

# Triathlon Info A

## 1. Participation

Following you can view the participation entries sent by 30 April 2007.

| Triathlon         |                  |                    |                      |                    |           |
|-------------------|------------------|--------------------|----------------------|--------------------|-----------|
|                   | Men's Individual | Triathlon Team Men | Triathlon Team Women | Women's Individual | Total     |
| Bermuda           | 5                | 1                  | 1                    | 5                  | <b>12</b> |
| Cayman Islands    | 3                | 1                  | 1                    | 3                  | <b>8</b>  |
| Faroe Islands     | 7                | 1                  | 1                    | 3                  | <b>12</b> |
| Gibraltar         | 4                | 1                  | 1                    | 1                  | <b>7</b>  |
| Gotland           | 1                | -                  | -                    | -                  | <b>1</b>  |
| Guernsey          | 3                | 1                  | 1                    | 3                  | <b>8</b>  |
| Isle of Man       | 7                | 1                  | 1                    | 3                  | <b>12</b> |
| Isle of Wight     | 2                | 1                  | -                    | -                  | <b>3</b>  |
| Jersey            | 6                | 1                  | 1                    | 4                  | <b>12</b> |
| Orkney            | 6                | 1                  | -                    | -                  | <b>7</b>  |
| Rhodes            | 5                | 1                  | 1                    | 3                  | <b>10</b> |
| Ynys Môn          | 1                | -                  | -                    | -                  | <b>1</b>  |
| Total Competitors | <b>50</b>        | <b>10</b>          | <b>8</b>             | <b>25</b>          | <b>93</b> |
| Total Islands     | <b>12</b>        | <b>10</b>          | <b>8</b>             | <b>8</b>           |           |

## 2. Competition Schedule

a. The 5th draft of the Competition Schedule for has been published.

| COMPETITION SCHEDULE 5 <sup>th</sup> DRAFT<br>NAT WEST ISLAND GAMES RHODES 2007 XII |                  |             |             |             |             |             |             |                  |       |       |  |
|---|------------------|-------------|-------------|-------------|-------------|-------------|-------------|------------------|-------|-------|--|
| SPORT   | SA               | SU          | MO          | TU          | WE          | THU         | FRI         |                  |       |       |  |
|   | 30 June          | 1 July      | 2 July      | 3 July      | 4 July      | 5 July      | 6 July      |                  |       |       |  |
|   | DAY 1            | DAY 2       | DAY 3       | DAY 4       | DAY 5       | DAY 6       | DAY 7       |                  |       |       |  |
| TRIATHLON   | 1st SESSION      | 1st SESSION | 1st SESSION | 1st SESSION | 1st SESSION | 1st SESSION | F           | 1st SESSION      |       | Venue |  |
|   |                  |             |             |             |             |             |             |                  |       |       |  |
|   |                  |             |             |             |             |             | 16:00-19:30 | TRIATHLON        | M / W | NCR   |  |
|   | Opening Ceremony |             |             |             |             |             |             | Closing Ceremony |       |       |  |
|   |                  |             |             |             |             |             |             |                  |       |       |  |

\* The letter "F" explains the session with Finals

|       |                         |
|-------|-------------------------|
| Codes | Venues                  |
| NCR   | Nautical Club Of Rhodes |



### 3. Training

a. Facilities - Schedule:

- i. Training for swimming will be arranged also at the "Elli" beach and at the swimming training facility, College of Rhodes Indoor Swimming Pool.
- ii. Training for running will be free, no running course on the street will be offered by the organising committee. Athletes can use the athletics training site "Diagoras athletics Facility" (300m track)
- iii. Training for cycling is free, no training course will be offered

| TRAINING SCHEDULE NAT WEST ISLAND GAMES RHODES 2007 XII |            |                         |   |   |   |   |   |   |                 |                 |                 |
|---|------------|-------------------------|---|---|---|---|---|---|-----------------|-----------------|-----------------|
| SPORT   | DISCIPLINE | SESSION                 | FR  | SA  | SU  | MO  | TU  | WE  | THU             | FRI             |                 |
|   |            |                         | 29/6  | 30/6  | 1/7   | 2/7   | 3/7   | 4/7   | 5/7             | 6/7             |                 |
|   |            |                         | -1  | 1   | 2   | 3   | 4   | 5   | 6               | 7               |                 |
| <b>ISLAND GAMES RHODES 2007</b>                         |            |                         |   |   |   |   |   |   |                 |                 |                 |
| TRIATHLON   | SWIMMING   | 1st SESSION             | 9:30 - 13:00TF<br>16:00 - 19:30<br>Elli beach | 9:30 - 13:00TF<br>16:00 - 19:30<br>Elli beach | 9:30 - 13:00TF<br>16:00 - 19:30<br>Elli beach | 9:30 - 13:00TF<br>16:00 - 19:30<br>Elli beach | 9:30 - 13:00TF<br>16:00 - 19:30<br>Elli beach | 9:30 - 13:00TF<br>16:00 - 19:30<br>Elli beach |                 |                 |                 |
|   |            | 2nd SESSION             | 18:30 - 22:00TF                               | 18:30 - 22:00TF                               | 18:30 - 22:00TF                               | 18:30 - 22:00TF                               | 18:30 - 22:00TF                               | 18:30 - 22:00TF                               |                 |                 |                 |
|   | CYCLING    |                         | Free training                                 | Free training                                 | Free training                                 | Free training                                 | Free training                                 | Free training                                 |                 |                 |                 |
|   | RUNNING    | Same as Track and Field |   | 9:00 - 12:00CF                                | 9:00 - 12:00CF                                | 9:00 - 12:00TF                                | 9:00 - 12:00TF                                | 9:00 - 12:00TF                                | 9:00 - 12:00TF  | 9:00 - 12:00TF  | 9:00 - 12:00TF  |
|   |            |                         |   | 17:30 - 20:30CF                               |   | 12:00 - 18:00CF                               | 12:00 - 18:00CF                               | 12:00 - 18:00CF                               | 12:00 - 18:00CF | 12:00 - 18:00CF | 12:00 - 18:00CF |
|   |            |                         |   |   |   | 17:30 - 20:30TF                               | 17:30 - 20:30TF                               | 17:30 - 20:30TF                               | 17:30 - 20:30TF | 17:30 - 20:30TF | 17:30 - 20:30TF |
| TF Means Training Facility of the respective Sport.     |            |                         |   |   |   |   |   |   |                 |                 |                 |

b. Booking Procedures for training:

For running and Cycling NO booking procedures are needed.

Booking Procedures for swimming Games Time training (29 June-6 July) in the swimming training pool are:

Islands need to make bookings for Games – time swimming Training until the 17 June 2007. All member Islands that will not make bookings until the deadline will make their bookings upon arrival at the Swimming sports desk at the Sports Information Centre in Esperos Palace Hotel. The "first come first serve" system will be applied.

d. If any athletes will arrive in Rhodes before the 29 June and wish to train must make their bookings through their local IGA Secretary, until 20 May 2007.

## 4. Technical Meetings

The Technical Meetings schedule for Triathlon is:

| <b>TEAM LEADERS MEETINGS and TECHNICAL MEETINGS SCHEDULE</b>  |                        |                                  |                                  |                    |             |             |                               |
|---|------------------------|----------------------------------|----------------------------------|--------------------|-------------|-------------|-------------------------------|
| <b>Technical meetings will happen in the Main Hotel as well as in the Competition venues. Following you can read details for all sports</b>         |                        |                                  |                                  |                    |             |             |                               |
| <b>All Team Leaders Meetings will happen in the Hotel everyday from the 30th June to the 6th July at 8:00 in the meeting room at the Main Hotel</b> |                        |                                  |                                  |                    |             |             |                               |
| <b>SPORTS</b>   | <b>KIND OF MEETING</b> | <b>MEETING POINT: MAIN HOTEL</b> | <b>MEETING POINT:</b>            | <b>DRAW NEEDED</b> | <b>DATE</b> | <b>TIME</b> | <b>NUMBER OF PARTICIPANTS</b> |
| TRIATHLON   | pre                    | X                                |                                  | NO                 | 5-Jul       | 18:00       |                               |
|   | post                   |                                  | AKTAION<br>Rhodes City<br>Centre |                    | 6-Jul       | 19:30       |                               |