



World Triathlon  
Para Series

ABERTAWE | SWANSEA  
2023

# Splash & Dash ATHLETE GUIDE

15 July 2023



## General Information

The event is based at SA1 Waterfront, Swansea. Enter *Langdon Road, Swansea, SA1 8QY* into your sat nav and it will direct you to the designated athlete parking. The address for the car park is Langdon Road. Once you arrive, there will be stewards and signage to show you where to park and how to get from there to the event village. Specific Blue Badge parking is available within the car park, as close as possible to the venue. Please show your Blue Badge to a steward and they will direct you to the appropriate areas. The route to the event village from the car park is wheelchair friendly on an entirely flat surface surrounding the Prince of Wales Dock.

There are a variety of spectator areas across the route, including spots to watch the action live and the finish line coverage on the big screens. Toilets and catering concessions are also available within the event village. Additional toilets will be available on site, as well as accessible toilets. There will be no designated changing facilities on site. We would appreciate it if all competitors made every effort to keep the venue, and the surrounding area as clean as possible, there will be ample bins around the venue.

## Timetable

Time	Event	Location
08:45 – 09:45	Registration	Registration Gazebo
08:45 – 09:45	Transition Area opens	Transition Area
09:45 – 09:50	Athlete Briefing for athletes	Outside the Registration Gazebo
10:00	Race start	Prince of Wales Dock

## The Race

Whilst the swim course will be set at a maximum of 50m, don't feel like you need to complete the full distance. Similarly, you can complete the 300m 'run' from transition to the finish line or take on as many laps of our 730m loop as you like in a 20-minute period.

Swim	'Run'
Up to 50m	Up to 20-minutes Run

## Registration and Transition

Registration will take place between 08:45-09:00 at the Registration Gazebo near the swim start. The Transition Area will be same one used in the elite racing.

Please bring a wetsuit with you as the weather and temperature can be unpredictable. The official water temperature will be taken on the day to determine whether wetsuits will be necessary. Athletes will be notified at registration whether wetsuits will be mandatory or optional.

At registration you will be issued a swim cap. The colour of swim caps issued will be based on the level of assistance required:

- Red – requires assistance,
- Yellow – may require assistance,
- Green – no assistance required/PTVI B2/3,
- Orange – PTVI B1 athletes,
- White – PTVI athlete guide,

## **Swim Course**

The swim will be an in-water start. Please follow the instructions of the Swim Start Manager. During the swim, you can complete up to 50m, but if you would like to do less, please make the Swim Start Manager aware so that we can sort out your safety cover. This may be as little as just dipping your toes in the water. The swim exit is a ramp that will be clearly marked by swim buoys. Adjacent to the finish ramp will be the pre-transition area.

If you experience difficulties during the swim, please turn onto your back and raise your hand. Swim safety will be on hand to assist with your withdrawal.

## **Transition – with a difference**

Once you have exited the swim you can follow the carpeted route to collect your running gear and swap out of your swimming attire. If you are wearing a wetsuit you can roll this down as soon as you leave the water for more comfort on your way to transition. There will be a 10-minute gap between the swim and the run to allow a comfortable transition. You will head through the transition exit onto the run route.

## **Run Course**

Athletes will enter the run course from transition, and can complete the 300m 'run' towards the finish line and celebrate completing the Splash and Dash. Alternatively, athletes can complete a 730m loop as many times as they like in a 20-minute period.

If you need to withdraw during this part of the race, please go to the nearest marshal/ volunteer and tell them your name.

## **Finish**

Once you have crossed the finish line, pick up your finisher medal and water, and then head back to the Transition Area to collect your belongings, before enjoying the rest of your day at the 2023 World Triathlon Para Series Swansea!

## **Withdrawals**

If you wish to withdraw before the race day, please inform us by emailing [swansea@britishtriathlon.org](mailto:swansea@britishtriathlon.org).

If you wish to withdraw from the race prior to your start (but after you have registered), please inform the help desk at registration.

If you feel the need to withdraw at any point during the race, please do so. It is vital that you inform the nearest marshal/volunteer or, so we know you are safe.



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