

# Marshal Briefing

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## Timers

We're going to have three stopwatches, one to time each lane in the swim. Competitors will start at intervals in one of three lanes with allocated start times. It may be necessary to delay a start by a few seconds in case there is another swimmer in the way. If this is the case, just make a note on the timing sheet.

Each time a swimmer completes two lengths, put a tick in the box and when they are finished, get them out. It would be a good idea to inform them of halfway and two to go. (ie, last up and back). The total number of lengths is 30

## Bike route

Direct riders in the correct direction. Please note you are not allowed to stop or direct traffic, but only to advise riders if it's safe to make the turn. Feel free to shout encouragement.

## Broom Wagon

Follow bike route to pick up mechanicals or injuries (!)  
Also, after event to take down signage.

## Run

Swim timers will be located at the finish to count laps for the runners. Cheering is permitted here, too. The total number of laps is 4. Run route keeps to right of flags.

## Transition Area.

Make sure people have their helmets on.  
Stop them riding their bikes in the transition area.  
Direct them to the appropriate exit ie bike/ run.

## Drinks supplies.

Fill cups with water and place on table or hand out to competitors.

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