



Athlete Guide

19 February 2023

PRESENTED BY



SIMPSON

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Race Directors note to the athletes

Dear Athletes,

We would like to extend a welcome to all our participants, families and friends and a special welcome to all of our off-island participants and their supporters.

Please take time to thank the many volunteers who assisted in putting this race together, as without the volunteers we would not be able to hold the race.

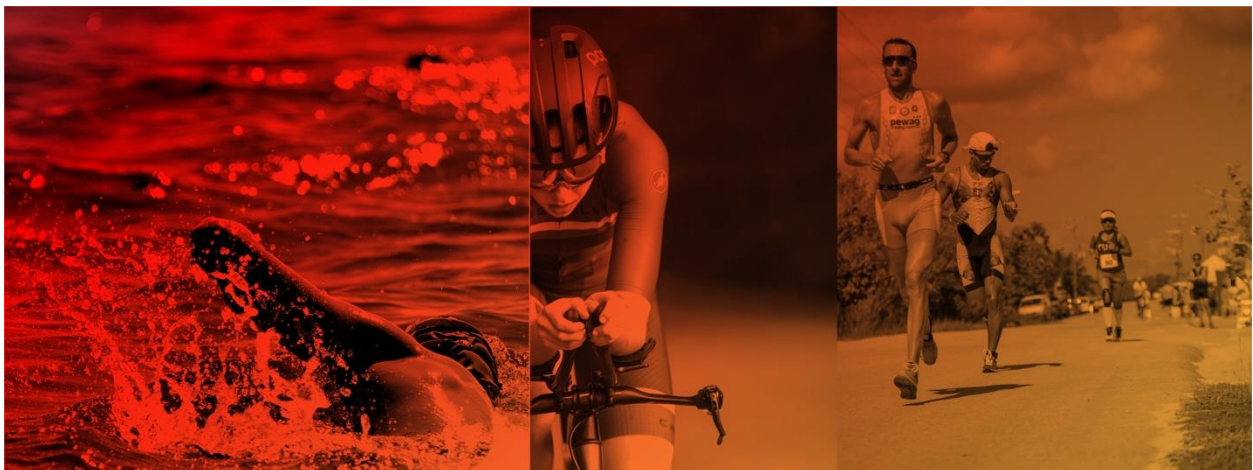
We would like to extend a special thank you to the Royal Cayman Islands Police Service and National Roads Authority for assisting with traffic duties as well as the Paramedics team for medical assistance.

We would also wish to thank our sponsors, who are dedicated to supporting our vision of growing triathlon in the Cayman Islands and giving back to our community. A HUGE thank you goes to Simpson Group for being the Title sponsor and all our community partners including PwC, Fosters, Butterfeild Bank, Kaibo, Intertrust, DART, F45 who also helped make it possible to have proceeds available to give to the Rotary Club of Grand Cayman who support a number of charities on island.

Every athlete who competes in the race has overcome obstacles and accomplished milestones to get to the starting line and we hope that race day is a celebration of all of your hard work and dedication. We wish the best of luck to all of the athletes in the race.

Yours in sport,

The 2023 Mercuryman Triathlon Race Directors



Schedule of Events

Saturday 18th February 2023

Start	End	Event	Location
1:00pm	4:00pm	Athlete Check-In & Packet Pickup	Bonfire Restaurant Locale
3:00pm	8:00pm	Optional Bike Check in	Hotel Kaibo

Sunday February 19th

Start	End	Event	Location
5:30am		Ferry Depart Camana Bay Must Book on App	Caman Bay Waterfront
5:30am		Volunteer Check-in	Kaibo Beach Bar
5:30am		Transition Opens	Car Park Next to Kaibo
6:20am		Transition Closes	Car Park Next to Kaibo
6:30am		Athlete briefing	Kaibo Beach
6:45am**		Swim start	Kaibo Dock
9:15am		First Aquathon finisher expected	Kaibo Beach
9:30am		First International finisher expected	Kaibo Beach
10:00am		First Aquabike finisher expected	Kaibo Beach
11:15am		First Half Iron finisher expected	Kaibo Beach
12:00pm		Post-race lunch commences	Kaibo Beach
2:45pm		Course closes	
1:30pm		Awards	Kaibo Beach Bar

*** We will start as close to sunrise as possible*

Full Ferry Schedule:

Depart Camana Bay 5:30am (If this gets full will add a 4:30am)
 Depart Kaibo 9am
 Depart CBay 11am
 Depart Kaibo 11:30am
 Depart CBay 2:00pm
 Depart Kaibo 2:30pm

PRE-RACE INFORMATION

Athlete Check-In

Athlete check-in hours are Saturday 18th between 1pm-4pm at Bonfire at Locale. Please note that athlete check-in will not be available on race day. If you do not check-in during the designated check-in hours you will not be able to participate on Sunday 19th February.

NO EXCEPTIONS.

Please bring photo identification with you to the athlete check in. **Please note that due to insurance regulations that cover the race, all athletes must be members of the Cayman Islands Triathlon Association (CITA) in order to participate in the event.** Athletes are encouraged to pay their CITA fees online by visiting the following link:

www.triathlon.ky/tri-membership

Prior to leaving Athlete Check-In please ensure you have the following for the race:

1. Swim Cap
2. Bike & Run Numbers

Bike Needs

Visiting participants are encouraged to sort out all major repairs and overhauls prior to arriving in the Cayman Islands as on island resources are limited. CO2 cartridges and tubes are normally in stock at local retailers. Limited assistance can be provided by the below providers.

Revolutions Indoor Cycling – Jerome Ameline 345-516-2453
revolutionscayman@hotmail.com

Sheldon Bikes -
sheldonbikes@candw.ky

Typical rates for the below can be provided by both suppliers booking is highly recommended. Brake adjustment ci\$20 Derailleur. \$20.00 Bike assembling from \$80.00 upwards depending on models. Wheel truing \$40.00 Tube replacement \$40.00,

Revolutions Indoor Cycling offer road or tri-bikes to rent for visiting athletes.

Event Timing and Results

Preliminary results may be available during the race, but are not guaranteed to be available or accurate. Official results will be posted to www.mercurymantri.com as soon as possible following the race. The race clock located at the finish line is NOT the official race time. The race operates under a real-time timing system. The timing system will attempt to record splits for all athletes and endeavour to ensure that every athlete's time is accurate but no system is perfect. If athletes believe an error has been made in the recording of times after the publishing of race results, please raise these concerns to the Race Director who will endeavor to research and fix any errors which can be determined.

Athletes must realize that there may be a timing error which cannot be determined or corrected but the Race Director will take all reasonable measures to ensure accurate timing.



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RACE DAY INFORMATION

Race Day Parking

Race day parking will be available at **Water Cay Public Beach** please do NOT attempt to park at Kaibo itself. Please also refrain from parking along the roads as these will be part of the bike and run courses and areas are reserved for race activities. See the map below, the parking areas are marked in **Green**.



Race Morning Procedure

Transition opens at 5:30 a.m. on race morning. We are also offering the option of checking your Bike into transition the day before from 3pm at Kaibo. We will have security present who will remain with the bikes at all times and no one other than the owner or race directors shall be permitted to remove the bikes. Remember to bring your

swim cap, goggles, bike, bike helmet, running number, running equipment and then collect your timing chip at Transition.

Please allow 30mins or more to set up your equipment.

Body marking: The Mercuryman Triathlon is proud to offer the TriTats system, whereby all athletes will receive removable tattoos in their race packet with their numbers. Athletes should apply the numbers as directed on Saturday evening to ensure they do not come off during the event. Do not apply any sunscreen or other lotions to your body until after you have applied your TriTats. Should tri tats not be available we will body marking on the morning of in transition.

The transition area closes at 6:20 a.m. At this time all athletes must be at the swim start at Kaibo Dock

NB: Only athletes are allowed in the Transition area. This rule will be strictly enforced.

Race Cut-Offs

The race officially ends at 2:45 p.m. Any athlete who has not completed the course by this time may complete the course however there will be no marshals or assistance provided after 2:45pm. The following cut-off times apply for each segment of the race. Athletes not reaching the designated points by the cut-off time will be pulled from the race.

Swim Cut-off

1h10min after the swim start.

Bike Cut-off

Athletes must complete the bike course by 12pm (Midday/Noon).

Run Cut-off

Athletes must reach the beginning of the last lap at Transition by 1:45pm.

Bicycle & Gear Recovery

All athletes must retrieve their bicycle and other gear from the transition area by 3:00 p.m.

Competitor Responsibilities

If you drop out of the race at any time, report immediately to the nearest Marshal or Race Director.

Team Transitions

There will be a designated spot in transition where relay members will wait to be tagged. Team members will tag at the following locations: Swim to Bike at the entrance to bike transition. Bike to Run at the exit from bike transition. The cyclist must properly rack his/her bike prior to tagging the runner at the exit to transition.

ATHLETE AGE LIMITS

INDIVIDUAL EVENTS:

Half iron distance triathlon: At least 18 years old

Aquabike/Aquathon: At least 17 years old (Parent or guardian to sign participant waiver and be present on race day).

TEAM EVENT: For ALL athletes less than 18 years a parent or guardian must sign the participant waiver at

packet pickup. The parent or guardian signing the waiver must also be in attendance at the event on race day.

Swim leg: At least 13 years of age and a member of CIASA.

Bike leg: At least 16 years of age and a member of CICA.

Run leg: At least 16 years of age and a member of an accredited/recognized running club in the Cayman Islands

POST RACE INFORMATION

Transition Clean-Up

All athletes, family and friends of athletes are encouraged to assist in the clean-up of the transition area and putting away all equipment used for the race. The Cayman Islands have always had a great custom of everyone pitching in to help and the race organisers greatly appreciate any and all post-race assistance in cleaning up the area and putting equipment away.

Post-Race Comments

The Race Directors welcome feedback and comments pertaining to any aspect of the race. Comments can be sent to trevor@mercurymantri.com

Post-Race Meal

All athletes and volunteers are invited to join in the Post Race Celebration at Kaibo beach Bar at 1:30pm

Mercury Man Lunch Buffet

- Local coco bun - Classic Caribbean coconut bread
- Grilled red snapper -Grilled red snapper with market salsa
- Barbeque rubbed whole chicken - Whole chicken pieces on the bone with homemade smoky barbeque sauce finished in the outdoor wood oven
- Kaibo rice 'n' beans -Coconut milk, green onion and scotch bonnet
- Pasta salad - With pumpkin seed and aged parmesan pesto
- local garden salad - local leaves and seasonal market produce
- Selection of homemade dressings and sauces

Awards

Overall and Age Group awards will be presented at Kaibo from 1:45. Awards will be given in the following categories and age groups:

Triathlon (Half Iron and International):

Female and Male Overall 1st, 2nd and 3rd

1st Place Female and Male under 29 years of age

1st Place Female and Male 30-39 years of age

1st Place Female and Male over 40 years of age

Triathlon teams: 1st mixed, female and male

Aquabike & Aquathon: Overall 1st Male and 1st Female

SWIM COURSE INFORMATION –1.2 MILES (1900M)

Swim Course Summary

The swim course is a Triangular course, 1 loop for the International Distance, 2 loops for the Half Iron and Aquabike. The direction of the swim will be counter clockwise unless sea conditions dictate a change. The swim start takes place from the beach. After the first loop athletes doing the International Distance will exit and athletes doing the Half Iron or Aquabike will continue onto the second loop by swimming around the buoy placed closest to the entry point at the end of Kaibo Dock. This buoy will be clearly identified before the race start on Sunday morning.

In the event of adverse sea conditions the Race Director reserves the right to amend the course or cancel the swim.

In the case of a cancelled swim the Triathlon will become a Duathlon consisting of a 3.1 mile run, 56 mile bike and 13.1 mile run. The Aquabike will become a 56mile time trial.

Swim Course Rules

1. All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.
2. Athletes must wear the swim cap provided.
3. No fins, gloves, paddles, or flotation devices of any kind are allowed.
4. No wetsuits.
5. Swim goggles or masks may be worn.

6. Any assistance required during the swim will result in disqualification if forward progress is made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made.
7. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE SWIM COURSE.
8. Any warm up swimming must be completed by 6:20 a.m.

SWIM COURSE MAP



SWIM EXIT TO TRANSITION

After completing the swim, athletes will exit the water up the beach toward bike transition. Teams will tag bikers at the entrance to transition at the East side of transition.

Counting Swimmers In/Out of Water

- There will be Marshalls to count athletes coming in and out of the water.

TRANSITION ZONE



Legend

Blue Arrows = Route from Swim course exit to Transition.

Orange Arrow = Bike Out and Run Out route from Transition.

Green Arrows = Bike In route back to Transition.

Red Rectangle = Transition Zone

BIKE COURSE INFORMATION – 56 MILES (90KM)

Bike Check

It is the responsibility of each athlete to ensure his/her bike is in safe and proper working order. Please ensure your brakes are functioning properly, removable parts are tightened and handlebar ends are plugged. The race director reserves the right to not allow an athlete to participate if, in the race director's sole determination, an athlete's bike is not safe.

Bike Course Aid Stations

There is 1 aid station point on the bike course on the Queen's Highway at the 12 mile mark (Half Iron Distance and Aquabike athletes will pass this aid station twice, mile 12 and mile 31). Due to the potential heat on race day, athletes are encouraged to carry whatever hydration and nutritional items they wish to consume. The aid stations will carry water and Gatorade.

Bike Course Summary

CYCLE ON THE LEFT

The course is a looped course. Athletes should be aware that the roads will remain open to public traffic. All major junctions will have marshals to caution cyclists to slow down and aid in directing vehicular traffic. Marshals will be wearing brightly colored safety shirts/vests and will be located at each turn to ensure all athletes complete the entire bike course. Cyclists must govern themselves accordingly as motor vehicles will be on the road during the race. There are also speed bumps on the way in and out of Kaibo on Water Cay rd Athletes are urged to take these slowly to avoid accidents or bike damage.

Bike Course Directions

Turn right out of transition and follow Watercay Road out of Kaibo and up to Rum Point.

Follow the road onto Rum Pint drive and continue on it until meeting the Junction with Franks Sound road at Old Man Bay.

Turn Left onto Old Robin Road and stay on this road all the way round the edge of the island until it brings you to the junction with Franks Sound Rd again. Turn Right onto Frank sound road and continue until it becomes Rum point Drive and take you back towards Kaibo. Half Iron Distance/Aquabike will turn back onto Old Robin Rd for a second Loop.

After the second loop and once at the same point you will continue back towards Kaibo on Rum point Drive.

Bike Course Rules

1. Position Rules

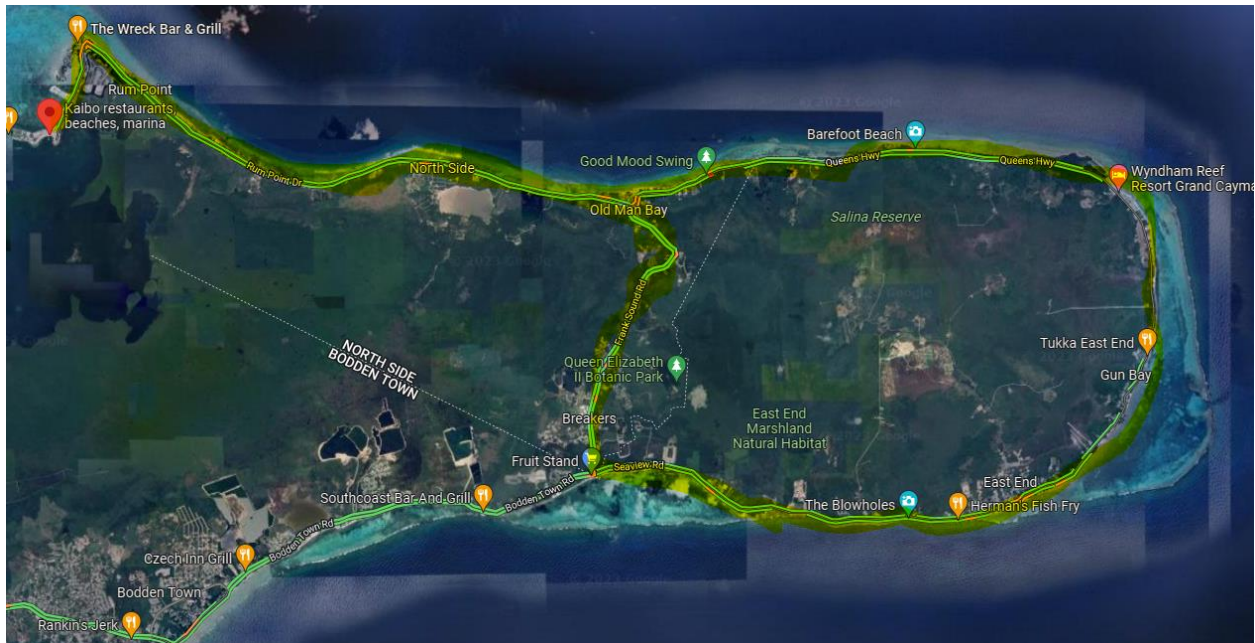
- a. All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.
 - b. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
 - c. Athletes must keep a minimum of 3 bike lengths between bikes except when passing.
 - d. A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
 - e. Overtaking athletes may pass only on the RIGHT for up to 20 seconds, but must move back to the left side of the road after passing.
 - f. Overtaken athletes must fall back 3 bike lengths within 20 seconds of being overtaken, to avoid drafting.
 - g. Passing on the LEFT is illegal.
 - h. Failing to drop back 3 bike lengths before re- passing is illegal.
 - i. When passing call out "On your right" or "Passing on your right"
 - j. Blocking, cycling on the right side of the lane without passing or dropping back, is illegal.
 - k. Athletes who are found to be drafting, blocking or passing on the left are subject to disqualification without warning and without appeal.
2. Bicycles must be racked by the athlete and athletes must respect the other athletes bicycles and space as to avoid any damage to any athletes equipment. Any athlete not properly racking his/her bicycle or causing damage to another athlete's equipment due to improper racking is subject to disqualification without appeal.
 3. The sole responsibility of knowing and following the course rests with each athlete.
 4. Athletes must obey all traffic laws on the cycling course unless otherwise instructed by the police or a marshal.
 5. Athletes must wear a shirt or racing top at all times.
 6. Athlete must have the Bike Helmet Number affixed to the FRONT of his/her helmet.
 7. Athletes must wear a bike helmet with the strap buckled.
 8. Athletes will not be allowed to mount until OUTSIDE the designated transition area and the athlete must have his/her helmet on and buckled prior to mounting.
 9. Athletes must dismount at the designated area just outside of transition and must not remove his/her helmet until inside the transition area.
 10. Athletes must not litter on the course.

11. Athletes must carry all hydration or nutrition they wish to consume on the bike course.
12. Athletes may walk their bike, but may not make progress on the bike course unaccompanied by their bicycle.
13. Athletes need NOT wear the run bib number during the bike portion of the race.
14. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE BIKE COURSE. ATHLETES WEARING HEADSETS OR HEADPHONES ARE SUBJECT TO DISQUALIFICATION.

The **course is open to traffic**, cyclists must be aware of traffic throughout the course.

Review the course map and note that it is the sole responsibility of the athlete to know and follow the correct course.

BIKE COURSE MAP



RUN COURSE INFORMATION – 13.1 MILES (21.1KM)

Run Course Summary

The run is 4 loops (Half Iron Distance / Aquathon) or 2 loops (International Distance) and it is an out and back course. As you leave transition, please stay on the right-hand side of the road. Please stay on the same side of the road for the duration of the run, DO NOT crossover at the turnaround. Athletes should consider wearing sunscreen and a cap or visor. A shirt or racing top must be worn on the run portion. Aid stations will be located every 0.7 of a mile. Marshals will be positioned at each turn to ensure everyone completes the entire run course.

Run course aid stations

Run Course – There are 3 aid stations on each lap located approximately every 0.7 miles throughout the 13.1 miles, these will be passed multiple times on the out and back loops. Aid stations will have water, coke, pretzels, fruit, ice, energy gels and Gatorade. The aid station in front of Kaibo (i.e. transition) will carry sunscreen.

Run Course Directions

1. Turn Right out of Transition
2. Run all the way along WaterCay Rd to Rum Point
3. Turn Left onto Sand Point Lane up to the turnaround point
4. Head back along route just run until turnaround at the entrance to Water Cay public beach.
5. Finish on last loop by entering transition area and heading down to the beach where the finish line will be.
6. 2 loops for International 4 for Half Iron and Aquathon

Run Course Rules

1. All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.
2. No form of locomotion other than running, walking or crawling is allowed.
3. Athletes must wear their official issued bib number on the FRONT of his/her body and the number must be visible at all times during the run. Athletes not wearing his/her bib number on the front of his/ her person will be disqualified
4. Athletes must wear a shirt or racing top at all times.
5. The sole responsibility of knowing and following the course rests with each athlete.
6. Athletes are expected to follow the directions of all race officials and public authorities.

7. Athletes must realize that the run course is open to vehicular traffic and no two runners shall run abreast unless passing.
8. Athletes must not litter on the course.
9. Athletes are only allowed nutrition from the Aid stations or what they carry themselves. Outside assistance i.e. nutrition gotten from a family member or spectator is not allowed.
10. Race belts with attached runner numbers are permitted.
11. HEADSETS OR HEADPHONES ARE NOT ALLOWED.

Review the course map in this Guide and note that Course Directional Signage will be placed on the course. These Directional Signs do NOT relieve the athlete from his/her responsibility to know and follow the course. The sole responsibility of knowing and following the course rests with each athlete.

RUN COURSE MAP



OFFICIAL SPONSORS

