

Lilongwe Triathlon Rules and Information for Participants – May 4th, 2025

General Advice

For the Mini and Junior Courses, we strongly encourage parents to walk through the routes with their child(ren). We encourage all participants and families to study the maps found on the triathlon website!

You **MUST** arrive at the registration desk 30 minutes before your heat is due to start

The Check-In Procedure

During registration, you will be **given your race number**, and you will be expected to write this on your upper arm and calf. You will also be **given a colored bib** (according to which race you are registered for) and safety pins. It should be visible whilst cycling and running so that your timer can keep track of you. Please therefore **pin the bib to the front of your cycling / running shirt** and leave in transition area to put on after your swim (individual event) or on the front of your team members' shirts for the cycle and run.

An ambulance and paramedic are on the BMIS premises for emergencies.

Once you have registered you will be directed to the transition area where you will need to set up your bike and running equipment. We advise you to bring a labelled box or bag for all the items that you will need in the transition area. You are responsible for setting up all your equipment in the dedicated transition area for your heat.

Each heat 'line' in the Olympic / Sprint transition area will be labelled whilst in the Junior/Super Sprint transition area, there will be assigned spaces. The mini will be more relaxed where you can place your bike in any free 'box'. We have volunteers that can help people set up their equipment in a way that it keeps the entrance / exit routes free for those entering and exiting the transition zones.

Swimming Rules

- You can swim any stroke
- You can use a noodle, kickboard, or other swimming aid in the Mini
- You can change your strokes during the swim
- You can stand in the pool but NOT walk
- You are not allowed to pull on the lane ropes (except mini)
- You will start in the water in the lane allocated to you before the start and complete the swim
- We will have volunteers to help count your lengths of the pool (for Olympic, Sprint and Super Sprint), but we encourage you to do the same – the volunteers will attempt to notify you when you have two more lengths remaining. If you are found cheating, you will be disqualified.
- There will be two (in rare cases, three) people swimming per lane, be kind to your lane mate and stick to your side of the lane.
- You are not allowed to put shoes on in the pool area (except Mini) after completing the swim; the swimmer must run barefoot to the transition area where bikes are parked.

Cycling Rules

- YOU MUST WEAR SHOES AND A HELMET! No helmet = no race with no exceptions.
- Olympic / Sprint Distance - You can only get on your bike once you have left the transition area at the gate. Furthermore, when you return you must get off your bike before entering the transition area.
- Junior/Super Sprint Distance – You can only get on your bike once you entered the driveway. Therefore, you must push your bike from the transition area until reaching the driveway before you can start riding.
- You will be expected to drop your bike in the same area that you collected it from
- You may ride any type of bicycle (road / mountain)
- You will not be allowed any assistance in the Olympic / Sprint transition / change over area. No other people but the participants are allowed in this area. Junior/Mini participants can have help to ensure helmets are correctly fastened before leaving with the bike.
- There will be marshals and security – kindly donated by Pro-Telligent – located at strategic points on the bike and run routes with lists of participants for checking purposes.
- You will be expected to adhere to the traffic rules and ride your bike on the LEFT SIDE of road including when going around roundabouts. The road is not closed, therefore please take extreme care with other road users, particularly at the roundabouts.

Running Rules

- Olympic / Sprint distance – you will be expected to adhere to the traffic rules, and please run on the RIGHT SIDE of the road so that you are running against the traffic.
- Junior distance – run is within BMIS – From the transition, head to the basketball court, then to the music block, around the back of school to the art block, past design and to the Break out space. One counterclockwise loop which ends by running around the grass track to the finish line.
- At the finish line, your time will be recorded using your bib number – please ensure the bib is always visible on the front of your shirt – especially at the finish line. Race results will be tabulated and shared later in the morning.

Information & Advice

- No snacks will be provided for the race. Please bring snacks if you would like any during the event. There will be food/drink stalls near the finish line so that participants and spectators can buy drinks and food whilst waiting for the medal ceremony.
- You will be given one time for the whole event – at the finish line. Times will not be tabulated for each phase of the triathlon. Furthermore, the changeover time counts towards your total time; meaning the clock will run from the time you start your swim to the time you cross the finish line at the end of the run.
- If you are participating as part of a team you will have to tag your team member in the designated transition areas.
- We advise you to wear a swim cap and goggles for the swim.

Your Heat

We cannot move you to another heat – the heat you are assigned to is fully dependent on the space in the pool. We will not accept late entries, lane changes, heat changes etc on the day of the competition. If you miss your heat you will be given a 'DNS' - Did Not Start.

What to do when you arrive

1. Park your car on the middle, primary PE field or in the bottom car park, paying attention to restricted zones.
2. Head to the registration table to collect your bib number and register your attendance. This will be located outside the lower hall.
3. Head to the 'bike check' stand. This year we are providing a free three point (air pressure, brakes, saddle height) check on all bikes. This service is highly recommended! Whilst the bike is being checked, write your number on your right arm and right calf.
4. Head to the 'Transition' zone to drop your bike.

Olympic, Individual Sprint, and team sprint is located in the lower car park, outside the lower primary portal.

Super sprint and Junior is located on the middle, primary PE field.

Mini is located on the bottom rugby field near the pavilion.

5. Head to the swimming pool and wait to be called for your heat.

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Schedule of the Day

6:00 - Olympic Athletes First Heat

6:45 - Individual Sprint First Heat

7:45 - Team Sprint First Heat

8:15 - Mini First Heat

8:45 - Food/Drink/Books/Toys Stalls Set Up

9:00 - Super Sprint First Heat

9:45 - Junior First Heat

10:30 - 11:15 - Music by BMIS

11:15-11:45 - Pro-telligence Demonstration

11:45 - Raffle Announcement

12:15 - Prize Giving

13:00 - End of Event