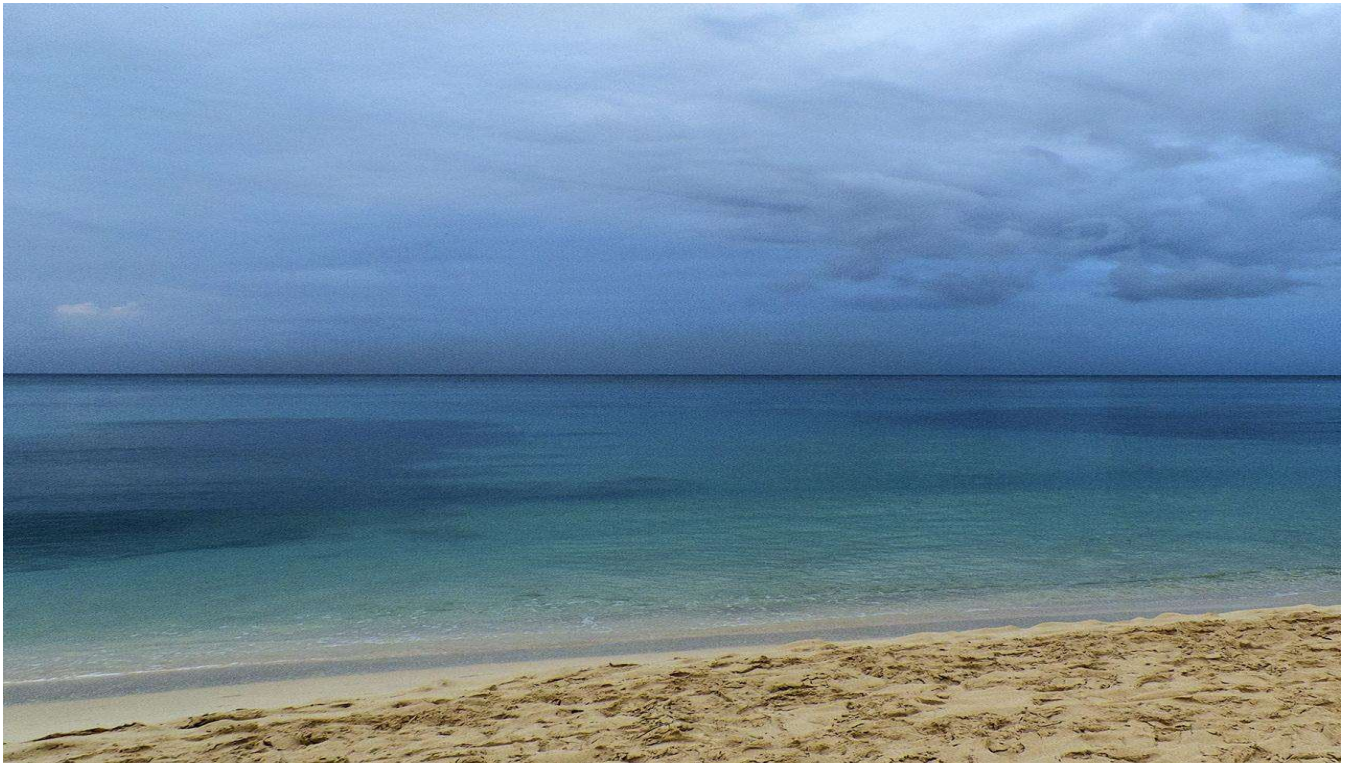


**2024 WORLD TRIATHLON  
DEVELOPMENT REGIONAL CUP  
Bridgetown**



# Athletes Guide-Bridgetown



**Sunday July 7<sup>th</sup>, 2024**

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## Race Schedule

### Saturday 6<sup>th</sup> July 2023:

10:30 AM (1030 Hrs) Swim familiarization at Brandons Beach (race site)

4:00 PM (1600 Hrs) Race Briefing, males and females at The Barbados Olympic Association Centre, first briefing will be for the Sprint race followed by the Super Sprint race at approximately 5:00 pm (1700 hrs).

### Sunday 7<sup>th</sup> July 2023: SPRINT TRIATHLON REGIONAL DEVELOPMENT CUP

**(750m swim, 20km bike, 5km run)**

Time	Activity	Category
5:00 AM	Athlete Lounge Open and Equipment Check	Female
5:45 AM -6:00 AM	Swim Warm-up	Female
5:15 AM	Transition Open	Female
6:00 AM	Transition Closed	Female
6:15 AM	Sprint Start – Regional Cup	Female
6:45 AM	Athlete Lounge Open and Equipment Check	Male
7:15 AM – 7:45 AM	Transition Open	Male
7:00 AM	Swim Warm-up	Male
7:45 AM	Transition Closed	Male
8:00 AM	Sprint Start – Regional Cup	Male
10:45 AM	Award Ceremony	Female & Male



**Sunday 7<sup>th</sup> July 2023: AGE GROUP SUPER SPRINT (400m swim, 10km bike, 2.5km run)**

<b>8:30 AM</b>	Athlete Lounge Open and Equipment Check	Female & Male
<b>9:15 AM – 9:30 AM</b>	Swim Warm-up	Female & Male
<b>9:00 AM</b>	Transition Open	Female & Male
<b>9:30 AM</b>	Transition Closed	Female & Male
<b>9:45 AM</b>	Super Sprint Start	Female & Male
<b>11:30 AM</b>	Award Ceremony	Female & Male

## Race Briefing

**Venue:** The Barbados Olympic Association Centre, Sir Garfield Sobers Gymnasium Complex, Wildey, St. Michael, Barbados

**Date:** Saturday 6<sup>th</sup> July 2024

**Start time:** 4:00pm (1600 Hrs)

N.B the Super Sprint briefing will take place immediately after the Sprint briefing. The Super Sprint briefing is expected to start at 5:00 pm (1700 hrs)

## Venue

The Mighty Grynner Highway course is situated on one of the calmest coasts in Barbados, situated a stone's throw out of the capital, Bridgetown. The crystal clear Caribbean Sea gives triathletes the opportunity to view beautiful coral reefs while swimming and the chance to spot a turtle, very likely.

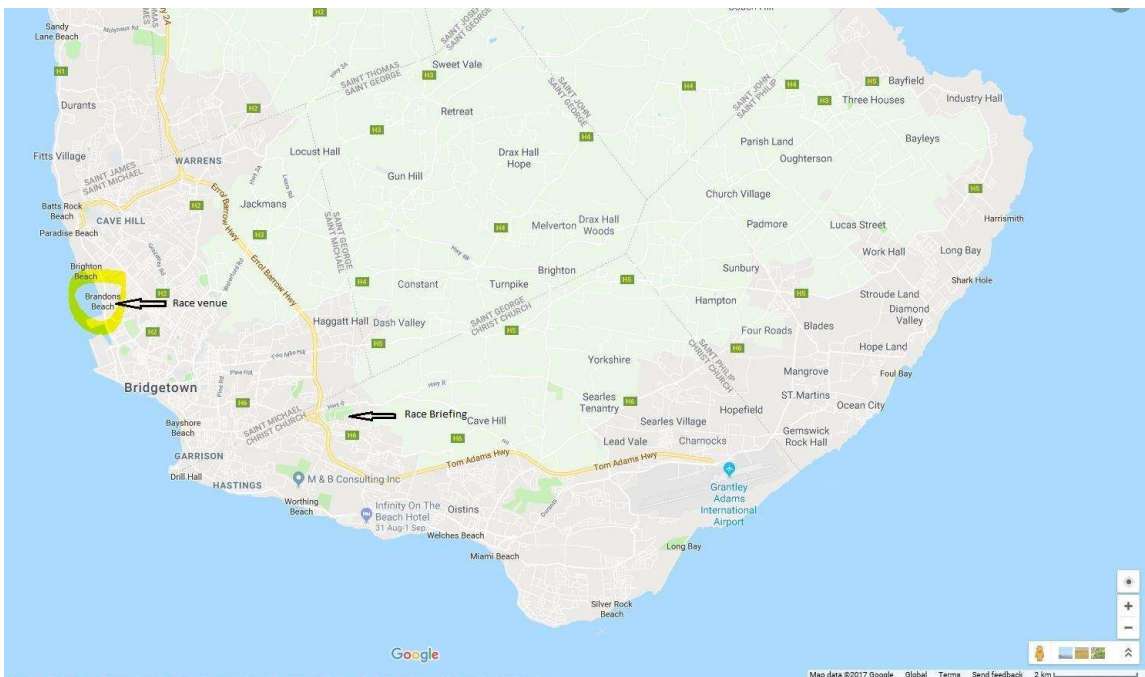
The Bike & Run courses share the same tarmac with almost zero elevation except for a small incline at the north turn on the Bike.



Barbados also boasts some of the best weather conditions in the world with an average yearly temperature of 28 degrees C and water temperature of 26 degrees C at race time.

This beautiful island provides the perfect opportunity for competitors and non-competing partners and families to stay and enjoy the relaxed environment and attractions.

The race venue is located on the Western side of Bridgetown. Most south coast hotels are a 15 to 20-minute drive from the venue depending on traffic.







## Elite Athletes Lounge

The Athletes Lounge area, under tents, and toilets will be adjacent to the transition area.

## Medical Services

First Aid will be available throughout the event and located next to the Athletes Tents. There will be two Ambulances on the course during the races.

Required medical services at the venue are free of charge. Treatment in clinics and at private offices is to be paid by the participants. Athletes / teams should ensure that they have appropriate medical insurance.

For any other medical attention needed outside of the competition, please contact the front desk of your Hotel for a local doctor's details.



## Bike Mechanic Service

Taylor's Cycle Centre (246-426-3421) – closed on weekends  
Mechanic (Private) Michael Thorpe (246-820-5533 or 438-2453)  
Mechanic (Private) Mark George (246-824-6664)  
Mechanic (Private) Junior Proverbs (246-572-2453)

## Security

There will be security personnel in the event area overnight and throughout the event. Marshals will assist and patrol the Field of Play on race day and Traffic management services will be employed in conjunction with the Royal Barbados Police Force.

## Information

Contact Numbers for key persons on the Organising Committee: [ Barbados Area Code: 246]

Organizing Committee email: [triathlonbarbados@gmail.com](mailto:triathlonbarbados@gmail.com)  
Darren Treasure: [Darrentreasure1970@gmail.com](mailto:Darrentreasure1970@gmail.com), 246-230-0724 (Cell)  
Jerome McEniry (Technical Delegate): [jerome.mceniry@sympatico.ca](mailto:jerome.mceniry@sympatico.ca), +1 514-449-2520 (Cell)  
Richard Perkins (Assistant Technical Delegate): [rrayperkins@gmail.com](mailto:rrayperkins@gmail.com), 246-832-3646 (Cell)  
Kemar Holder-Edghill (Race Director), [holderedghill5@gmail.com](mailto:holderedghill5@gmail.com), 246-265-6313 (Cell)  
Anicia Wood (member of organizing committee): 246-245-7883 (Cell)  
Lynne Wright (NF Secretary): 246-230-6314 (Cell)

## Accommodation

The official hotel for the Event is Plum Tree Club. Plum Tree Club offers studio, 1 and 2 bedroom apartments within walking distance to a supermarket and restaurants. If you would like to reduce cost by sharing a room please notify the Organizing Committee, ASAP.

Other suitable hotels are:

**Designated Race Hotel** - Plum Tree Club, <http://plumtreeclub.com/>  
Rostrevor Hotel, <http://www.rostrevorbarbados.com/>  
Coconut Court, <http://www.coconut-court.com/>  
Worthing Court Hotel, <https://www.worthingcourt.com/>



Infinity on the Beach, <http://www.infinityonthebeach.com/>  
Time Out in the Gap, <https://www.timeoutbarbados.com/>  
Blue Horizons, <http://www.intimatehotelsbarbados.com/content/blue-horizon-hotel>  
Meridian Inn, <http://www.meridianinn.com/>  
Paradise Villas, <http://www.funbarbados.com/Lodgings/paradisevilla.com>  
Dover Beach Hotel, <http://www.doverbeach.com/>  
Pirates Inn, <http://www.piratesinnbarbados.com/>  
Sunbay Hotel, <http://www.sunbayhotel.com/>  
Courtyard Marriott, <http://www.marriott.com/hotels/travel/bgicy-courtyard-bridgetown-barbados/>  
Radisson Hotel, <https://www.radisson.com/st-michael-hotel-bb/brbbbds>  
Hilton Hotel, <http://www.hiltonbarbadosresort.com/>

**N.B. Transportation services will only be provided to and from Plum Tree Club for participants of the camp. If not attending the camp then you are responsible for your own transportation.**

## VISA Requirements

Some countries will require VISA to enter Barbados. See below site for details

<https://www.visitbarbados.org/plan-your-trip/visa-and-entry-requirements>

## Bank

There are various ATM facilities across the island. Main Banks are Bank of Nova Scotia, CIBC FirstCaribbean, Republic Bank, Royal Bank of Canada, & First Citizens Bank.

**Note: US\$1 = 2 Barbados Dollars (approx.)**

## Grocery stores

<http://massystores.com/bb/>





## Transportation

Transportation will only be provided to and from Designated Race Hotel, Plum Tree Club for participants in the camp. This includes:

- Airport arrival and departure,
- Race briefing
- Race site (familiarization and race day)
- Camp facilities
- TO course facilities

If not participating in the camp then you will be responsible for your own transportation.

## Public Transportation

All public transport on the island is BBD \$3.50 BBD / US \$1.75 per trip.  
 For private taxi contact Anicia Wood, [aniciawood@gmail.com](mailto:aniciawood@gmail.com), 246-245-7883

## Taxi

See below guide for prices (prices may be higher with a bike box)

Taxi Fares (Per Car) * - UPDATED JAN 2023		
From Airport To:	\$US	\$BDS
<u>Bridgetown</u>	37.00	74.00
<u>Garrison Savannah/Hilton/Radisson Aquatica</u>	34.50	69.00
Prospect/Cave Hill	46.50	93.00



<u>Rockley</u>	30.50	61.00
<u>St. Lawrence/Dover</u>	26.50	53.00

## Swim Training

The Barbados Aquatic Centre is located at the Garfield Sobers Sports Complex, Wildey, St. Michael. A pay-to-swim fee of US\$10/day is the usual charge which is payable to the administrative office upon arrival. The facility has a 50m x 25m pool (10 lanes) and a smaller 25m x 10m shallow pool. Opening hours are: 9:00am – 7:00pm (Note: 3:00pm – 6:30pm is reserved for local Age-Group clubs only). Tel: 429-SWIM.

## Bike Training

The roads are used by cyclists, but are narrow and may be bumpy! Roads are not closed to traffic, so you will be riding at your own risk. It is best to avoid early morning and late evening traffic (rush hours: 7:00am – 9:00am & 3:00pm – 6:00pm). Less traffic will be outside of town areas.

Riding the course prior to the event is not permissible by Law.

## Run Training

Running on our roads is not recommended. It is best to seek a traffic-free area close to where you are staying. Consult with your hotel Front Desk or one of the members of the Organising Committee.

Safe areas for running with less traffic are; the Sir Garfield Sobers Gymnasium Complex and the Garrison Savannah. Both are located on the South Coast of the Island.



## **Bike / Run Course Familiarisation**

There are no official familiarisations for the bike and run courses as the race-site is an open and busy highway and will not be closed prior to race day. The course cannot be ridden during normal operation as bikes are not allowed on the Mighty Grynner Highway.

Please note that the official Bike & Run courses are otherwise not open for training before the races. The race courses are in general NOT suitable for training except for the Swim course.

## **Swim Course Familiarisation**

You will be able to familiarize yourself with the swimming course on Saturday 6<sup>th</sup> July (11:00am – 12:30pm, 1100 Hrs – 1230 Hrs).

## **Competition Information & Rules**

The race will follow the latest published competition rules of World Triathlon (WT).

Elites should be aware that uniforms and bikes will be checked according to WT specifications. Please come with "legal" gear accordingly.

## **Information about the FOP**

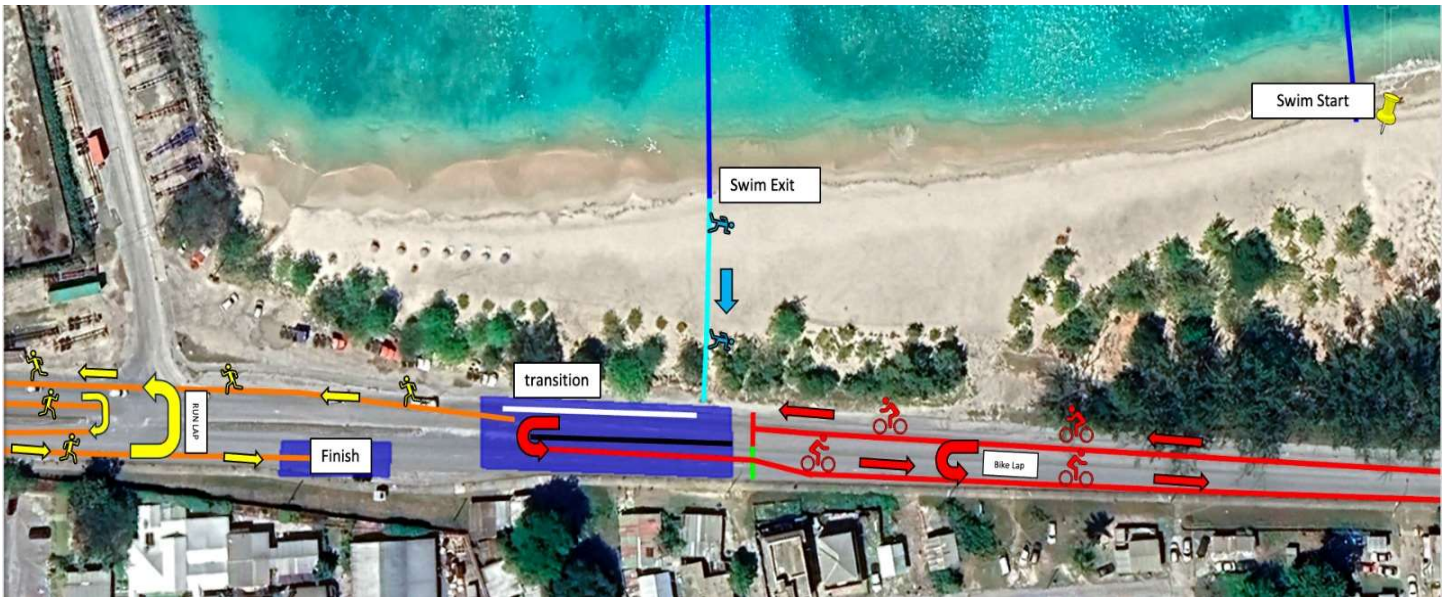
### **Start**

A Start Platform will be located along the beach, approximately 10m from the sea and visible from the Transition Area and the Athletes Lounge/Tent. Access will be via the swim exit chute located on the beach.

Athletes will be required to leave their last-minute gear under the Athletes Tent, approximately 20m from the Start Platform. Security will be assigned.

## Transition Area Map

Athletes will need to run approximately 100m – 150m to reach their bike. Most of the surface of the path from the swim exit to the TA Zone will be on sand or Astroturf/carpet.



## Swim Course Map

The swim course is a triangular shaped course that runs in a counterclockwise direction. The course starts and ends directly in front of the tents on the beach. All buoys will be taken on the left shoulder.

The complete perimeter of the course will be patrolled by marshals on SUP boards, surf boards, kayaks, and there will also be a boat on the course.





## Bike Course Map

The bike course is a 5 lap, 4km course. The course follows a flat portion of the Mighty Grynner Garden Highway (MGH) with a small hill/incline (approx. 25m above sea-level) at the North turn.

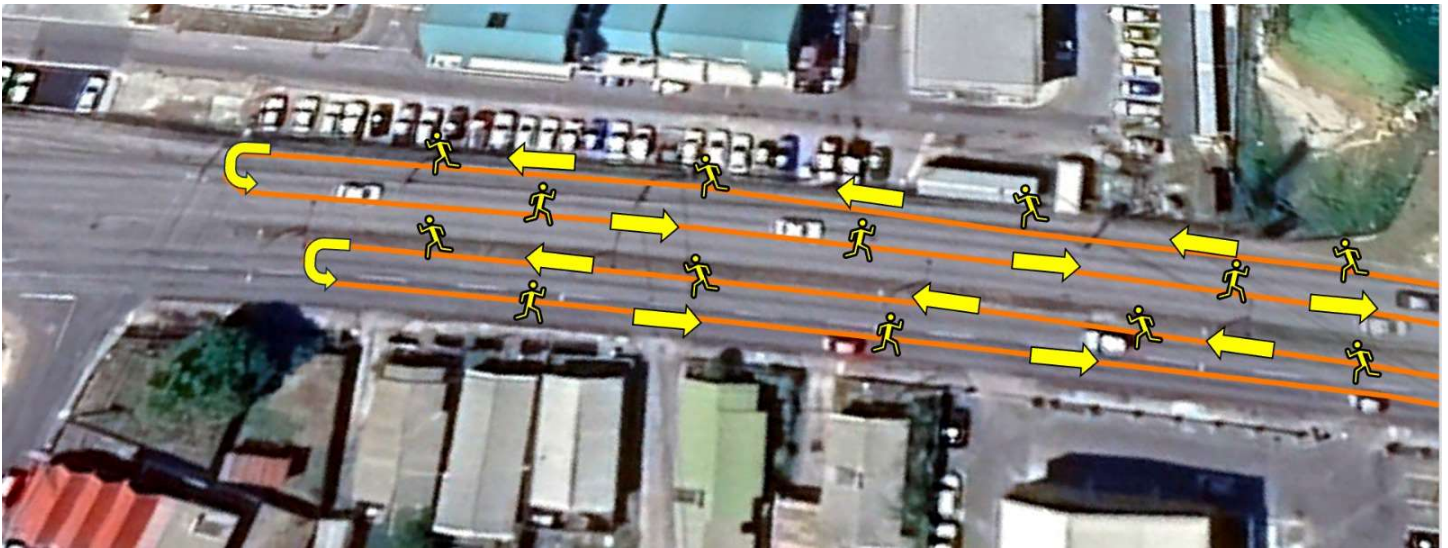
The bike course will be closed to vehicular traffic and will be marshalled by the Police.



## Run Course Map

The course is a flat 2-lap course on the same portion of the MGH as the bike course. Each lap is 2.5km. Each lap consists of 4 x 625m lengths up and down the highway. There will be distance markers indicating the distance “to the Finish”.

The run course will be closed to vehicular traffic and will be marshalled by the Police.



## Wheel Stations

There will be one team wheel station on the bike course which will be located approximately at the south bike turn. You must provide your own wheel(s) suitably labelled. There will be no neutral wheel station.

## Penalty Box

The penalty box will be situated approximately 150 metres **before** the TA zone & finish line. If an athlete’s number appears on the Penalty Box Board, they must stop to serve their penalty or they may be disqualified.



## Aid Stations

There will be one water station (bottled water) on the course (during the run) that will be situated approximately mid-point on the loop. The water station can be accessed from both directions of the run course. Bottled water & Powerade will be available also at the finish line. Fruits & food will also be available to athletes in the Athletes Tent after the race.

## Litter Zone

A litter zone will be implemented around each aid station. The litter zone will begin 20m before the aid station and end 100m after the aid station. Dropping litter outside the litter zone can result in a penalty.

## Weather Conditions

Expected weather conditions – Saturday 6<sup>th</sup> July 2024

The sun will rise in **Bridgetown** at 5:37 am and sunset will be at 6:29 pm.

**Low tide** will be at 2:43 am

**High tide** will be at 6:39 pm

Expected weather conditions – Sunday 7<sup>th</sup> July 2024

The sun will rise in **Bridgetown** at 5:37 am and sunset will be at 6:29 pm.

**Low tide** will be at 3:28 am

**High tide** will be at 7:24 pm

<https://www.tidetime.org/central-america/barbados/bridgetown-calendar-jul.htm>



## **Results**

Unofficial Results will be posted under the Athletes Tent, as soon as possible, after each race.

Official Results will be uploaded at the WT's official website: [www.triathlon.org](http://www.triathlon.org)

## **Protests & Appeals**

Standard procedures will be followed according to the WT Competition Rules.