

FINAL ARRANGEMENTS

Just over a week till CAT 2018! Please read the following carefully

HEAT ALLOCATION

To see what heat you are in please click here .

CANCELLATIONS

If you have entered and can no longer take part, please let us know as soon as possible by email - this will free up a place for the team at the top of the reserve list. Unfortunately the deadline for refunds has now passed however your entry fee will be going towards supporting a talented local young athlete.

SUBSTITUTIONS

If one member of your team can no longer take part, the remaining team member may bring a substitute. Please let us know the name of the substitute person as soon as possible and definitely **by Wednesday 12th September**.

MARSHALLS

We can always use extra marshals to help on the day, so if someone coming with you is able to spare a few hours please let us know as soon as possible. Free food at the finish for all marshals!

ARRANGEMENTS ON THE DAY

PARKING

Please share transport as much as possible, as parking at Loch Morlich will be fairly limited. Do squeeze in tight and we'll do our best to get all vehicles in. Once Loch Morlich Car park is full additional car parking will be available at the "Hay field" – approx 1km from Loch Morlich.

TIMETABLE, BRIEFING AND HEAT TIMES

- **8.30-10.00 – Registration** in large gazebo beside Loch Morlich Watersports
- **10.00 – Race Briefing** essential that all attend please
- **10.30 - Heat 1** – following Heats at approx 45 min intervals
- **15.30 – Results, Prizes Thanks**

CHIP TIMING

As in previous years Henry Trotter from Sports Timing UK will provide split times for the canoe, bike and run as well as your total time. You will be given your

“chip” at registration and full instructions on how to use this will be given at the briefing.

TOILETS – Portaloos will be situated close to the Transition area.

ROUTES AND OTHER INFO

CANOE LEG

The canoe section is a marked 3km course. The start and finish of the canoe section is on Loch Morlich beach. In the unlikely event of poor weather making conditions on the loch unsafe, the organisers will alter or cancel the canoe leg on the day. If the canoe leg has to be cancelled the event will become a duathlon ie a 5km run followed by the 25km bike route and a sprint!! (run) to the finish line – approx 150 meters.

BIKE LEG

This is exactly the same as last year – see website for the route. Please remember to check that your bike is safe and in good working order and don't forget a helmet. **Take care on the Slugan - Please have fun but be safe, taking your own ability levels into consideration** Remember to take sufficient water or energy drinks. Take extra care on the final section as this is shared with runners.

RUN LEG

The run follows a **clockwise direction** round the loch. The finish is right beside the marquee and your well earned free burger and drink.

PRIZES

All competitors will receive a useful item for their efforts. There will also be team prizes for **first male team, first female team, first mixed team, first junior team and the first team who live within the Cairngorms National Park**. Team positions will be based on the combined times of both team members. **We hope that as many of you as possible will stay for the prizes and free food.**

LOCH MORLICH WATERSPORTS

Do bring family and friends to support you on the day. Loch Morlich Watersports will be open for hire and instruction once the canoe heats are completed. For more information and booking, please click here. (link to Loch Morlich Watersports). Coffee and refreshments will also be available.

SUPPORTING LOCAL YOUNG ATHLETES

The CAT is a not for profit event – all proceeds will go to help a local young athlete, aged 16-21 who shows promise in their chosen sport To find out more click here (link to Supported Athletes page)

FINALLY

We look forward to meeting you all on the day and here's hoping CAT 2017 will be as challenging, wacky and fun as always.