




staffordtriathlonclub
...be part of the team

Stafford Junior Triathlon

Sunday 27th June 2010 at 1.45pm

(Registration from 12pm)

Cheslyn Hay Leisure Centre, near Cannock (J11 M6)

Race Information Pack



*One of Triathlon England West Midlands Region Children's Series of events.
The event is sanctioned and run under Triathlon England rules for children's triathlon events.*

Sponsored By:



EVENT LOCATION

Cheslyn Hay Leisure Centre, near Cannock (J11 M6)
Saredon Rd,
Cheslyn Hay,
Walsall,
WS6 7JQ
Tel: 01922 417790

There is parking available at the leisure centre, but it is limited. If you do need to park in the road, please obey any traffic and parking restrictions and be aware of other road users and residents in the vicinity.

COURSE ACCESS

Access to the bike and run course for warm up/familiarisation purposes will be allowed from 11.30am to 1.00pm. Helmets must be worn at all times when cycling. Please note that only marshals and competitors are allowed on the course. Spectators must not venture onto the course. Access across the track may be restricted if racing is in progress. **FAILURE TO OBEY INSTRUCTIONS FROM THE MARSHAL TO WAIT WHILE COMPETITORS ARE PASSING MAY RESULT IN YOUR CHILD'S DISQUALIFICATION.**

REGISTRATION

12pm to 1.15pm – Registration will be in the main building clearly sign posted. You will register and receive your race pack.

Race Pack includes:

2 x Race Numbers

2 x Adhesive Stickers

1 x Plastic Bag c/w race number (see **THE SWIM** for details)

Race numbers will need to be attached to the FRONT and BACK of your t-shirt/vest. If you are using a number belt, your number has to be visible from the BACK during the cycling and from the FRONT during the run.

The 2 adhesive stickers showing your race number should be affixed to: (one) to the front of your helmet and (one) affixed to the frame of your bike. This is for security reasons and will assist quicker, smoother removal of your bike from the transition area at the conclusion of the event. Your race number will also be written on your left arm and left leg.

TRIATHLON ENGLAND (TE) DAY MEMBERSHIP

Everyone who competes at a TE sanctioned event must be a full member or a day member. The day membership signs all the entrants up to the rules and regulations of the BTA and provides civil liability insurance. If you are a TE Tri-star member please remember to bring your licence with you and present it at registration otherwise you will require a day licence at a cost of £2. For non-TE members, day licence fees were included in your entry fee, and licenses will be handed out at registration.

PHOTOGRAPHY

In compliance with child protection guidelines, if you wish to take photographs you must obtain authorisation and an identification tag from the photographer registration desk. You will only be allowed to take photographs if you are a parent or guardian of the competitor.

TRANSITION AREAS

Transition areas will be open from 11.30am onwards

There are 2 separate transition areas:

1. Running shoes, T-shirts/vests and number belts (where applicable) are to be left in the area designated alongside the pool, you will do this in the 10 minutes prior to your swim start time. There is approximately 200m to run along tarmac between the first transition area and the bike transition area. Barefoot running between the pool and bike transition area will not be permitted.
2. The bike transition area is a secure zone on the tarmac alongside the tennis courts and playing fields where your bike, helmet and any additional clothing/equipment (including cycling shoes) are to be stored for the race. The transition area will be open between 11.30am and 1.15pm during which time you should place your bike and lay out any other clothing or equipment (including cycling shoes) you may need in the designated area. Marshals will be available before and during the race to assist competitors with racking if required. Helmets will be checked for condition on entering transition – please remember, NO HELMET, NO RACE.

Bike/Run transition closes at 1.15pm.

Do not leave kit where it could get in the way of other competitors.

NO PARENTS allowed in the transition area please.

There will be marshals available to assist you to lay out your kit if necessary.

RACE BRIEFING

1.20pm – All competitors are required to attend the briefing which will be held in the main building in one of the sports hall (most probably where registration is being held)

- Only race officials are allowed to help you during the race.
- If there is anything that you do not understand then please ASK.
- Make sure your race number is clearly visible to all Race Officials.
- No parents or supporters are allowed to run alongside competitors. Doing so may result in your child being disqualified.
- Suitable footwear must be worn - NO BARE FEET PERMITTED
- You must be wearing the minimum of a swimsuit and T-shirt/vest during the bike and run sections. Tri Suit and number belts are permitted.

RACE DISTANCES Age is as of 31/12/10

Course:

Swim: 25m indoor heated pool

Bike: Enclosed grass 1000m circuit

Run Enclosed grass 600m circuit

| Age group | Age | Swim | | Cycle | | Run | |
|---------------|-------|----------|---------|----------|------|----------|------|
| | | Distance | Lengths | Distance | Laps | Distance | Laps |
| Tristar Start | 8 | 50m | 2 | 800m | 1 | 600m | 1 |
| Tristar 1 | 9/10 | 150m | 6 | 2000m | 2 | 1200m | 2 |
| Tristar 2 | 11/12 | 200m | 8 | 4000m | 4 | 1800m | 3 |
| Tristar 3 | 13/14 | 300m | 12 | 6000m | 6 | 2400m | 4 |
| Youth | 15/16 | 400m | 16 | 10000m | 10 | 3000m | 5 |

EQUIPMENT LIST

- Swim suit / Tri-suit, goggles, swim cap
- T-shirt/vest (to put your number on), number belt (optional), running shoes
- Approved cycle helmet (mandatory – no helmet, no race)
- Bike (in good working order)
- Cycling shoes (optional)
- Towel

THE SWIM

You will need to be at poolside **10** minutes before the start time for your age group. You will need to layout your kit required (towel, run shoes, vest/T-shirt or number belt if applicable) for the first transition in the area designated by the marshal. Also body marking will be done at this point (Left Arm/Left Leg)

A plastic bag will be supplied in your race pack with your race number on it please place this in your designated area so that the marshals can put all of your swim gear in it, this can be collected later from the registration area.

Please double check the start times at registration.

| <u>Age Group</u> | <u>Start Time</u> |
|----------------------------------|-------------------|
| TRISTART | 1.45pm |
| Tristar 1 (1 st Wave) | 1.55pm |
| Tristar 1 (2 nd Wave) | 2.05pm |
| Tristar 1 (3 rd Wave) | 2.15pm |
| Tristar 2 (1 st Wave) | 2.25pm |
| Tristar 2 (2 nd Wave) | 2.40pm |
| Tristar 2 (3 rd Wave) | 2.55pm |
| Tristar 2 (4 th Wave) | 3.10pm |
| Tristar 3 (1 st Wave) | 3.25pm |
| Tristar 3 (2 nd Wave) | 3.45pm |
| Youth | 4.05pm |

THE SWIM (continued)

Listen out for your race number to be called and follow the instructions given.

DIVE STARTS ARE NOT ALLOWED - All competitors start in the pool.

NO BACKSTROKE ALLOWED

TUMBLE TURNS PERMITTED.

SWIM CAPS MUST BE WORN – please remember to bring a cap.

Due to the number of entrants, you will be likely to be swimming 2 to a lane. If there are 2 swimmers in a lane, keep to your side of the lane throughout the swim, and make sure you do not to get in the other swimmer's way.

The swim marshals will be counting your lengths and you will be notified when you have **2 lengths to go.**

When you have completed your swim you will climb out of the pool and remember to shout your number to the timekeeper on the way out.

PLEASE DO NOT RUN AFTER EXITING THE POOL. **WALK** TO THE FIRST TRANSITION ALONGSIDE THE POOL WHERE YOUR RUNNING SHOES, T-SHIRTS/VESTS AND NUMBER BELTS (WHERE APPLICABLE) HAVE BEEN LAID OUT. AFTER GETTING YOUR KIT ON **WALK** TO THE POOL EXIT AS DIRECTED BY THE MARSHAL. THERE ARE A FEW STEPS TO GO DOWN AFTER EXITING THE POOL AREA. **RUNNING IN THE POOL AREA IS NOT ALLOWED AND MAY RESULT IN DISQUALIFICATION.**

There is approximately 200m to run along tarmac between the pool exit and the bike transition area. Barefoot running between the pool and bike transition area will not be permitted.

After each swim wave, the marshals will collect items left in the pool transition area (towel, swimming cap, goggles), place in the numbered plastic swim bag and remove them to a designated area where they can be collected after the competitors race has finished.

THE CYCLE

No Tri-bars allowed. If you arrive with tri-bars on your bike you will be asked to remove them. It is a non-drafting race.

When entering transition for the bike stage of the race, **PUT YOUR CYCLE HELMET ON FIRST BEFORE YOU TOUCH YOUR BIKE.** You will be penalised if you move your bike before your helmet is on and securely fastened. Push your bike to the bike exit and once past the designated mount line you can mount your bike and start the cycle stage. Please note that cycling in the transition area may result in a time penalty. Take care when joining the course as there may be competitors already going around. Please also be very aware of runners crossing from bike transition to the run circuit. The crossing will very clearly marked and will have marshals in attendance. Cyclists will have the right of way, **BUT IT IS THE RESPONSIBILITY OF THE CYCLIST TO BE VIGILANT AND TO STOP IMMEDIATELY IF REQUIRED.**

THE CYCLE (continued)

Overtake on the outside only. Lap marshals will be counting the laps so please shout out your number as you pass them. Competitors are however ultimately responsible for counting their own laps.

On completion of the cycle stage you will be directed back to the transition area. You must dismount before the designated dismount line. Push your bike back and rack it where it was originally – marshals will be on hand to assist if required. Do not undo your helmet until your bike has been properly racked. Do not throw your helmet down as it may roll and interfere with other competitors. Exit the transition through the run exit.

THE RUN

PLEASE NOTE: AT THE TRANSITION EXIT YOU WILL NEED TO CROSS THE CYCLE CIRCUIT TO REACH THE RUN CIRCUIT. THE CROSSING WILL BE WELL MARKED WITH MARSHALS IN ATTENDANCE. PLEASE MAKE SURE THERE ARE NO CYCLES APPROACHING BEFORE YOU CROSS. CYCLISTS HAVE RIGHT OF WAY SO BE PREPARED TO STOP IF REQUIRED. IF A MARSHAL DIRECTS YOU TO WAIT FOR A CYCLE TO PASS, PLEASE DO SO. FAILURE TO OBEY A DIRECT INSTRUCTION FROM THE MARSHAL MAY RESULT IN DISQUALIFICATION.







There will be a time allowance made for anyone who has to stop -the marshal will need mark down how long a competitor has had to wait. This will then be deducted from the competitor's total time as a time allowance.

We will have marshals lap counting but it is YOUR responsibility to make sure you do the correct number of laps. Please remember to shout out your number as you pass them.

At the end of your last lap you will be directed towards the finish line. There will be a drinks station at the finish. A medal will be presented to all competitors who complete the race.

To collect your bike from transition you will need to show your race number to the transition marshal. Access to transition may be restricted while racing is still in progress.

SUMMARY SECTION

| | |
|--|------------------|
|  REGISTRATION: | 12.00PM – 1:15PM |
|  TRANSITION OPEN & BIKE RACKING: | 11.30PM – 1:15PM |
|  RACE BRIEFING: | 1:20PM |
|  COURSE CLOSED TO NON-COMPETITORS | 1:00PM |
|  FIRST COMPETITORS START: | 1:45PM |
|  LAST COMPETITORS START: | 4:05PM |

GENERAL

Any violation of British Triathlon rules are subject to time penalty. (See British Triathlon Web site for details: www.britishtriathlon.org)

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

This event is run under the British Triathlon Association rules.

The FORMAL PRESENTATION will be at the end of the whole event. Prizes will be awarded to 1st, 2nd and 3rd Boy and Girl in each age category. RESULTS will be posted during the day of the race. Full results will be available online at www.staffordtri.com from Monday.

The event will go ahead rain or shine.

We ask that parents DO NOT accompany their children around the course.

At the finish line there will be a drinks station where you can enjoy a well-deserved drink.

Don't forget to SMILE.

Don't worry if you are a first time competitor, there will be lots of first timers taking part - just remember to HAVE FUN!

Your last meal should be two to three hours before your start time. A simple breakfast of cereal and toast is ideal.

You can do the whole event in your swimming kit, which means that you will only need to put on your shoes and T-shirt/vest to display your racing numbers.

Have a drink and eat something soon after completing the event. This will replace the energy you have used and help you to recover quicker.

Please bring plenty of drinks/snacks with you, as there is a limited amount of refreshments at the venue.

Arrive in good time.

Enjoy the race.



www.staffordtri.com