

Limerick triathlon club [aquathon](#) series: training event



[UL Activity centre killaloe](#)

www.ulac.ie

Monies raised will go towards Irl/Munster/west regional junior triathletes and coaching education.

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AQUATHON SERIES

3 RACES BUT ONLY ONE WINNER



Email : limericktriclubaquathon@gmail.com

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Race one:

500m 1.2km x 2 this is an eliminator race: first10 male's first 10-females (might be extended depending on numbers)

Don't worry even if you are eliminated on the first night you will still get points towards the overall series, please stay around to support your fellow contestants. This doesn't mean your eliminated from the series

Race two:

750m 2.4km-

1 lap on the swim section run course is 2 laps with each contestant is responsible for grabbing a colored elastic band after the first lap

Race three

1500m 3.6km

Swim will be 2 laps-between each lap is a 200m run, the run course is 3 laps

Cost of entry to the series = 25E adult entry, 10 euro junior entry for the series, or 10 euro each night.

Athletes need to complete 2 out of 3 races with best two results to count.

The race will be handicap event; female athletes& junior athletes will be awarded a head start of average amount of time difference between male and female athletes from the "JOEY Hannon" memorial triathlon swim time. (Lead male swim time to lead lady swim time)

Prizes will be awarded on an overall basis.

Best male, female, junior male and junior female, best club (top 2 male top 2 female from each race)

Race registration and changing facilities located at the UL activity centre.

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Race sponsors: please support our sponsors 😊

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Full carbon bike frame and other spot prizes

Foot solutions limerick- prize x 2

Brooks Running jackets and running apparel

Race dates: all races will start at 7:15 pm with pre-registration open from 6:30pm

August 11th Wednesday- aquathon eliminator night

August 18th Wednesday- 750 swim-2.4 run

August 25th Wednesday 1500m-3.6km run (please allow some extra time for series celebrations 😊 and presentations) *juniors will do 1 lap of 750m swim-14 to 16 years or for weaker swimmers this also an option*

Run course link:

<http://www.mapmyride.com/route/ireland/unknown/302127723985838901>

The run course will be marshaled on the night and with signposting, but if possible check out the link 😊

Swim course:

UI activity centre, pontoons etc

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The swim course will be marshaled by 2 canoeists on the night and will be designed with marker buoys in a triangular setting

*please note that for all juniors wanting to race you will be required to attend a training evening with Stephen at the ul activity centre, these 2 training evening will happened on the 2 Wednesdays before the series starts. The races are open to junior/youth athletes from 14 years of age upwards. The training evenings are free of charge and will consist of open water swimming assessment. This is for insurance purposes. All junior will need to have a parental permission/consent form sign to race the series

*on the last night of the series we have a 1500m swim this is a 2 lap swim junior athletes and weaker swimmers will be told to only do one lap. This is for safety reasons- however your result on that night will not be counted towards the overall points tally.

*points will be awarded as per finishing position- the lowest score wins!