

# STRATFORD UPON AVON TRIATHLON CLUB

## JUNIOR TRIATHLON 2019

### EVENT INFORMATION

Sunday 29<sup>th</sup> September 2019

Many thanks for entering our Triathlon. It is much appreciated by Stratford Upon Avon Triathlon Club and we look forward to welcoming you to what we hope will be a great event. The Triathlon this year is at a new venue for us and we are looking forward to be it being as successful as previous events.

Please find detailed below all of the event information, which we encourage you to read for your safety and enjoyment of the Race.

#### **1. WHERE IS IT HAPPENING?**

The Fire Service College London Road Moreton in Marsh GL56 ORH

We have attached a location map however you can also get location details on the Fire Service College web site at [www.fireservicecollege.ac.uk/contact/how-to-find-us](http://www.fireservicecollege.ac.uk/contact/how-to-find-us)

There is plenty of Parking at the Venue and please park within Car Parks P1 or P2. both of which are a short walk away from Registration (in the main Sports Centre Building) and the Event Course.

Please do not arrive too early at the Venue as we will still be setting up. Moreton in the Marsh is a beautiful Cotswold village with cafes serving coffee and tea far better than the vending machines in the Sports Centre.

ANY CHANGES TO THIS RACE INFORMATION WILL BE ON VIEW AT REGISTRATION ON RACE DAY.

If you have a medical condition you wish us to be aware of please do let us know before Race Day.

Please can you make sure that you write details of any medical conditions and your emergency contact details on the back of your Race Numbers.

Please note that by entering and competing in the Race both you, your parents/guardians and any connected supported have agreed to abide by the Rules and Regulations of Triathlon England.

## **2. REGISTRATION**

Registration will take place in the Sports Centre (same location as the Swimming Pool) and will be signposted. Registration will open at 12.00noon and close at 1.15pm.

When you Register you will receive the following items:-

- **Race Numbers x 2:** These will need to be attached to the **FRONT and BACK** of your t-shirt/vest/running top. Number belts are permitted and if using one you will only need to display 1 number (to the rear on the cycle and to the front on the run). **DO NOT ALTER, CUT OR FOLD YOUR NUMBER.**
- **Bike and Helmet Stickers:** One sticker is to go on your helmet and the other on your bike. When you collect your bike from transition after racing the marshals will need to see your race number (and arm/leg marking) matching the number on the bike/helmet stickers to release the bike to you.
- **Timing Chip:** This must be worn at the start of the Swim, on your **LEFT ANKLE.** Before your Race please do not walk over any of the timing mats or near to any timing aerials (or go back over them during the race) as this will create a false reading.
- **Elastic Bands:** For TS1 to Youths you will receive elastic bands (one less than the number of laps you are doing on the run).
- **Triathlon England Day Membership:** As this is a Triathlon England (TE) Permitted Event everyone who competes must be a Full Member or a Day Member of Triathlon England. Those already a Full Member of Triathlon England will need to bring their Membership Card (or provide online details on their phone if applicable) with them to Registration. If you entered the Race as a Full Triathlon England Member but you are unable to present it on the day (you will have to pay an additional £1 at Registration) or you are not a Full Member of Triathlon England then you will be granted Day Membership (for those not already Full Members you will have paid for this when you entered the Race).

The event Race Numbers will have a coloured sticker attached. This colour corresponds with your Age Group and helps the marshals know which route you are taking on the course.

**ALL AGE GROUPS CAN REGISTER BETWEEN 12.00 noon to 1.15pm.**

- Your Race Number will be written on your arm and leg in permanent marker at Registration.
- Your swim start time will depend on your Age Group and estimated Swim Time for your swim.

- Start times will be posted near Registration (an approximate guide is also provided below). Please note the swim waves are being prepared and therefore the times below are only indicative and may change.
- Once Registered please proceed to Transition (to the right of the Sports Centre when standing and facing the main entrance). Here you can rack your bike and lay out your clothing/equipment within the defined age group areas.
- **Only Tristar Start will be allowed one adult to assist them within Transition for setting up.**

### 3. TRANSITION AREA

Transition is in the Car Park area to the right of the Sports Centre. It will be enclosed/taped off and there will be access to competitors only.

When entering Transition with your bike please make sure that you have your helmet on and fastened and that you have handlebar end plugs in. **For the health & safety of all competitors Tri-Bars are not permitted for this race and must be removed before entering Transition.**

Once the event is “live” (the first swimmer has started), only Competitors as part of their Race will be allowed in Transition. There will be Marshals to help and ensure security in Transition.

**When you have finished your swim please make your way to Transition by exiting the Pool Area at the shallow end (you will also start from this end). Having left the Pool area you need to go down some flights of stairs before reaching Transition. There is NO RUNNING OR OVERTAKING on poolside or on the stairs. On going down the stairs keep to the left and hold onto the handrail. Marshals will be placed on the stairs to make sure that this is complied with. Please take great care on exiting the swimming pool area as the floor will be wet.**

Transition will be laid out so as to ensure that it flows freely and fairly.

On entering Transition after the swim helmets must be put on and fastened before you touch your bike.

Suitable footwear must be worn when exiting Transition to commence both the cycle and the run. NO BARE FEET PERMITTED ON THE BIKE OR RUN.

Transition will close at 1.25pm.

#### **4. RACE BRIEFING**

THE RACE BRIEFING IS MANDATORY FOR ALL COMPETITORS.

**The Race Briefing for all Age Groups will take place in the Sports Centre at approx. 1.10pm.**

Please ensure that by this time you have Registered and laid out your kit in Transition.

#### **5. THE SWIM**

The first swimmers will start at approx. 1.30pm.

The start time is dependent on the pool being cleared from any previous users and our Race Management Team being confident that the race is safe to start, so please bear with us until we can start properly and safely.

**Please be at the pool side ready for your swim start. You must be changed, ready and lined up in race number order along the pool side 10 minutes before your start time.**

Swim Marshals will assist in this process. Swim start times will be posted in Registration.

For your information and a reminder please find below details of the swim distances.

| <b>GROUP</b>         | <b>AGE AT 31/12/19</b> | <b>SWIM (m)</b> | <b>LENGTHS</b> |
|----------------------|------------------------|-----------------|----------------|
| <b>Tristar Start</b> | 8                      | 50              | 2              |
| <b>Tristar 1</b>     | 9/10                   | 150             | 6              |
| <b>Tristar 2</b>     | 11/12                  | 200             | 8              |
| <b>Tristar 3</b>     | 13/14                  | 300             | 12             |
| <b>Youths</b>        | 15/16                  | 400             | 16             |

Please make sure that you listen carefully when on poolside. Your Age Group and name will be clearly called. Once called please present yourself to be allocated a lane. **Due to this being a chip timed event, any competitor who is missing at their allocated swim time may not be able to swim. They will have to wait and see if a new swim time can be allocated, which may be towards the end of the Event.**

You will start and finish in the SHALLOW END of the pool. Keep to the same side of the lane that you are allocated for each length. Specific details will be given prior to the start by our Swim Director.

**DIVE STARTS ARE NOT ALLOWED** – All competitors will start in the water. Tumble turns are permitted, however please make sure that you are proficient and you are considerate of any other swimmers in your Lane. If there is a risk of collision with another competitor then use your discretion and be considerate. Our Marshals are tasked to observe for courteous and sportsperson like behaviour being followed.

**SWIM CAPS MUST BE WORN.**

## **LENGTHS**

**It is your responsibility to count your own lengths.** The Swim Marshals will also be counting the lengths and will attempt to notify you of 2 lengths to go by placing a kick board float or other marker into the water. We can not guarantee this will be possible at all times.

**NO RUNNING OR OVERTAKING ON POOLSIDE OR ON THE STAIRS AT ANY TIME.**

This is very important for all competitors safety. The Pool is located on the first floor of the Sports Centre. Therefore in order to get to Transition is necessary to leave the Pool Area (at the shallow end) and go down the stairs. Please remember that you will still be wet from the swim so take great care when going down the stairs..there will be plenty of time to “race” your opponents on the Bike and Run Course!

## **6. BIKE**

You will enter Transition from the walkway at the rear of the Sports Centre. Exit from Transition onto the Bike Course is from the front of Transition.

You must be wearing the minimum of a swimsuit/T-shirt/vest during the bike sections; (Tri Suit and number belts are permitted). The wearing of a cycle helmet is also compulsory.

Tri Bars are not permitted at this event for the health & safety of all competitors.

You will leave Transition and turn left onto the estate road...A “Mount” line will be marked clearly on the road and you must not get onto your bike until after the Mount line.

Please note that the roadway forms part of the estate roads within the College which has day to day use and wear and tear. Accordingly there are bumps/small holes on the road so please take care when riding along (and back) the road.

The bike course then proceeds in a straight line for approximately 250m (keep to the left hand side of the road at all times to enable anyone wishing to overtake to do so on your right) before bearing left into the “Training Ground” through an opening (the gate will be open) in the green fencing that surrounds the Training Ground. Please note that only Marshals and competitors are permitted in the Training Ground. Spectators can watch from the green fence.

Depending upon your age you then complete the requisite number of laps within the Training Ground. It is your responsibility to count your laps, and whilst we may have marshals checking they will not tell you when you have completed the correct number

| <b>Age Group</b>     | <b>Age as at 31/12/19</b> | <b>Distance (m)</b> | <b>Laps</b> |
|----------------------|---------------------------|---------------------|-------------|
| <b>Tristar Start</b> | <b>8</b>                  | <b>1250</b>         | <b>1</b>    |
| <b>Tristar 1</b>     | <b>9/10</b>               | <b>3500</b>         | <b>4</b>    |
| <b>Tristar 2</b>     | <b>11/12</b>              | <b>5750</b>         | <b>7</b>    |
| <b>Tristar 3</b>     | <b>13/14</b>              | <b>8000</b>         | <b>10</b>   |
| <b>Youths</b>        | <b>15/16</b>              | <b>9500</b>         | <b>12</b>   |

Having entered the Training Ground you bear left and then continue in a straight line (keeping to the left side) to a turnaround point at the bottom. Please take extra care at this point and do not overtake during the turnaround.

You then return back up the Training Ground keeping to the left, until you reach another turnaround point at the top end. Please take extra care at this point and do not overtake during the turnaround. After this turnaround if you have completed the correct number of laps you bear left out of the Training Ground and return down the estate road (keeping to the left side) back to Transition.

Before you reach Transition there will be a "Dismount" Line marked on the road. You must get off your bike before this point. Do not remove your helmet until you have racked your bike safely back in your place.

The exit from Transition on to the Run course is at the rear of Transition.

## **7. RUN**

You must be wearing the minimum of a swimsuit/T-shirt/vest during the run sections; (Tri Suit and number belts are permitted). Bare foot running is not permitted.

It is YOUR responsibility to make sure that you complete the correct course and number of laps. A Map showing the run route is attached and will be displayed at Registration.

For TS1 to Youths you will receive elastic bands at Registration. At the end of each lap on the run you put one band into the box/bucket – when you have no Bands left it is your last lap. TS1 will receive 1 band, TS2 will receive 2, TS3 will receive 3 and Youths will receive 4.

Our Marshals will help direct competitors and we have designed the race logistics to make the route as easy as possible. It is your own responsibility to review the route and understand where you are going. The route will have been set up in the morning, therefore

you have plenty of opportunity to ensure you know the route of your race, and how many laps are required (where applicable).

For Information the run distances for each Age Group are summarised below:-

| <b>Age Group</b>     | <b>Age as at 31/12/19</b> | <b>Distance (m)</b> | <b>Laps</b> |
|----------------------|---------------------------|---------------------|-------------|
| <b>Tristar Start</b> | <b>8</b>                  | <b>600</b>          | <b>1</b>    |
| <b>Tristar 1</b>     | <b>9/10</b>               | <b>1200</b>         | <b>2</b>    |
| <b>Tristar 2</b>     | <b>11/12</b>              | <b>1800</b>         | <b>3</b>    |
| <b>Tristar 3</b>     | <b>13/14</b>              | <b>2400</b>         | <b>4</b>    |
| <b>Youths</b>        | <b>15/16</b>              | <b>3000</b>         | <b>5</b>    |

There will be a water station as you exist Transition and then on the Run Course.

#### **8. SUGGESTED EQUIPMENT LIST**

- Swimming Trunks/Costume or Tri Suit.
- Swim goggles
- T-shirt/Vest (with your number pinned on the front) or race belt if using a Tri Suit.
- Running shoes/cycle shoes/Trainers.
- Bike and helmet.
- Towel (you may wish to have a small towel to use in Transition after your swim).
- Dry Clothing to put on immediately after finishing the Race.
- SAFETY PINS FOR YOUR NUMBER – ONLY A LIMITED NUMBER WILL BE AVAILABLE.

#### **9. RESULTS**

As this is a chip times event, we will be processing time throughout the event. Final results will be available as quickly as possible and displayed in Registration. A full list of results will be available on our Club Website ([www.stratfordac.co.uk](http://www.stratfordac.co.uk)) and also at [www.tempoevents.co.uk/results](http://www.tempoevents.co.uk/results).

With the chip timing, we are aiming to provide your time in segments. Swim; Transition and Run. The clock will start at a pre-agreed time for each swim wave, and will be continuous until you cross the finish line.

In terms of West Midlands Series Points, these will be issued by the Series Coordinator once the times have been entered and points calculated as part of the system.

## **10. PHOTOGRAPHY**

We ask that anyone who wishes to take photographs or video footage of the Triathlon should report to the Registration Desk. You will be asked to provide your name, address and telephone number. We will then issue you with a sticker/pass. Anyone found taking photographs or video footage without a sticker/pass will be challenged and if necessary reported to the Authorities. Please understand that we have to take these precautions in the interest of the children's' safety.

## **11. GENERAL**

There are Changing Rooms on the Ground Floor and 1<sup>st</sup> Floor of the Sports Centre. Access to the Swimming Pool is from the Changing Rooms on the 1<sup>st</sup> Floor. Whilst there are some lockers in the Changing Rooms these are limited.

Refreshments will be provided on the day by a Local Charity, please do support them

The bottled water available at the finish has been supplied by Warners Budgens at Moreton in Marsha and we thank them for their generosity in supporting our event.

**Spectators:** Please note in order to get from the Sports Centre to watch the bike section and to get to the finish it will be necessary to cross the bike course. There will be a crossing point marked which will have Marshals in attendance. Please cross at this point. Please be patient with the Marshals and follow their instructions...any delay in you crossing will be for the health & safety of the competitors.

The Sports Centre and Triathlon Course form part of the much larger Fire Service College. This is an active Training Centre and therefore we would ask that all Competitors and spectators do not wander off onto other parts of the Site as general public access is not permitted.

Fire Evacuation – The main Site evacuation point is on the Car Park P1. If the alarms sound proceed immediately to the assembly point and await further instructed. If in the pool area please follow the direction of the Lifeguard and the Marshals as towels, foil blankets and slippers are available.

First Aid – We have a Doctor who will deal with first aid on the day. If first aid assistance is required then please make this known to the Marshals who will contact the Doctor.

## **RULES**

Any violation of the British Triathlon Rules are subject to a time penalty or disqualification (see British Triathlon Website for details [www.britishtriathlon.org](http://www.britishtriathlon.org)). Should any competitor

wish to make an Appeal against a penalty this must be made within 30 minutes of the Penalty being posted in Registration. If an Appeal is made then a Race Jury is held, made up of 3 Triathlon England Members – details which will be available in Registration, next to the Penalty Board.

If there are any queries in respect of the Results please advise a Race Official at the event or afterwards through the email addresses provided on Registration.

Please ensure that both you and any adult accompanying you have read and are aware of the rules set out above.

### **PRIZES**

There will be individual awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each Age Category for both male and female.

We will make the presentation of Awards as soon as we are able in the Sports Centre after the last runner has completed their race. Please bear with us to complete the list of Results, as it takes a little time to double check all times.

### **WEATHER**

We intend to go ahead with the event rain or shine.

In the unlikely event that on grounds of safety being at risk (eg heavy rainfall or thunder/lightning), we will review whether it is best to run the event as an Aquathlon/swim race only or postpone the entire event to a future date. Under such circumstances refunds will unfortunately not be possible due to race costs that have already been incurred and as such irrecoverable by us – this is in line with the conditions provided at race entry.

### **PARENTS/GUARDIANS**

Should children under your care be competing, we ask Parents/Guardians DO NOT accompany them around the course. This is against the British Triathlon Rules and only adds unnecessary pressure to the Child. British Triathlon Rules also prevent any assistance including the handing over of water bottles to competitors.

We would ask that you only call/shout or give words of **positive** encouragement only. Again the Rules of supporting children at British Triathlon events are clear, as within these rules we would ask that for everyone's enjoyment you observe them. These are children who are competing for their own enjoyment, so let's ensure that they have a great race without the added pressure or unsportsmanlike behaviour of any kind.

In addition we would remind you of the rules regarding photography provided earlier in these event details.

## **12. SUMMARY OF THE KEY TIMINGS**

| <b>Activity</b>             | <b>Confirmed Time</b> | <b>Estimated Time</b> |
|-----------------------------|-----------------------|-----------------------|
| Registration                | 12.00noon – 1.15pm    |                       |
| Transition Open             | 12.00noon – 1.15pm.   |                       |
| Race Briefing               | 1.10pm.               |                       |
| First Tristar Start Swimmer |                       | 1.30pm                |
| First Tristar 1 Swimmer     |                       | 1.45/1.50 pm          |
| First Tristar 2 Swimmer     |                       | 2.45/3.00pm           |
| First Tristar 3 Swimmer     |                       | 3.30/3.45pm           |
| First Youth Swimmer         |                       | 4.00pm/4.15pm         |
| Results Ceremony            |                       | 4.45pm                |

**PLEASE NOTE THE ABOVE TIMES ARE SUBJECT TO CHANGE ON THE DAY**

### **A FINAL SUMMARY**

1. Prepare yourself for the event.
  - Having trained for this event take time to rest before Race Day.
  - Check through and make sure you bring all your kit (including spare goggles in case you main pair break).
  - Arrive in good time to register, set out your kit and know where you should be.
  - Familiarise yourself with the area/race route.
2. Race Safety.
  - Read and understand these Instructions.
  - Ask if you don't know.
  - Listen to the Race Officials/Marshals.
  - Be courteous to other competitors.

- Don't worry about fiddling with your watch during the Race – we will sort the timing.

### 3. Finish and Depart Happy.

- Do not go through the finish line unless you have completed the full course.
- Report to the finish line Marshals even if you decide not to finish the race. Injuries can happen when we least expect them to, so do come back to the finish line and let us know.
- Please attend our results ceremony – make it a celebration for all.
- Leave the Site carefully, remembering to take everything with you that you brought. Please double check that you have everything out of Transition.

### **Most Importantly – ENJOY THE EVENT!!**

If you have any further questions please contact us or ask at Registration.

After the event we would welcome feedback in order that we can improve the Races. This is the first year that we have held Races at the Fire Service College so it is a whole new experience for all of us and there lessons to learn.