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# 2017 Garmin Ocean Lava Malta 113k Triathlon National Championships

## Athletes' Information Pack

21<sup>st</sup> May 2017

**RACE SANCTIONED BY:**



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# Welcome Note

Dear Triathletes,

Once again we are returning to our playground, the scenic Coast Road. At time of writing we have 55 athletes undertaking the full distance and 24 relay teams.

It's great to see some athletes returning to the course whilst we also welcome some new faces – some athletes undertook the relay challenge last year but this year they are going the whole way!

The Race is, for the third year running, designated as a National Championship race and points towards the Triathlete of the Year Award are also given.

As always, no race is without a challenge – permits, logistics and this year election fever all make the buildup to the race more interesting. However, we have the support of some amazing sponsors that continue to believe in us as well as the assistance of the local authorities. Without their help, our race would definitely not happen! Big thanks goes to Transport Malta, the Malta Police Force, Naxxar and Pembroke Local Councils and the Safari Camping Club who will also be assisting with traffic management on the day.

We are aware that some of you are experienced triathletes, but do take the time to read through this document. It gives all the necessary information about logistics and equally important about rules. There is no need to stress the importance about following rules, and ignorance is no excuse. Please make sure you are familiar with the rules so as to ensure a good, safe and enjoyable race!

There is no need to stress the importance of eating and resting well in your build up to the race. We wish you a good, safe race, hope your expectations are met in terms of race experience and results and look forward to seeing all of you cross the Finish line with the biggest smile ever!

**Charlie Demanuele & The Team**  
**Garmin Ocean Lava Malta 113k Triathlon**

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# Athlete Services

Here's a simple A to Z of Athletes Services, do go through them to familiarise yourselves with proceedings!

## Allergies

Unless you have already done so please inform Race Organisers of any allergies you might have.

## Bike Mechanic Services

A bike mechanic will be present on the day to fix any minor problems you might have on the bike prior to the start of the race. Bike Mechanic Services will be located in the Transition Area.

## Cut-off Times

Competitors have 8 and a half hours to finish the race, and cut-off times are applied to each segment.

SWIM: The swim course will close 1 hours, 10 minutes after the official start

BIKE: The bike course will close 5 hours and 30 minutes after the official start

RUN: The run course will close 8 hours 30 mins after the official start

In view of road opening times, cyclists will have to be in the transition area by **Noon**. Any cyclists still en route at that time will be stopped. This is done for your safety.

## Doping-Control

This race is subject to possible Anti-Doping Testing by the National Anti-Doping Organisation (NADO). The organisers condemn the use of substances or methods on the World Anti-Doping Agency (WADA) Prohibited List. It is the responsibility of each participant to comply with the applicable anti-doping rules, regulations and policies. The information regarding doping control can be found on <http://www.sportmalta.org.mt>, and <http://www.wada-ama.org/>.

## Draft Busters

This is a non-drafting race; draft busters will be along the route and appropriate penalties will be given to those infringing non-drafting rules. Non-racing cyclists will not be allowed on the route, any cyclists caught on the route will be asked to leave. We suggest you advise your cyclist friends of this accordingly and advise them to avoid the route completely on the day. This is in the interest of everybody's safety and fair play.

## Feed Stations

A feed station will be situated at the turn around point of the run route offering water, energy drinks and gels kindly provided by Pro Action.

## Filming & Photography

Throughout the duration of the event, a number of photographers will be taking photos at various locations. There is also a possibility that members of the media will be present, hopefully capturing some good coverage which will contribute towards promoting Triathlon further. Please give your best smile whenever you see a cameraperson en route! You will make the photos even better!

## First Aid & Emergency Services

First Aid and Medical Services will be available on land and water. Qualified medical staff as well as a number of first aiders will be present throughout the whole duration of the event.

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## **Lap Counting**

Each athlete is solely responsible to count the number of laps in each segment. Marshalls and officials will not be counting laps.

## **Nutrition**

Our friends from Saracino's Cafe will be taking care of your post-race nutrition, so do hang around and chill once you are ready! In order to enjoy your post-race lunch, you will be given a coloured wristband which you will need to wear on race day. No wrist band, no lunch!

## **Parking**

A car park is available across the road from the Race Hub, parking is on a first come first served basis, so if you arrive and do not find place do make sure that you park properly, do not block entrances or park illegally! The area inside the transition area will be a 'no-parking' site.

## **Prizes**

A Trophy, Cash Prizes and Pro Action Goody Bags will be given to the first three Males and Females undertaking the Full distance. Whilst Trophies and Pro Action Goody Bags will be given to the three athletes of the first three teams undertaking the Relay Distance.

## **Prize Giving**

In the spirit of sportsmanship, Prize Giving will take place immediately once the last athlete crosses the finish line. So, once you have finished your race, cool down, stretch, take time to enjoy some food and then do stay around and cheer on the athletes who are still on the course – sometimes all it takes is one word of encouragement that will give a tired athlete some extra strength to give it the extra push. Feel free to make a lot of noise when fellow athletes cross the finish line! It is very disheartening to finish a race with only officials waiting for you to cross the finish line – you might not be that athlete but you can be their greatest motivational push!

## **Race Marshals**

Race Marshals will be posted along all segments of the cycle and run route. A support boat with medical staff will be on the water during the swim leg. Please show your respect towards them at all times, you might be racing and stressed out with the race but they have an equally challenging role on the day!

## **Race Routes**

Maps of the race routes can be found on the Ocean Lava Malta website – [www.oceanlavamalta.com](http://www.oceanlavamalta.com). Please ensure that you are familiar with the route.

## **Race Schedule**

Transition Area opens at 5:00am. Please refer to the separate section in this document detailing the important timings.

## **Residents**

Please keep in mind that our race is being held in a residential area. Residents are already being inconvenienced with road closures, so do keep noise levels to a minimum when you arrive at the race venue – they might not share our enthusiasm for early Sunday mornings!

## **Rules & Regulations**

The Garmin Ocean Lava Malta 113km Triathlon will be governed by the International Triathlon Union Rules of Competition. Link to the latest competition document can be found below.  
[http://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2017.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_2017.pdf)

**Please ensure that you are familiar with these regulations to avoid any unnecessary confusion or disappointment.**

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### **Sportsmanship**

It goes without saying that athletes are to maintain good sportsmanship throughout the duration of the event. Any behavior deemed unacceptable by the organisers may result in immediate disqualification.

### **Toilets**

Mobile toilets for females and males will be set up in the transition area. Please make sure to keep them as hygienic and clean as possible as a sign of respect to fellow athletes. A mobile toilet will also be available along the run route.

There is also a public convenience at the entrance to the Race Hub- please advise family members and friends to make use of those toilets during the race.

### **Traffic Arrangements**

We have made arrangements with the Police, Armed Forces and Transport Malta to close one part of the Coast Road for the cycling leg. The road will be closed from 7:00am until 12:00hrs and during this time cars should not be allowed in and bus routes have been diverted.

**However, we stress the importance of being vigilant at all time as there might be instances when cars might be allowed in.**

### **Transition Area**

Transition Area and Race Hub will be located at Palm Beach, Bahar ic-Caghaq and will be open to athletes from 5am onwards on Race Day. Since this is a public area, set up will be dismantled immediately after Prize Giving so do ensure that you clear the area once you have finished your race and welcomed the last athlete in.

### **Transition Area Conduct**

Markers will be put in place to indicate the entrance and exit of Transition Area. Please note that only participants and race organisers will be admitted into the transition area. No family or friends will be allowed into the area, at any given time. Race Officials will take disciplinary action towards any athlete whose relatives disregard this.

### **Volunteers**

This race would not be possible if not for the invaluable help of a great number of volunteers who work hard before, during and after the race. Remember the volunteers will be up in the middle of the night to set up and will stay on till the very end to ensure you are supported and racing in a safe environment, so please show respect and gratitude for all of them and their input.

## Race Schedule

5:00am	Suggested arrival at race venue
5:30am	Bike Check-In and Body Marking
6:00am	Race Briefing
6:20am	Sea entry for Full Distance and Relay Team Swimmers
6:30am	START for athletes undertaking Full Distance
6:35am	START for Relay Team Athletes
7:40am	Swim Cut-Off Time
8:30am	Body Marking Closes
10:30am	Estimated time first athlete crosses Finish Line
12:00pm	Swim + Bike Cut-Off Time
3:00pm	Swim + Bike + Run Cut-off Time
3:00pm	Prize Giving

## Partners & Sponsors

The race would not be possible without the support of a number of Partners Sponsors, as listed below. Please do ensure that their services and products are given due consideration as a token of your appreciation for their support.

**GARMIN.**

**Our Sponsors**



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