

Triathlon Race Day Checklist

General

- TI card (with photo) / ODM
- Watch
- Towel (large for finish – small for transition)
- Track pump / Mini bike tool kit
- Paper punch for race number
- Sunscreen
- Race belt / pins for race number
- Change of clothes
- Food for after race
- Baby Powder for cycling and running shoes

FINGAL TRI



Swim

- Trisuit
- Wetsuit
- Goggles
- Body Glide
- Cap (provided at registration)
- Flip Flops

Bike

- Bike
- Helmet
- Socks
- Cycling shoes
- Tubes & Pump (on bike)
- Water bottle / Energy Drink
- Snacks / Gels (tape to attach them)

Run

- Runners
- Sunglasses / Visor / Hat

Personal Reminders

Leave time:

Registration time:

Transition closed time:

Race start time:

Wave number:

Read the race brief before you leave, give yourself enough time to get there and remember to be familiar with the course.

Remember no boxes / bags allowed in the transition area so bring as little as possible.

Bikes do not need to be fancy but they do need to be roadworthy with functioning brakes. Handlebars must also be plugged.

A timing chip will be provided at registration – attach it to your left ankle before the race starts.