

Kingfisher Aquathlon, 14th April 2019

TriStar Race Pack

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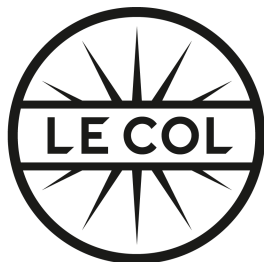
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General Information

Race location, parking.

Morden Park and Morden Leisure Centre, London Road, Morden, Surrey SM4 5HE.

Please note the race will be held at the newly built Morden Leisure Centre for the first time this year, located on the right hand side of the road before the car park.

Parking can be found in the pool car park. Entry is located off London Road next to the Merton Campus of South Thames College. Parking is free on Sundays.

Race setup

The Kingfisher Aquathlon consists of a pool swim followed by a trail run. The race has an interval start format; start order will be based on estimated swim time ranked fastest to slowest within each category. Intervals between competitors are 15 seconds.

This is the sixth year that the Kingfisher Aquathlon includes a children's race for ages 8 up to 18 and we are delighted to be a London Junior series race. The children's race will take place from 8:30, while the adult race starts at around 10.15am. Children age 8 to 14 in the TriStar categories race on the TriStar course and should be finished before the other categories start. Children age 15 and 16 in the Youth category and 17-18 year olds in the Junior category will race on the adult course and will start right before the adults at 9.55 am.

	Swim distance (m)	No. of lengths	Run distance	No. of loops
TriStar Start	50	2	500m	1
TriStar 1	100	4	1k	1
TriStar 2	200	8	2k	2
TriStar 3	300	12	3k	3

General race rules

The Kingfisher Aquathlon race is governed by the BTF and thus BTF rules apply. The most up-to-date rules can be found in the BTF rulebook at:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>

If you have any questions about the rules please contact the BTF beforehand or contact the BTF race official on race day.

Some of the main points regarding this aquathlon are:

- Enjoy the race in an atmosphere of sportsmanship, equality and fair play.
- It is the competitor's responsibility to know and correctly complete the full course of the event and competitors are ultimately responsible for their own safety and for the safety of others.
- No individual support/pacing by cycles or on foot is permitted.

- In order to avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into the transition area when the race is in progress.
- Foul or abusive language is not permitted nor tolerated by either competitor or parent/guardian.
- All competitors must ensure they are adequately clothed at all times.
- One race number will be issued per competitor. This is to be displayed at the front, attached using safety pins or a number belt.
- **All persons unable to produce a current race license at the event registration shall pay the appropriate day membership fee, which is non-refundable.**
- Any equipment that acts as an impediment to hearing or concentration is prohibited from use during the event (eg phones, MP3 players, headsets)
- In the case of a child taking part in an event, it is the responsibility of the parents/guardians and/or accompanying adults to ensure the child understands these rules and that the child's equipment, clothing etc is suitable, maintained, correctly prepared and used.

Parents/Guardians

We welcome all parents/guardians, family and friends to watch and support the children in their aquathlon race. Good viewing areas are on the pool balcony and outside near the transition area or finish area. Please make sure you are aware of the General rules and the **photography rules**.

To ensure the safety of our Tristar competitors only Tristar competitors and marshals will be allowed at pool-side and in transition before or during the race. There will be plenty of friendly marshals to help the children.

Photography

On race day there will be an authorized Kingfisher photographer present who will take photos on the run leg of as many racers as possible. These photos will be available from a secure online location for free at some time after the race. At registration on race day we will ask a parent/guardian of every competitor for consent for publication of race photos on this secure website.

If you wish to take photographs or videos of your child on the day, please print off and complete the **photo permit form (available at the end of the race pack)** and hand it in at the "photo permit point" near registration. You will be given a blue wristband to wear visibly when taking photos.

Taking photos or videos in the pool is not allowed at all.

Before the race

Race registration

Race registration for the Kingfisher Aquathlon TriStars opens at 7:15am and closes at 8:00am. Race briefing for all TriStar kids is at 8.05 am. Race registration is located outside the pool building. At registration you will collect your race number and timing chip and you will be marked up with your race number. You will also be marked on the hand with the number of laps you need to do on the run.

If you registered as non-BTF member you will receive a BTF day membership by email. **If you registered as a BTF member you must show a BTF licence. If you fail to show your BTF licence you will be charged £1 for a BTF day membership.**

Changing facilities

Changing facilities are available within the pool building, including showers/toilets. You can leave your bags and other clothes in the lockers (£1 return type) here. Please bear in mind that we do not have exclusive use of the changing facilities as the pool building remains open to the public.

Transition (setting-up)

TriStar transition opens at 7.15 am. The outside transition area is located on the side of the pool building. Transition is where, prior to race start, you place your running kit (shoes, race number, and possibly extra clothes). Make sure you set up in the correct area for your race as directed by the signs and the transition marshals.

Access to the TriStar transition for setting up is only allowed to competitors (no parents) and between 7:15 and 8:30am prior race start. The TriStar transition will reopen to collect kit after the TriStar race has finished at approx 10 am.

The Race

Race briefing(s) and start times

The main race briefing for the TriStar categories will be held near registration at 8.05am. The briefing will contain a short summary of the race pack content among other things.

An **additional category specific briefing** will be held inside the pool building in the hallway next to the changing room entrances, for each TriStar category separately. Here the competitors will be reminded how many lengths to swim, loops to run and how to reach transition. From here the competitors will be escorted straight to the swim start. Please make sure the competitors appear race ready (incl toilet visit) at this briefing. Due to limited space at this briefing, *no parents are allowed here unfortunately*. Children will be under our care from the start of their category race briefing up until they finish the race.

The TriStar Aquathlon begins at 8:30am with the TriStar 3 category.

	registration open/close	transition open/close	race briefing	category specific briefing	approximate race start	prize giving (approx.)
TriStar 3	7:15 - 8:00	7:15 - 8:30	8:05	8:20	8:30	10:20
TriStar 2				8:45	8:55	
TriStar 1				9:10	9:20	
TriStar Start				9:35	9:45	

Individual race start order within each category will be based on estimated swim time, ranked fastest to slowest. Race numbers will be posted on the Start List 2019 page of the race website on Friday 12th April.

Swim

The distance of the swim leg is dependent on TriStar category (see Race setup). Swim start is at the deep end of the pool (café side). Each TriStar group will be escorted to the start location with competitors then lining up in start number order. Competitors will start at intervals of 15 seconds. When it is your turn, you get in the pool and wait for the go ahead from the start marshal.

The pool will be divided in lanes. You swim each lane up and down, then duck under the rope to the next lane in a zig-zagging pattern. So, only duck under the rope at the deep end, stay in the same lane when you turn at the shallow end. See the pool layout in the course maps section of this race pack.

At the end of your last length you will swim towards a set of stairs. Use this to get out of the pool and proceed to transition (**no running in the pool**). Please be careful on and around these stairs. No people other than competitors and marshals will be allowed at pool side. There are viewing options from the balcony, from the café or from outside in.

Transition

In transition, you put on your running kit. Your upper body must be covered before you leave transition. Your shoes must be on properly or you will be asked by a marshal to stop and put them on. If you have trouble putting your shoes on or with tying laces, ask a marshal to help. Make sure your race number is visible on the front when exiting transition.

No changing out of your swimming costume, no MP3 players or similar.
No parents will be allowed in transition before or during the race.

Transition – cold weather non-compete zone option

In case of very cold weather, the TriStar transition will become a non-compete zone. All athletes will have 3 minutes to dress up properly against the cold. Anything over 3 minutes will be added to the finishing time.

The decision to apply this option will be made on race day and will be announced at registration and at the TriStar race briefing.

Run

Out of transition take a left onto the run route as guided by the marshals (see course map). Follow the rest of the run loop as guided by marshals and markings. Complete the number of loops required for your category. It is your responsibility to correctly complete the run loops. All competitors will receive wrist bands to help count the loops. About halfway round each run loop, bands are handed out. When finishing, TriStar Start and

TriStar 1 should wear 1 band, TriStar 2 should wear 2 bands, Tristar 3 should wear 3 bands. Your body marking will correspond with the number of loops you run. You must be wearing the correct number of wristbands when you cross the finish.

Since the run course is mostly undulating grassy trails it may be slippery in places. Please be aware. Also be considerate to other competitors.

A water station will be present near the finish area

If for any reason you need to stop running and can't finish the race or need assistance please let a marshal know and we will make sure you get back to the finish area.

After the race

When you have finished, well done! Find your parents/guardians. Make sure you don't get cold.

The meeting point and collection point for lost children and parents is the Kingfisher cake stand. This is located near the finish area.

Free cake

At the finish the traditional Kingfisher free homemade cake buffet will be waiting to refuel your energy supplies. Non-competitors can also buy cake for a small donation to charity.

Catering

There will be a catering van, which will sell hot cooked breakfast sandwiches, hot drinks, snacks and cold drinks. Please make good use of this service.

First aid

During the whole race, first aid services will be available. We really hope you do not have to use this service.

Prize presentation

We will proceed with the prize presentation near the finish area once the provisional results have been verified. We will be using chip timing provided by Race Timing Solutions so we will be able to provide you all with immediate results. Live race results are available from <http://racetimingolutions.racetecresults.com/results.aspx?CIId=16269&RIId=1032>

Prizes will be awarded to the race overall top 3 boys and girls in every TriStar category.

Prize winners must be present to receive. These will not be posted out.

Results

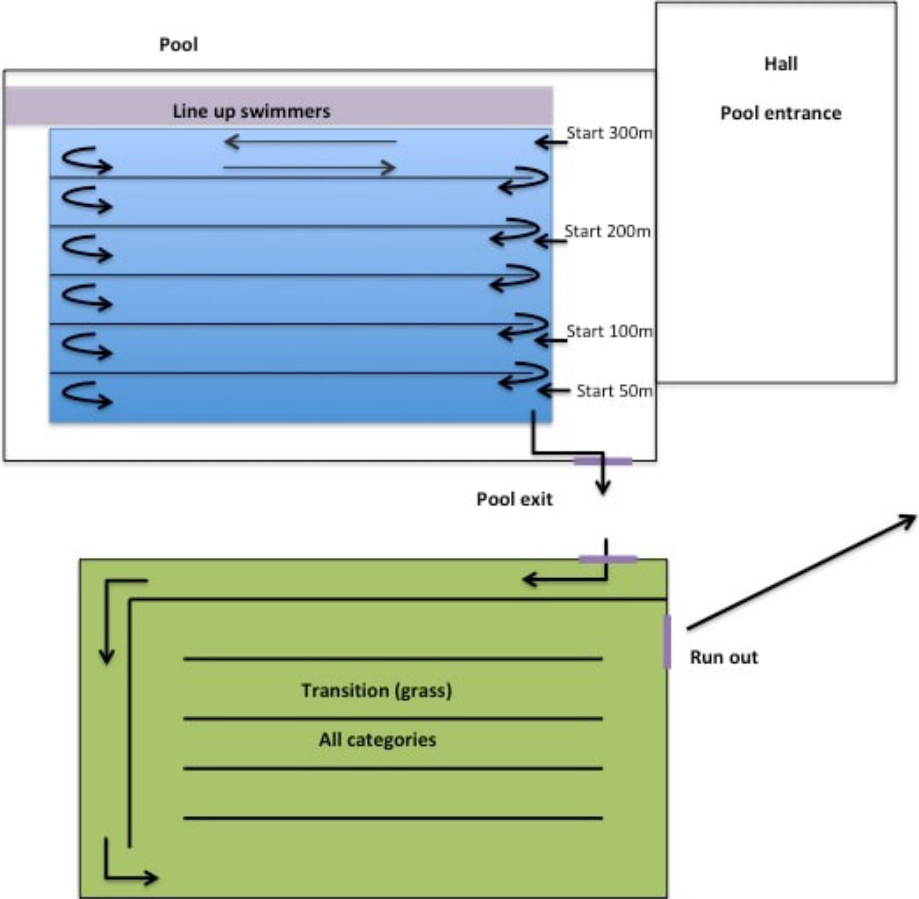
A complete list of results will be posted on the race website as soon all results have been verified.

Contact

If you have any queries between now and the event you can reach the Race Director, via email at kingfisheraquathlon@kingfishertriathletes.co.uk

Course maps

Below, the map of the pool layout.



TriStar 1,2 and 3

Below the map of the run course for the TriStar categories. The 1k loop starts at the transition area next to the pool and runs in clockwise direction. The course terrain is undulating and on grass. Depending on the weather some areas may be a bit muddy and/or slippery.

Tristar 1 do 1 red loop, TriStar 2 - 2 red loops and TriStar 3 – 3 red loops. Marshalls will be positioned at key locations to guide runners in the correct direction.



TriStar Start

Below the map of the run course for the TriStar Start category. The 500m loop starts at the transition area next to the pool and runs in clockwise direction. The course terrain is undulating and on grass. Depending on the weather some areas may be a bit muddy and/or slippery.

Tristar Start do 1 red loop. Marshalls will be positioned at key locations to guide runners in the correct direction.



Photo Permit Form

Kingfisher Triathletes Junior Aquathlon 14th April 2019

For the purposes of Child Protection, Kingfisher Triathletes require that any person wishing to take photographs or video at the Junior Aquathlon on the 14th April 2019 at Morden Park registers with the Race Organiser.

PLEASE COMPLETE & BRING TO REGISTRATION

Name of Applicant

.....

Child's Name

.....

Relationship

.....

Telephone

.....

I declare that the photos and footage of the Kingfisher Triathlete Junior Aquathlon 2019 will only be used for family or training purposes and that I will not use or alter the images for any inappropriate use. I will not be photographing or filming using any device (including a mobile phone) in the changing rooms or at poolside. If any marshal or competitor or other adult complains or shows concern I will stop taking photographs or filming. I agree that the decision of the Race Director is final.

Signed by the applicant

Date

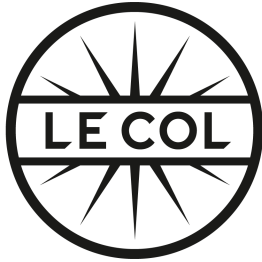
*Upon receipt of completed form a band will be issued at Registration – to be worn for the duration of the race identifying permission to take photographs/video footage.

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