



**Competitors must register on Friday 9th November 2018, in the Sacred Heart School. The Sacred Heart School Gym is located just before the Castlecourt Hotel, on the left hand side as you approach the traffic lights on the way into Westport Town.**

**Parking:**

**Limited Parking in the Castlecourt Hotel & Westport Plaza Hotel  
Street Parking throughout Westport Town at no charge**

**Car Parks**

- **Mill Street Car Park**
- **James Street, Leisure Centre Car Park**
- **James Street Car Park with pedestrian access to Bridge Street**
- **Tesco Car Park**

**Please Be Advised there is **NO ENTRY TO THE GROUNDS BEFORE 3.30PM** as Students & Teachers must be allowed to exit the grounds without disturbance.**

- **Registration starts at 3.30pm until 9pm sharp.**
- **There Is Strictly No Registration before 3.30pm & Also After 9pm. Your Place Will Be Forfeited if you do not attend within these hours.**
- **There Is Strictly No Registration Saturday Morning.**

**At registration competitors must do the following:**

- **Know your race number.** A competitor list and their numbers will be on display inside at sign on. Please find your race number first before going to sign on.
- Alternatively you can access your race numbers from 2pm on the website [www.westportsea2summit.ie](http://www.westportsea2summit.ie) on Friday 9<sup>th</sup> November.
- **Have Photo ID. No Photo ID No Registration**

Each competitor must present their **mandatory kit with Photo ID** which should have the following:

- **Foil blanket**
- **Whistle**
- **Heavy bleed bandage**
- **Rain jacket**
- **Gloves(mitts)**
- **Hat (buff) and mobile phone**
- **Photo ID**

Each Competitor will receive the following:

- Race Number with timing Chip to be worn on the front of your Jersey.
- Bike Timing Slip to be placed underneath your bike Saddle. We will have bikes on display at Registration to demonstrate this.
- Bike Sticker to be placed on your bike
- Competitors will also receive a Coloured Wrist Band which will be placed on their wrist. The Coloured Wrist Band must be worn as the Waves will be called by colour.

**Please Complete Your Emergency Information on the back of your race number.**

## **Timing System.**

Your Race Number has a timing chip located on the back and you will also receive a Timing Slip for your Bike which you will place under your saddle. We will have a bike on Display at Registration to demonstrate how the Timing Slip is placed on the bike. **Please ensure that your race number & bike slip are secured to you as they will be feeding all your time information back to us.**

**This is a disposable timing system; therefore once you finish the event you can pop it in the bin.**

At registration race sponsors, Westport Bike Shop and Portwest will have bike and clothing stands. They will have a selection of items for sale or else ring them to place an order.

On Friday the 9th November after registration each competitor must leave their bike at Transition 1 (T1). **Transition is open from 3.30pm – 10:30pm only.** Each competitor has a bike racking number which they must leave their bike at. Remember to ensure that your bike is in good condition and suitable for the event. It is recommended to have your bike serviced by an approved outlet before the event. You can also leave your bike shoes, helmet and water bottles with your bike but you can only use space allocated to YOU. There is no long term parking available at T1, set down only, car pooling could be an option as this area will be very busy. There is also a low barrier so anyone with a roof rack must park at the fish factory on the left hand side 400m from T1. There will be overnight security at T1 on Friday night.

## **Competitors Briefing is compulsory**

**There are 2 race briefings this year. The Supreme event race briefing will take place outside the Forecourt of the Castlecourt Hotel at 7.45am sharp, with the Spirit event briefing taking place at 08:45am.**

**Failure to attend this informative brief could end up with you missing vital information.**

**Before the briefing race officials will spot check competitors to ensure they have all the required mandatory kit. Weather conditions are unpredictable; therefore this kit could save your life.**

**A 'flow' system will be in place for the event start. Please co-operate with the marshals and only enter the starting area when your wave is called**

# Westport Sea2Summit 2018