



GALWAY TRIATHLON CLUB'S

TRIBESMAN

TRIATHLON

Welcome to the 2026 Tribesman Triathlon.

We are thrilled to welcome you to Galway for another great day of swim, bike, run. We are proud to host this event in partnership with the University of Galway, and we cannot wait to see you on race day.

This briefing contains the key information you need for a smooth, safe, and enjoyable race. Please read it carefully and contact us before Sunday if you have any questions.

RACE SCHEDULE

- Registration will take place between 17:00 and 19:00 on Saturday, 13th June, and between 06:00 and 07:20 on Sunday, 14th June.
- Transition will open at 06:15.
- Transition closes at 07:30 sharp. No access will be allowed after this time.
- Race briefing will take place just outside transition, by the big screen TV, at 07:35.
- First swim wave will start at 08:00.

REGISTRATION AND NUMBER COLLECTION

- Registration will take place at the University of Galway Park and Ride area, beside transition.
- Please bring a valid 2026 Triathlon Ireland licence with photo, or a One Day Membership plus photo ID.
- The Triathlon Ireland app is acceptable, as long as your profile includes a photo.
- Taking a screenshot of your licence is handy and will help speed things up.
- Your race pack includes your race number, helmet sticker, bike sticker, swim cap if they arrive in time, and goodies from Nuasan.
- Your timing chip will be allocated to you when you enter transition.
- Please wear your timing chip on your left ankle.
- Timing chips cannot be allocated earlier, as they need to be enabled for live tracking on race day.

SWIMMING CAPS

- We ordered swim caps. They are currently enjoying a mystery tour somewhere between the supplier and Galway.
- They may arrive in time. They may not. We are watching the tracking link with the same intensity most people reserve for race results.
- Just in case, please bring your own swim cap on race morning.
- If our caps arrive in time, we will provide them as planned.
- If they do not arrive, athletes will need to use their own swim cap for the event.
- We will have a small number of spare caps from last year if anyone forgets.
- Plan B is coloured wristbands for swim waves. These will be handed out at transition and must be worn during the swim if the swim caps continue their holiday.
- Any swim cap is fine, as long as it is suitable for open water swimming and clearly visible. Please avoid dark colours if you can.

TECHNICAL OFFICIALS AND INSURANCE

- This is a Triathlon Ireland-sanctioned race.
- All participants must hold a valid Triathlon Ireland Race Licence or a valid One Day Membership.
- You will not be permitted to race without a valid licence or One Day Membership.
- The deadline to purchase a One Day Membership is 23:59 on Saturday, 13th June.
- Technical Officials will be present on course, including motorbike officials, and will monitor compliance with race rules.

BAG DROP AND TOILETS

- A bag drop area will be available near the transition.
- It will be staffed, but please avoid leaving valuables. We cannot take responsibility for items left in the bag drop.
- Toilets will be available inside the transition and near the finish area.

PARKING

- All parking is at the University of Galway Park and Ride.
- Location code: 7WRH+4J (Google Maps Location code)
- Parking is right next to the transition this year.
- Do not park anywhere else on campus. Vehicles risk being clamped or towed.
- Campervans are permitted in the Park and Ride on race day only.
- Overnight parking is not permitted on campus.
- The nearest overnight option is Salthill Caravan Park, about 6km away.

TRANSITION

- Transition opens at 06:15 and closes at 07:30 sharp.
- No bags or boxes are allowed beside bikes.
- Essentials only beside your bike: shoes, helmet, sunglasses, towel, and nutrition.
- All bags must go to bag drop.
- Bikes must pass a safety check to enter transition. This includes brakes, bar ends, and general roadworthiness.
- Transition racking is by swim wave, not bib number.
- Transition will reopen for bike collection after the last athlete finishes the bike course, expected at approximately 10:15.

SWIM WAVES

- Swim starts have been split into 3 waves based on the swim time you submitted at entry.
- Each wave will start 4 minutes apart, with time for acclimatisation and a short warm-up.
- Your assigned wave, swim colour, and start time are included in your race email.
- Please do not start in the wrong wave. It will affect your timing and will lead to disqualification.

SWIM

- The swim start is located about 500m from transition, so give yourself around 10 minutes to get there.
- The walk is on a gravel path. We strongly recommend wearing old flip-flops, sliders, or similar.
- There will be signage and volunteers guiding you to the swim start.
- At the swim start, we will have a shoe drop and tag station.
- Your shoes, sliders, or Crocs will be bagged, tagged, and brought to the finish area.
- Please collect them after the race. We still have orphaned flip-flops from the last 2 years.
- Water temperature is expected to be 15 to 16 degrees.
- Wetsuits are mandatory under Triathlon Ireland rules. There are no exceptions.
- Not allowed: booties, gloves, balaclavas, or tow floats.
- The swim is point to point and now includes a small upstream section at the start before you enjoy the downstream section.
- There will be a swim pontoon at the exit.
- Big strong GTC club members will be at the swim exit to help you out of the water.

BIKE

- The bike route is mostly flat, with good road surfaces.
- The course is open to traffic. Obey the rules of the road at all times.
- This is a non-drafting race. Maintain 12m between riders.
- Triathlon Ireland Technical Officials will monitor drafting.
- A 1-minute penalty will apply if you are caught drafting.
- There will be 3 roaming bike marshals, Gardaí at key intersections, and volunteers along the route.
- Keep as far left as safely possible.
- Do not cross the white line at any stage. Crossing the white line may result in disqualification.
- There is a narrow section between Dangan and Glenlo Abbey on the way out, and again on the way back. Please be extra vigilant here.
- Mass will take place at 10:00 at Saint James' Church, Bushypark. This may result in extra traffic and parking activity when you return on the bike. Please stay alert.
- We have worked with An Garda Síochána to improve traffic flow when returning to the University.
- There will be a coned section for the last 1.5km of the bike route to help keep cyclists safe.
- Please stay inside the coned area.
- Traffic diversions will be in place during the race.

RUN

- The run is a scenic campus route.
- The new run route is fully one way, with no crossovers.
- There will be a water station at approximately 2.8km.
- Please respect public path users.
- No littering. Use bins or carry your waste to the finish.

FINISH LINE AND POST-RACE

- Fresh sandwiches and snacks will be available at the finish line.
- Gluten-free and vegetarian options will be available.
- Do not forget to collect your shoes, flip-flops, sliders, or Crocs if you dropped them at the swim start.
- Please return your timing chip. Our timing company is pretty fond of them.

SAFETY AND MEDICAL

- Medical support will be available at transition and on course.
- If you or another athlete needs medical attention, alert the nearest marshal immediately.
- In an emergency, dial 112/999.

RESULTS AND AWARDS

- Live timing will be provided by Monster Timing – www.monstertiming.ie
- Live tracking will be available on the day using RaceMap.
- Spectators will be able to follow your dot in almost real time on the bike and run legs of the course.
- The live map will also be shown on the big screen TV for spectators.
- Prize-giving will take place at approximately 10:15.
- Awards will be presented for the Top 3 overall in the Sprint Triathlon.
- Age Group Awards, 1st to 3rd, will be presented for the Sprint Triathlon.

VOLUNTEERS

- Please thank the volunteers, follow their instructions, and respect the effort they are putting in.
- There is no race without them.
- Any abuse towards volunteers, spectators, Technical Officials, race staff, or fellow competitors may result in disqualification.

RULES AND REMINDERS

- You cannot race without a valid Triathlon Ireland Race Licence or One Day Membership.
- Wetsuits are compulsory.
- Helmet on and fastened before touching your bike.
- The helmet must remain fastened until your bike is racked after the bike leg.
- First thing on, last thing off.
- No nudity in transition.
- No headphones on course.
- No drafting.
- Do not cross the white line on the bike course.
- Show your race number to collect your bike or bag.

WEATHER FORECAST

- Multiple apps usually mean multiple predictions.
- Pack for Galway.
- Bring sun cream, a rain jacket, and maybe a Child of Prague statue.

FINAL WORD

Thanks for joining us in Galway.

Race hard, race fair, and enjoy every minute.

Whether this is your first triathlon or your fiftieth, we are delighted to have you on the start line.

Tribesman Triathlon Race Committee
Galway Triathlon Club