

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	12
Cayman Islands	3	1	1	3	8
Faroe Islands	7	1	1	3	12
Gibraltar	4	1	1	1	7
Gotland	1	-	-	-	1
Guernsey	3	1	1	3	8
Isle of Man	7	1	1	3	12
Isle of Wight	2	1	-	-	3
Jersey	6	1	1	4	12
Orkney	6	1	-	-	7
Rhodes	5	1	1	3	10
Ynys Môn	1	-	-	-	1
Total Competitors	50	10	8	25	93
Total Islands	12	10	8	8	

2. Competition Schedule

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

COMPETITION SCHEDULE 5 th DRAFT 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	
ISLAND GAMES RHODES 2007											
TRIATHLON	SWIMMING	1st SESSION	9:30 - 13:00TF 16:00 - 19:30 Elli beach	9:30 - 13:00TF 16:00 - 19:30 Elli beach	9:30 - 13:00TF 16:00 - 19:30 Elli beach	9:30 - 13:00TF 16:00 - 19:30 Elli beach	9:30 - 13:00TF 16:00 - 19:30 Elli beach	9:30 - 13:00TF 16:00 - 19:30 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:

TEAM LEADERS MEETINGS and TECHNICAL MEETINGS SCHEDULE							
Technical meetings will happen in the Main Hotel as well as in the Competition venues. Following you can read details for all sports							
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							
SPORTS	KIND OF MEETING	MEETING POINT: MAIN HOTEL	MEETING POINT:	DRAW NEEDED	DATE	TIME	NUMBER OF PARTICIPANTS
TRIATHLON	pre	X		NO	5-Jul	18:00	
	post		AKTAION Rhodes City Centre		6-Jul	19:30	