

Things to bring on race day checklist:

- A kit bag for everything

FOR THE SWIM SIDE OF THINGS

- Wetsuit (if participating in Open Water races)
- Wetsuit lubricant – to put around wrists and ankles
- Goggles
- Trisuit OR Swimming Trunks/Costume
- Swim Hat – These may be given out at the event, but take one anyway. In Open Water events, it is generally a good idea to have two (hat on, goggles on, hat over goggles, so the goggles don't get pulled off).
- Ear plugs if you wear them

TRANSITION

- Transition box – to put transition things in. Not usually compulsory at TS/Junior level, but it helps to know your stuff is in one place and it shouldn't get kicked accidentally by others in transition
- Towel
- Running Shoes – preferably with Fast Lock laces
- Talc (to put in the shoes to ease the feet in if they're wet from the swim)
- Helmet – no helmet = disqualification
- Bike
- Race Belt with number attached – alternatively:
- **T-shirt** if you don't wear a tri-suit, then you will have your numbers pinned to a t-shirt
- Safety Pins – sometimes supplied by events, but don't rely on this – bring your own
- Scissors – optional, but useful to punch holes in the race numbers if you have press studs on your race belt
- Water bottle – you may just want to put this in your transition box, or on your bike

OTHER THINGS

- Also – bring a spare pair of shoes. You may be wearing your running shoes when you get to the event but you will need to take them off and leave them in transition. Sometimes transition can be quite a walk from the start and not always on even surfaces – bring a spare pair of shoes/crocs/flip-flops
- Bring something warm to wear whilst waiting for your race and bring something to change into after the race.
- Bike maintenance stuff – pump, inner tubes, lubricant etc
- BTF Membership card, if you are a member

- Registration money – if you are not a BTF member, you may be charged a pound or two for Day Insurance. It may be that this cost has been covered in your entry fee, but always have a pound or two just in case.
- Money for parking. Some places have free parking, but some don't!
- Treat money – hopefully there'll be a few treats to buy after the race, so take a bit of money for cakes!
- A pen – it saves you waiting for one at registration, and you may want to write laps on your wrist (see below)

THE DAY BEFORE

Check your bike – use the M check

Lay your kit out and then pack it carefully

Check the internet for any changes to the event – have times changed, has the weather affected the event?

A good night's sleep – rest is training!

ON RACE DAY

Fuel up – it may be a long day! Have a good breakfast preferably with slow burning complex carbohydrates such as porridge or brown bread. Bring carb snacks too, possibly wholewheat pasta

Check your kit again before you set off

ON ARRIVAL

Go to registration and check in. Here, you should find out if there are any changes to the race, you should also pick up numbers for

- 1) Your Helmet
- 2) Your Bike
- 3) Your Race Belt/T-shirt
- 4) Timing chip on a Velcro fastener – fix this to your LEFT ankle – on your left it will not get caught in the bike chain or gearing mechanism

You will also find out if they supply safety pins here!

Next, check the lay out of the course, how many lengths/laps must you do. It might be an idea to write this information on your inner-wrist area so a quick glance when you're racing will remind you.

Check which Wave you are in and when your start time is.

Check what time the briefing is.

NEXT

If you are allowed, have a ride on your bike around the circuit.

If you aren't allowed around the circuit on your bike, and if you are ready, then give your bike a final "M" check, then select a low gear for your bike – this will be the gear you will want to start the bike section of the race in – if the gear is too high, you will have a slow start!

Now, head for transition. Most events only allow the competitor into transition, (there may be permitted one parent on occasion), it is therefore important you have everything to take into transition.

See the **CHECKLIST "TRANSITION"** for what you will need to take in.

You may be told where to put your bike and kit, but sometimes you are free to put your things where you want. Typically, there will be bike racks and you place your kit to the front of the bike, as you will un-hook your bike and take it forward. **NB – if you are doing open water swimming and will be wearing a wetsuit, some athletes prefer to have their race belts on under their wetsuit – just be careful if you choose this option not to pull the race belt down and off along with your wetsuit during the race transition!**

When you are happy with your bike racking and you have your kit laid out where you want it, spend a few minutes in transition to visualise the following:

- 1) Where will you be entering transition after you have finished your swim? Go to that area and look where your bike is positioned. Are there markers that you could refer to when you come out of transition to spot your bike? DO NOT use another bike as a marker – the bike may have gone when your race starts.
- 2) Where is the exit for the bike section? Where does the bike section finish – is it in the same place or on the opposite side of transition?
- 3) Where is the Run Route exit from transition? Visualise coming in from your bike and know exactly which way to turn for your run

These three points sound very obvious, but it happens time and again that athletes forget/lose their bearings and it can cost a surprising amount of time and possibly the race!

AFTER SET UP

Once you have set up, it will now be a good time to check the route physically. You will have checked the race start times and will hopefully now have time to get out and – if you weren't allowed to ride the bike route – first of all, from the exit point of transition, walk the bike route (if it isn't too far, that is).

Secondly, come back from the bike route and see where you will need to enter transition following the bike section.

Walk around to the Run Route Exit from transition and follow the Run Route around. Make sure you know where your run route is – sometimes they differ quite significantly for each Age Group. Finally, check where the finish line is!

Attend the race briefing then:

Enjoy the race!