



# STRADBROKE TRISTAR AQUATHLON

SUNDAY 19<sup>TH</sup> MAY 2019

## RACE INFORMATION



Thank you for entering our event. Please take the time to read through the race information below as it contains important details you need to be aware of.

### KEY EVENT TIMINGS

- 11:30am - 12:30pm:** Registration and race number collection  
(Community Centre adjacent to Swim & Fitness Centre)
- 11:40pm - 12:40pm:** Transition open for competitors to setup equipment  
(Outside Swim & Fitness Centre)
- 12:40pm:** Race Briefing for all competitors (Mandatory)  
(In front of Swim & Fitness Centre)
- 13:00pm:** Race starts with first competitor entering water  
(Pool, Swim & Fitness Centre)
- 14:15pm (Approximately):** Prize presentations  
(Playing Field or if weather poor Community Centre)

### LOCATION

Stradbroke Swim & Fitness Centre, Wilby Road, Stradbroke, IP21 5JN.

### CAR PARKING

There is no parking at Stradbroke Swim & Fitness Centre on event day. There is however plenty of parking opposite the Swim & Fitness Centre at: -

Stradbroke High School, Wilby Road, Stradbroke IP215JN

**Please note:** The School car park will be supervised by volunteer marshals who will NOT be in attendance once the event begins. You will be parking at your own risk.

Please also be careful if crossing roads to get to the Leisure Centre as other races may still be in progress.

### REGISTRATION

Registration will take place in the Community Centre adjacent to the Leisure Centre.

Signs will be posted directing you to registration.

At registration you will collect your race number and be told your start time.

The race number needs to be worn on your front for the run section of the race (either using a number belt or pinned on a T-shirt put on after the swim in transition).

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

For Triathlon England members, you will need to show your race license before receiving your event number. If you are unable to produce your license you will need to pay a £1 day license fee for insurance purposes.

For those who purchased a Triathlon England day license when entering, we will have a record of this.

## TRANSITION AREA

After collecting your numbers at registration please make your way to the transition area to set out your equipment (shoes, race belt, clothing etc.). Transition will be situated outside between the Community Centre and the Swim & Fitness Centre.

Set up in plenty of time and only leave in transition what you require for the race.

**Please note:** Only competitors and marshals will be allowed in the transition area. Please also note that the transition area will not be secure outside of the race times.

Marshals will be in place to help, however competitors should familiarize themselves with the layout of transition, run exit, directions etc. prior to the event starting.

## EVENT FORMAT

**Please be at poolside at least 10 minutes before you allotted start time.**

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

Timing chips will be issued on poolside before competitors enter the water.

The event will commence at 13:00pm

Tristar Start entrants will compete first, followed by Tristar 1, 2 and 3 groups with a short gap between each category.

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

**Swim:** Entrants will start at 30-second intervals, completing 2 lengths in each lane (dipping under lane ropes to work across the pool where needed).

**Transition:** Please be careful on exiting the water as your balance may be impaired and the floor is likely to be wet. Make your way outside to transition and prepare for the run section. Shoes must be worn for the run. Please do not leave transition without covering your top half and your race number must be displayed to the front.

**Run:** 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 wet weather leading up to the race or on event day may mean the run route could be slippery/muddy.

The race distances are as follows: -

	<b>Swim</b>	<b>Run</b>
Tristar Start:	40m (2 lengths)	500m (1 lap)
Tristar 1:	120m (6 lengths)	1500m (3 laps)
Tristar 2 & 3:	160m (8 lengths)	2000m (4 laps)

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

**Please note: Spectators will not be able to run with their child (including in the finish chute).**

The race will be held in accordance with British Triathlon Federation rules and is fully permitted by the Governing Body for the sport.

## **CHANGING FACILITIES**

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 12:00pm onwards.

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 access will be open to the public. 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 within the changing areas

and require a £1 coin.

## **REFRESHMENTS**

There will be water available at a drinks station situated at the beginning of each run lap and also at the finish.

Other refreshments can be purchased on site from various stalls or in the Swim & Fitness Centre.

## **COLLECTING KIT FROM TRANSITION**

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

## **RACE RESULTS**

Over-all results will be available as soon as possible once the last competitor has completed the course. This will be in the form of over-all time and finishing position before the prize presentations.

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://www.stradbroke-triathlon.co.uk> as soon as possible after the event.

## **PRIZES**

All finishers will receive a medal as they cross the line.

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

## **PHOTOGRAPHY/VIDEO**

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/>

2UP Creative may also be in attendance to take photographs/video footage for Can But Tri.

Please speak to Diss Event Photography or 2UP Creative at the event if you do not wish photographs/video to be taken of your child.

**Anyone wishing to take his or her 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 [https://www.facebook.com/Can-But-Tri-1935212143454463/?ref=br\\_rs](https://www.facebook.com/Can-But-Tri-1935212143454463/?ref=br_rs)

We also have a new website coming soon: [www.canbuttri.co.uk](http://www.canbuttri.co.uk)

**We very much hope you enjoy the event – Have a great race!!**