Supporter race-day planner

Fill it in with your athlete before race week. Keep one copy each.

Brick to Brick

The basics

Race and date: Athlete's race number: Wave / start time:

Tracking app and athlete name in it:

Race-morning plan (travel, drop-off, goodbye point):

What the athlete wants from me (company or space, split updates or not):

If they have a bad day or stop, I will:

Viewing plan (from the official spectator map)

Spot	Where exactly	How I get there (on foot / transport)	Expected time athlete passes	Leave by
Swim exit / transition				
Bike course				
Run course (lap point)				
Finish				

Meeting point and fallback

Meeting point after the finish:

If phones die or we get separated, we meet at _____ at _____

Fallback pickup point if the athlete withdraws:

Event information desk / contact from the athlete guide:

My bag

- ☐ Walking shoes, layers and waterproof
- ☐ Sun cream, hat, sunglasses or warm clothes
- ☐ Water, food, cash or card
- ☐ Charged phone and power bank
- ☐ Printed or offline map with this plan
- ☐ Personal medication
- ☐ Sign, bell or bright item
- ☐ Bag for the athlete's morning clothes

If something goes wrong

Athlete collapsed, confused or struggling to breathe: tell the nearest marshal or medical team now; call emergency services if no staff are near and danger is immediate. A missed tracking split is usually a delayed read: check official timing before worrying, and do not drive onto closed roads.

From our triathlon supporter guide. Check bag and chair restrictions and road closures in the athlete guide. Full guide and sources: bricktobrick.co/guides/triathlon-supporter-guide. General information, not medical or coaching advice. Updated 2026-11-21.