



KOG2023

OFFICIAL RACE INFORMATION



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Competitor Race Information -

King of Greystones 2023 Sunday 30th July

Event Location:

The event takes place at the Burnaby Park and South Beach in Greystones. Ample parking is available firstly in the South Beach Car Park and secondly the DART Park and Ride Car park.

Registration/Chip Pickup

****There will be one collection time/date for registration/collection of timing chips**.**

Saturday 29th July from 4-6pm

**Location: Burnaby Park,
Greystones**

- At registration each competitor will receive a swim hat, a transition area entry armband, a timing chip and water bottle.
- The race specific swim hat must be worn outermost during the swim leg.
- The timing chip should be attached to your ankle on race morning using the Velcro strap provided.
- No chip = No time If don't wear your race chip you will be disqualified from the race!



Important Transition Area Notes:

- The transition area will be open from 7:30am and only competitors and officials will be allowed access.
- Wrist bands must be worn to enter and exit the transition area. (These will be available during chip and race number collection).
- A verbal briefing from the race director will take place in transition at 8:30am.
- 8:45am everyone will walk down to the beach area for swim start
- All competitors must be within the transition area at this time.
- Competitors will not be allowed to return to transition once the briefings are completed.
- If you need something urgently from the transition area such as medication, please ask a race marshal.

Bikes:

- Bikes will be racked on race morning and transition will be open from 7:30am.
- The committee will do its best to keep a vigilant eye on race bike security while the bikes are racked, however if you want some extra security, then feel free to bring a small lock and lock your bike to the supporting bike rack. The transition area will be fully enclosed with barriers.
- The bike positions for each bike are not numbered.
- Relay team bikes will be in a designated area, so please ask marshals where this is.
- Each competitor will be responsible for keeping all his or her race equipment within this area.
- No bags/boxes will be permitted once transition has closed. There will be a designated bag drop area adjacent to transition so please make sure that all bags and boxes are placed here otherwise they will be removed.
- Transition will close to competitors at 8.15am.

THE RACE

Swim Section

- The swim will be divided into two start locations. The Try a Tri and for the Sprint Distance race.
- The Sprint Distance race will start on the beach at 9am.
- The Tri a Try Swim will start 30 mins after the main event.
- Wetsuits should be worn for your comfort and safety but are not compulsory.
- Swimmers will have signed a swim disclaimer at online registration to assure us that you have completed the required swim race distance in your training.
- Swimmers doing the 750m will swim in a triangular shape.
- The swim course will run mostly parallel to the shore for Try a Tri.
- Competitors will have approximately five minutes to warm up in the water.
- The crew will recall swimmers behind the designated starting line which will be on the beach.
- All competitors must wear the race swim cap allocated for each wave.
- The race will be started by the sound of an air horn.
- The direction of the route will be decided on the morning and will be advised at the race brief if it changes from the aforementioned.
- Any swimmer who gets into difficulty should follow the standard protocol. If you get into difficulty in the water, roll onto your back, try to stay calm and raise your hand in the air. As the Water Safety Promotion says - **FLOAT BY TURNING ONTO YOUR BACK AND RELAX**
- A Kayak/boat will come to your aid. Please take hold of the canoe at front or back – not alongside the paddler. The paddler will tow you to the end of the swim race and deposit you on the beach, and you can proceed with the rest of the race.
- At the end of the swim, competitors should go directly to transition, including relay athletes.
- As you enter transition your chip will register your time automatically on the timing mat.
- For safety reasons please also shout your race number if you are asked.
- Relay swimmers upon exit of the sea and entry into the transition area will hand their chip to their biker in the designated relay area and place the chip on their ankle only.

****We reserve the right to change the swim race route direction and distance depending on water conditions**.**

PLEASE NOTE – That due to safety reasons, any swimmer taking part in the 750m route will need to complete the swim in under 40 mins (25 Mins Try-a-Try).

If a swimmer is still in the water at 40 (25 for Try a Tri) mins, a canoe will assist you to the shore and you will be able to continue with the race as per normal. The canoeist's decision to pull you out will be final and for your safety.

Transition 1

- Helmets must be fastened before bikes are touched.
- Relay bikers must have helmet fastened before receiving your swimmer's chip.
- The chip handover must be done in the designated bike racking area for relays.
- Do not interfere with anyone else's equipment.
- If anything is knocked over by accident, please right it.
- Bikes must not be mounted until you have passed the mount line at the exit of the transition area.
- The mount line is a physical line on the road, (just outside the transition area as you leave the Park) only after crossing, you can change from pushing your bike to riding it!

****BIKE ROUTE NOTE - IT IS THE RESPONSIBILITY OF EACH ATHLETE TO FAMILIARISE YOURSELF WITH THE BIKE AND RUN ROUTE COURSE IN ADVANCE OF THE EVENT, SO PLEASE STUDY THE RACE MAP WHICH IS AVAILABLE - [ONLINE HERE](#)**

Bike Section

- A race number must be visible on you at all times during the cycle (ideally on your BACK). Please remember that the roads are not closed off for this event the rules of the road still apply at all times. While marshals will assist as much as they can it is ultimately the athlete's responsibility to protect themselves and other competitors.
- Riders who wish to overtake, need to shout 'on your right' to alert slower riders to your whereabouts.
- A team of Gardai will be present at major junctions.
- Competitors must obey Gardai and Marshals at all times.
- Abuse towards any race personnel may result in your disqualification, removal from the results page, and be listed as a DSQ beside your name along with the reason for such.
- The bike route course is measuring short of 20km at 18.43km.
- All junctions will be signposted, and road markings will be in place OR a marshal shall direct you. In the absence of marshal's, cones will guide you.
- The route involves mainly left hand turns around roundabouts.
- All junctions will have a marshal in attendance.
- The course consists of 2 laps, same as 2022.



Transition 2

- Bikes must be racked before helmets are unfastened.
- Again, please show respect for the other competitor's equipment.
- Relay Bikers will hand their chip to their runner while their helmet is still strapped closed and after they rack their bike.

Run Section

- Always Keep to the Right of the road/laneway, so oncoming runners will always pass on your left hand side. So think, if you were to 'High Five' on oncoming runner, you would do that with your left hands.
- A race number must be visible on your front or back at all times during the run.
- A map of run route can be found online- [click here](#).
- At the end of the run, which will finish near the transition area, please remember to hand in your Timing chip before leaving the recovery area.

Post Race

- At the finish line drinks and refreshments will be provided.
- Everyone will receive a race goodie bag and Medal & Technical Tee.
- We have a large array of prizes including 1st, 2nd, 3rd Overall male and female, in both Tri a Try and the Sprint main event as well as 1st place Relay.
- Our race crews have given their time to allow you to race.
- Please be courteous and follow instructions.

King of Greystones 2023 Race Day Schedule

- 07:30 Transition opens
- 08:15 Transition closes
- 08:30 Compulsory Competitor briefing by Race Director at Burnaby Park.
- 08:45 Competitors assemble at swim start positions on beach
- 09:00 Race starts

The KING OF GREYSTONES race committee would like to take this opportunity to thank you kindly for your participation in the 2023 Charity King of Greystones and for your 100% donated race fee to The Gavin Glynn Foundation.

Find out more about the foundation here - <https://tggf.ie/>





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