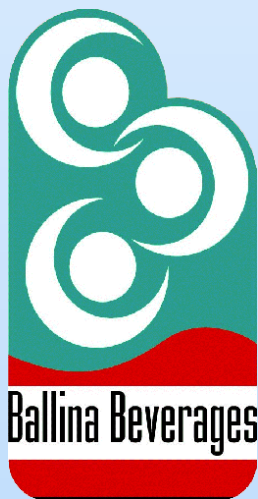
Note: Competitors must rack their bikes before unclipping their helmet.

The other race number supplied must be worn on the competitor's front leaving the transition area. Alternatively race belts can be worn ensuring number faces front.

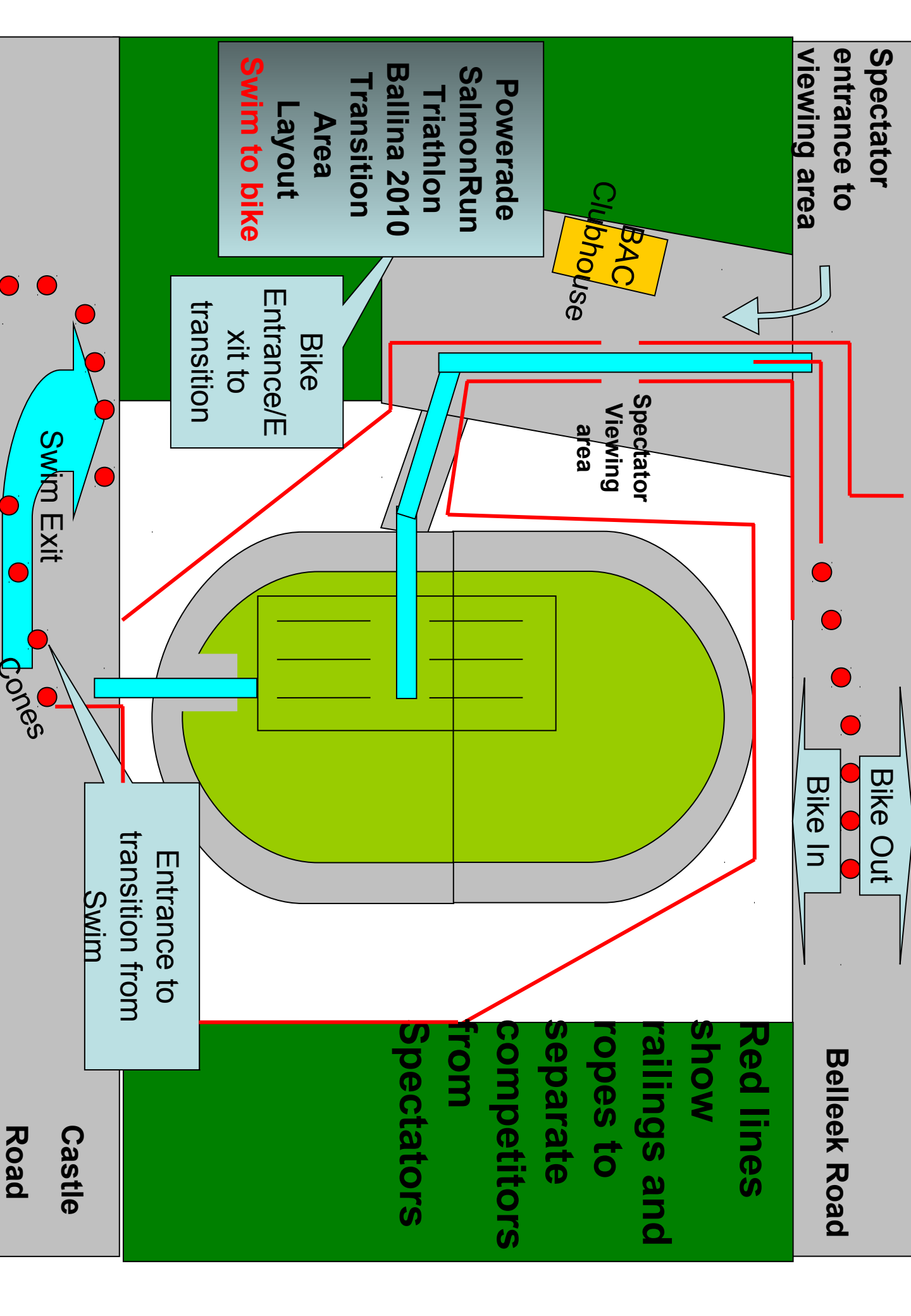
Run / Finish

The 5km run will proceed from Ballina athletics track onto Castle Road proceeding past Ballina Town FC Football Pitch (1km) into Beleek Woods. The out and back route through Beleek woods will be clearly indicated by marshals at each turn. A water station will be set up in the woods (at approx 3km). The run will finish at Ballina Athletics track with a $\frac{3}{4}$ lap finishing on the track below the car park. At all sections of the run ensure to stay to the right hand side of foot paths and roads

But most of all, enjoy the race and best of luck!



Sponsored By Ballina Beverages



Spectator entrance to viewing area

Powerade SalmonRun Triathlon Ballina 2010 Transition Area
Swim to bike Layout

BAC Clubhouse

Bike Entrance/Exit to transition

Spectator Viewing area

Bike Out
 Bike In

Belleek Road

Red lines show railings and ropes to separate competitors from Spectators

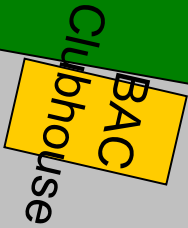
Entrance to transition from Swim

Swim Exit

Cones

Castle Road

Spectator entrance to viewing area

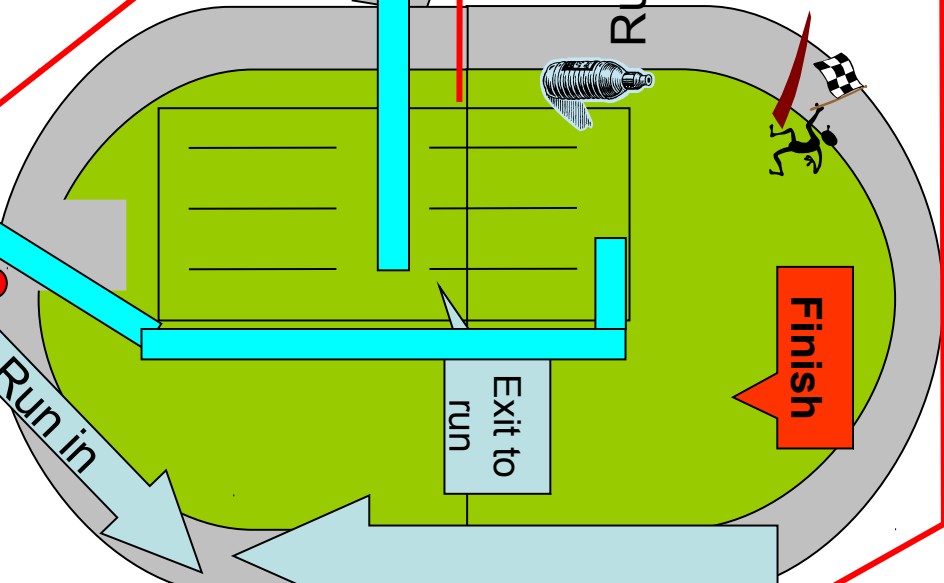


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SalmonRun
Triathlon
Ballina 2010
Transition
Area
Layout
Bike to Run

Bike entrance to transition

Competitors to wait in this area after completion of event

Spectator Viewing area



Bike in

Run in
Run out

Belleek Road

Red lines show railings and ropes to separate competitors from Spectators

Castle Road