

Kingfisher Aquathlon, 14th April 2019

Youth/Junior Race Pack

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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.

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.

Race setup

The Youth (15-16) and Junior (17-18) Kingfisher Aquathlon consists of a 300m pool swim followed by a 4.5k trail run (2 run laps). The race has an interval start format. Start order will be based on estimated swim time, ranked fastest to slowest, Youths and Juniors combined. Intervals between competitors are 15 seconds.

Youth/Junior race start will be at 9.55 am.

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 licence 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 athletes in their aquathlon race. Good viewing areas are on the pool balcony and near the transition area or finish area. Please make sure you are aware of the General rules and the **photography rules**.

For the safety of our athletes, no people other than competitors and marshals will be allowed at pool-side and in transition before and during the race. There will be plenty of friendly marshals to help if needed.

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 Youth and Junior categories opens at 8:30 and closes at 9:30am. Race briefing is at 9:40am. 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. Note that the number on your timing chip may differ from your race number.

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 the changing facilities remain open to members of the public during our race.

Transition (setting-up)

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 Youth/Junior transition is only allowed between 8:30am and 9:50 am. Make sure to follow instructions of the marshals in the transition area as to where to set up your kit. Please be aware that the junior race will be ongoing at this time.

Transition opens again for collection of your kit when the last Youth/Junior swimmer has left transition.

The Race

Race briefing(s) and start times

| | registration open/close | transition open/close | race briefing | category specific briefing | approximate race start | prize giving (approx.) |
|--------------|----------------------------|--------------------------|------------------|----------------------------------|---------------------------|------------------------------|
| Youth/Junior | 8:30 - 9:30 | 8:30 - 9:50 | 9:40 | 9:50 | 9:55 | 11:00 |

The main race briefing for the Youth / Junior category will be held near the registration at 9:40am, together with the adult race. The briefing will contain a short summary of the race pack content among other things.

An additional Youth / Junior category specific briefing will be held inside the pool building in the hallway next to the changing room entrances at 9:50 am. Here the competitors will quickly 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 9:55 swim start. Please make sure the competitors appear race ready at this briefing. Due to limited space at this briefing, *no parents allowed here unfortunately.*

Race start order 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. There will be a time gap between the last Youth competitor to start and the start of the first adult.

Swim

The swim leg of the race is 300m or 12 lengths of the pool. Swim start is at the balcony side of the pool at the deep end. Competitors will start in 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 6 lanes. You swim each lane up and down then duck under the rope to the next lane. Repeat this 6 times for a total of 12 zig-zagging lanes. 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 is plenty viewing space on the balcony.

Transition

In transition, put on your running kit. No changing out of your swimming costume, no MP3 players or similar. Your upper body must be covered before you leave transition. Make sure your race number is visible on the front when exiting transition.

Run

Out of transition continue onto the path. Follow the rest of the run loop as guided by marshals and markings. You have to complete 2 loops of 2.25k each, for a total of 4.5k run, before finishing the race. It is your responsibility to correctly complete the full 2 loops.

Since the run course is mostly undulating trails it may be muddy and/or slippery in places. Please be aware. There is also a small section of tarmac path. Also be considerate to other competitors and to members of the public who may be using the same trails.

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

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 provided by First Aid Cover Ltd. 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. This year we will be using chip timing provided by Race Timing Solutions so we will be able to provide you all with immediate results.

Prizes will be awarded to the race overall top 3 male and female in each 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. Live race results are available from

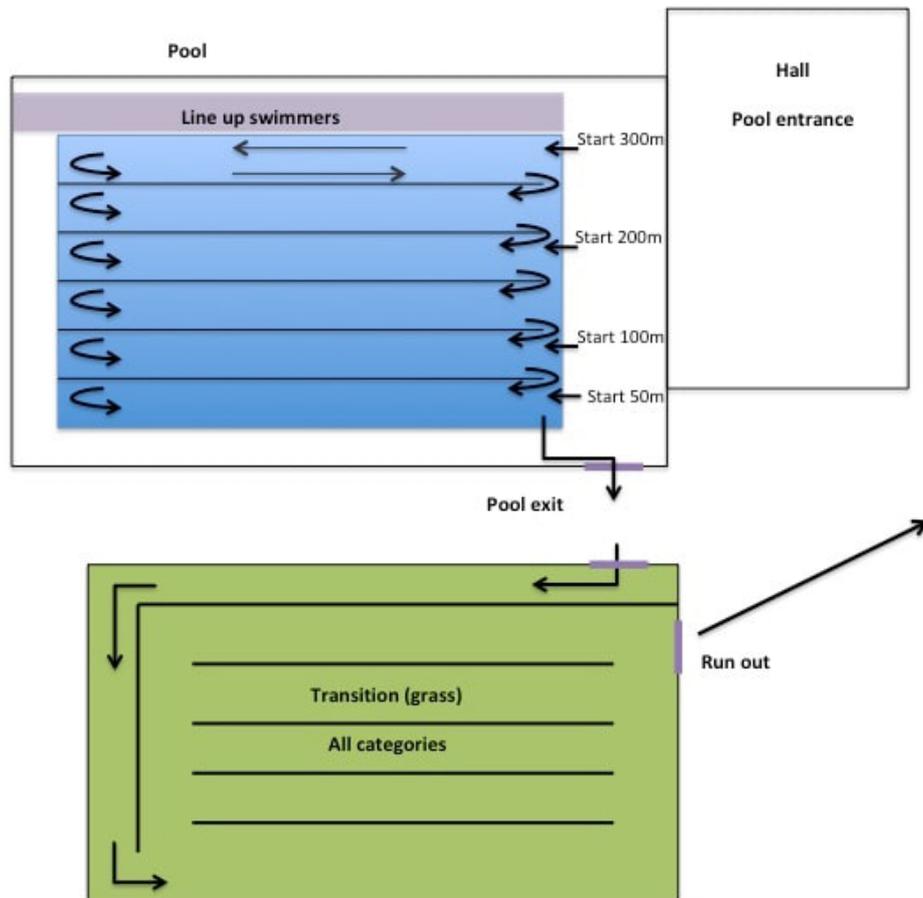
<http://racetimingsolutions.racetecresults.com/results.aspx?CId=16269&RId=1032>

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.



Below is the map of the run course for the Kingfisher Aquathlon. Total length of the loop is 2.25km. Youth/Junior and GoTri competitors will run 2 laps (clockwise) for a total length of 4.5km, the standard distance competitors run 4 laps for 9km. The run course is completely contained within the park and is traffic free. The run is a trail run, mostly on grass and paths and short 150m stretch of new tarmac. Depending on the weather it may get muddy in some places.



Photo Permit Form

Kingfisher Triathletes Junior Aquathlon 29th April 2018

For the purposes of Child Protection, Kingfisher Triathletes require that any person wishing to take photographs or video at the Junior Aquathlon on the 29th April 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 2018 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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