



Stradbroke Tri Star Aquathlons

Sunday 20th May 2018 – Start 13:00

Race Details

Thank you for entering our event. Please take the time to read through these race details as they contain important information about the event.

Timings

Please make sure you attend as follows;

Sunday Afternoon Aquathlons;

All competitors must attend **registration** between 11:30 and 12:30

All competitors must set up in **transition** between 11:40 and 12:40

All competitors must attend the **race briefing** at 12:45

Race starts at 13:00

Location

Address: Stradbroke Swim & Fitness Centre, Wilby Road, Stradbroke, IP21 5JN

Telephone 01379 384376

Car Parking

Ample free car parking has generously been provided by Stradbroke High School, Wilby Road, Stradbroke IP21 5JN and Skinners Pet Foods (Roger Skinner Limited), Queen Street IP21 5HL. Please note that NO parking will be available at Stradbroke Swim & Fitness Centre. Please note that entry to these event day car parks is controlled by volunteer marshals who will NOT be in attendance during the races.

You will be parking at your own risk.

The car park at Stradbroke High School is close to the event site and in good weather will have further spaces available. If you are approaching from Diss, (A140) you may wish to park at Skinners Car Park, IP21 5HL. This is approximately 10-15 mins walk from the event site.

Registration

Registration will take place in the community centre adjacent to the leisure centre. Signs will be posted for competitor access to the centre.

At registration you will collect your race number and find out your start time. This race number needs to be worn on your front for the run section of the race.

Your race number will also be written on your right arm for identification purposes.

Triathlon England licences will be checked, if you have entered as a Triathlon England member but can't produce a valid licence, you will be required to purchase a day licence costing £1. If you paid for a day licence at time of entry we will have a record of this.

Transition Area

After collecting your numbers at registration please make your way to the transition area to layout your equipment. Transition will be situated outside between the community centre and the swim centre.

Please set up in plenty of time and only leave in transition what you require for the race. **Parents please note:** Only competitors and marshals will be allowed in transition area. Please note that the transition area will not be secure outside of the race times.

Please take the time to check the transition area before the start of the race to familiarise yourself with exits and directions, etc.

Start Times

The race will commence at 13:00 with each swimmer going off in 30 second intervals.

Tri Start 1 competitors will start first, followed by each Tri Star group in order. There will be a short gap scheduled between each Tri Star group.

The start order in each group will be based on swimmers estimated total swim time with the fastest swimmers going off first.

Timing chips will be issued at pool side before you get into the water

PLEASE BE AT POOL SIDE AT LEAST 10 MINUTES BEFORE YOUR START TIME

Due to the limited area available only competitors, event staff and Leisure Centre staff on duty will be allowed on poolside, no spectators please.

Changing

Changing rooms will be available both wetside and dryside in the leisure centre. In compliance with safeguarding regulations access to the wetside changing rooms will be restricted to children competing in the event and leisure centre staff only from 12:00. We recommend your child uses the wetside changing rooms. However, if your child requires your help getting changed the accessible changing room and the dryside changing rooms will be available but will have public access. All changing rooms have toilets and showers. There will not be a bag drop in operation, please plan carefully where you will store items not required during the event. Lockers are available and require a £1 coin.

Race Briefing

All competitors MUST attend the race briefing before making their way to the swim start. **This will take place close to the transition area.** If any competitors have any queries about the race then this is the time to raise them.

The race will be run under British Triathlon rules and if any competitor wishes to read any particular rule(s), then a rule book will be available on the day of the race at the help desk.

Swim Section

The swim will take place in the pool, which will be marked out with 4 lanes of 20m.

Under British Triathlon rules **all competitors must wear a swim hat.**

Competitors will start in 30second intervals. The swim distance will be covered by each swimmer completing **two** lengths in each lane and then ducking under the lane ropes to the next lane, moving across the pool. Each age group will complete the following number of lengths:

Tri Star Start: 2 lengths (40m)
Tri Star 1: 6 lengths (120m)
Tri Star 2: 8 lengths (160m)
Tri Star 3: 8 lengths (160m)

Please take care when exiting water, as your balance may be impaired by the swim.

Upon leaving the pool, you will make your way to the transition area.

Please note that due to limited space in the pool hall spectating from poolside will not be possible.

Transition

All your running kit should already be in the transition area. Once in the transition area, locate your kit and prepare for the run. **Note: the top half of your body must be fully covered and your race number visible before exiting transition.**

Run Section

The run route is on a narrow running track following the boundary of the playing field and on a section of grass. Please note that in the event of wet weather leading up to the event or on event day that the run route may be slippery/muddy.

Each age group will complete the following number of laps:

Tri Star Start: 1 lap (500m)

Tri Star 1: 3 laps (1500m)

Tri Star 2: 4 laps (2000m)

Tri Star 3: 4 laps (2000m)

Your race number must be securely fixed and clearly visible from the front at all times. Competitors **must** follow the directions and instructions of all race officials.

It is the sole responsibility of the competitor to complete the required number of laps.

Please note spectators will not be able to run the route with their child.

Refreshments:

Water will be available for competitors at the start of the run, after completion of each lap of the run and at the finish line. Other refreshments will be available for purchase from the centre and from the event site stalls.

Collecting your Kit from Transition:

Transition will be open for you to collect your kit after all the competitors have completed the swim section.

Prizes

Presentation of trophies will take place as soon as possible after the results are completed. If you think you may have won a prize, please stay for the presentations or nominate a friend to attend for you. Prizes must be collected on the day and cannot be posted.

Race results

Results will be available as soon as possible after the last competitor has finished. These will give each competitor's overall race time and their finish position in order for prizes to be issued.

Full results with split times will be available at Chip Timing UK, <http://www.chiptiminguk.co.uk/> shortly after the event.

A link to full results will be published on social media and put on the event web site, <http://stradbrokeatriathlon.co.uk> , as soon as possible after the event.

Please also check your entry email address and our Facebook page for post event updates

We very much hope that no-one gets a penalty or disqualification. There will be a penalty board on display on the day and any queries need to be resolved with the race official before leaving the event.

Photography

Diss Event Photography will be taking official photographs at the event. These will be available to view online a day or so after the event at their website <http://www.diss-eventphotography.co.uk/> Please speak to them at the event if you do not wish photographs to be taken of your child.

Anyone wishing to take their own photographs of this event will be required to obtain a photography permit on the day from the leisure centre.

Please do not post photographs to social media of any children (other than your own) unless you have the permission of the family involved.

Social Media:

For up to date posts about all our events please follow us on Facebook at @AOSLtd and @Fritton Lake Outdoor Centre, Twitter @Active_outdoor Full details of our events may be found on our websites; www.activeoutdoorsport.co.uk and www.frittonlakeoc.co.uk

We very much hope you enjoy the Stradbroke Tri Star Aquathlons. Good luck to all our competitors, we look forward to meeting you all on race day!