



Henley – Cycle Transition 1 information

Transition 1 (T1)

- Please remember you cannot rack your bike until 20 minutes before your start time
- You must have your race number ready before you enter T1 for security purposes
- When you enter T1 please use the security entrance & exit at all times
- **DO NOT** use the swim entrance or bike exit to leave T1
- After your swim you enter T1 through the swim entrance only
- You exit T1 with your bike through the bike exit only
- **IMPORTANT!** NO cars are allowed to enter or exit the school grounds throughout the duration of the race
- **IMPORTANT!** You must park in the allocated car park (see postcode on website for official car park)
- **IMPORTANT! YOU MUST NOT PARK NEXT TO THE VENUE OR ON GILLOTTS LANE AT ANY TIME**, your safety is paramount, by trying to park near the venue could cause danger to other competitors!

Course logistics

• Swim	Sprint & Relay	x 16 lengths	= 400m	Super Sprint & Fun	x 8 lengths	= 200m
• Bike	Sprint & Relay	x 2 laps	= 25k	Super Sprint & Fun	x 1 lap	= 12.5k
• Run	Sprint & Relay	x 4 laps	= 5k	Super Sprint & Fun	x 2 laps	= 2.5k

- Distance from the exit of the pool to T1 approximately 5m
- Distance from the exit of T1 to the mount line approximately 15m
- Distance from the school entrance to the dismount line approximately 100m

- **BAG COLLECTION:** At registration you will be given a bag with your race number on it; this is for you to use in T1 to put all your triathlon gear in such as goggles etc when you have finished your swim. Make sure you put everything in the bag; the bag will then get transported to the event arena where it will be put at the bag collection point. There will be no bags left in T1.