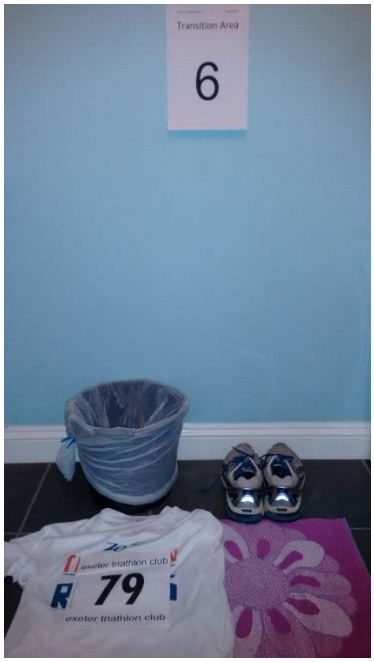
Exeter Triathlon Club- Aquathlon Series

Competitor Pool Notes

Mandatory Rules

- No running on poolside.
- No diving.

The pool manager or lane marshals can disqualify anyone for failing to adhere to these rules.

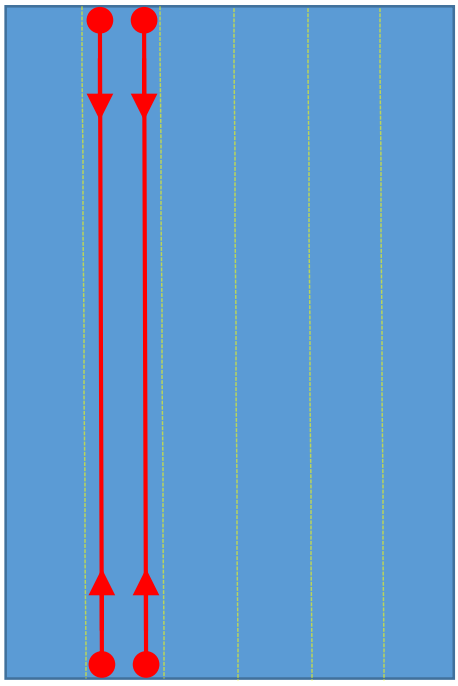


Transition Area Setup

The pool manager will call you forward and allocate a transition area to you.

- Take the plastic bag (you were given at registration) and line the bucket ready to receive your goggles and any other wet gear you want to leave behind.
- If you have a second bag, place any dry items of clothing (a sweater, jogging bottoms, etc.) in this prior to starting your swim.
- Take your transition kit to the transition area and set up ready for when you exit the water.

Swim Procedure



- A maximum of two competitors will be swimming in each lane at any one time.
- Swim on your own side of the lane in both directions (as shown on the diagram). Do not cross to the other side when you reach each end.
- Swim the designated number of lengths for your race (the lane counter marshal will record the number of lengths you swim and will let you know when you have two lengths to go).
- Exit the pool and walk to your transition area.

Transition Procedure

- Place any wet items that you do not want to take with you in the bucket.
- Put on your shoes, your top (if not wearing a tri suit / vest) and your race number.
- Ensure your race number is facing forwards and is clearly visible.
- Walk to the pool exit.
- Observe any instructions given to you by the transition exit marshal.
- Start your run.