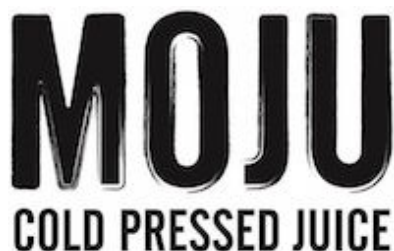


## Kingfisher Junior Aquathlon, 19<sup>th</sup> April 2015

### TriStar Race Pack

#### Contents:

- General information
  - Race location, parking, catering
  - General race rules
  - Parents/Guardians
  - Photography
- Before the race
  - Registration
  - Changing facilities
  - Transition
- The Race
  - Race briefing and start times
  - Swim
  - Transition
  - Run
- After the race
  - Free cake
  - First aid
  - Catering
  - Prize presentation
  - Results
- Partners
- Course maps



## **General Information**

### **Race location, parking.**

Morden Park and Morden Park pool, London Road, Morden, Surrey SM4 5HE.

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 Junior 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 TriStar category. Intervals between competitors are 15 seconds.

This is the second year that the Kingfisher Aquathlon includes a junior race for children age 8 up to 16 and we are delighted to be in the London League this year. The junior race will take place from 8:30, while adult race starts at around 10:15am. Children age 8 to 14 in the TriStar categories race on the junior course and should be finished when the adult race starts. Children age 15 and 16 in the Youth category will race on the adult course and will start right before the adults at around 10:00am.

	Swim distance (m)	No. of lengths	Run distance	No. of loops
TriStar Start	33	1	600m	1/2
TriStar 1	132	4	1k	1
TriStar 2	200	6	2k	2
TriStar 3	400	12	3k	3

### **General race rules**

The Kingfisher Junior 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:

[http://www.triathlonengland.org/britain/documents/about/british\\_triathlon\\_rulebook\\_2013.pdf](http://www.triathlonengland.org/britain/documents/about/british_triathlon_rulebook_2013.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.
- 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. Excellent 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. To ensure the safety of our junior competitors only junior 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 make photos on the run leg of as many racers as possible. These photos will be available online for free at some time after the race. Parents and other spectators who wish to make their own photos or video are required to register on the day at race registration for a 'photo permit'. A permit sticker will then be handed out which needs to be worn 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 Junior Aquathlon opens at 7:15am and closes at 8:00am. Race briefing is at 8:00 am. Race registration is located outside the pool building. At registration you will collect your race number and timing chip. You will be body marked with your race number and with a number on your hand which corresponds to the number of laps you have to do on the run.

If you registered as non-BTF member you have been emailed a BTF day membership. You don't have to bring this to the race.

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 and there are portaloos hired for the event, located by the pool building. We suggest you leave your bags and other clothes in the lockers inside the pool building. Please bear in mind that the changing facilities remain open to members of the public through our race.

### **Transition (setting-up)**

Junior TriStar transition opens at 7.15 am. The outside transition area is located at the other side of the pool building and can be reached by walking around the pool building. Transition is where, prior to race start, you place your running kit (shoes, race number, and possibly extra clothes). There are two transition areas here, one for the youth/adult race and one for the junior race, make sure you set up in the correct area. Make sure to follow instructions of the marshals in the transition area as to where to set up your kit. Access to the junior transition for setting up is only allowed between 7:15 and the 8:20am, before the junior race start. The junior transition will reopen to collect kit after the TriStar categories have finished at approx 9.55 am.

### **The Race**

#### **Race briefing(s) and start times**

The main race briefing for the TriStar categories will be held near the registration at 8:00 am. The briefing will contain a short summary of the race pack content among other things.

An additional TriStar category specific briefing will be held inside the pool building in the canteen area, 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 allowed here unfortunately*. Children will be under our care from the start of their category race briefing up until they finish the race.

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

	Time of category specific briefing	Approximate race start of each category
TriStar 3	8:15	8:30
TriStar 2	8:40	8:55
TriStar 1	9.05	9:20
TriStar Start	9:30	9:40

Race start order will be based on estimated swim time, ranked fastest to slowest within each TriStar category. Race numbers will be posted on the Start List 2015 page of the race website on Friday 17<sup>th</sup> April.

## Swim

The distance of the swim leg is dependent on TriStar category (see Race setup). Swim start is at the shallow end of the pool, except for TriStar Start. Each TriStar group will be escorted to the start location by where competitors then line up in race number order. 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 a 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 shallow end**, stay in the same lane when you turn at the deep end. See the pool layout in the course maps section of this race pack.

The TriStar Start category swim 1 length and therefore start at the deep end. Extra marshals will be present to ensure all children get in safely.

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.

When you want to overtake someone, tap their toes during the swim to indicate you are there. The person in front then waits at the turn (either shallow or deep end) to let you pass. If you feel someone tapping your toes, keep swimming to the end of the lane, then make sure you let them pass.

## 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.

## Run

TriStar 1,2 and 3:

Out of transition take a left onto the path as guided by the marshals. Follow the rest of the run loop as guided by marshals and markings. Complete the number of loops required for your category (T3= 3 loops, T2= 2 loops, T1= 1 loop). 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, Tristart and Tristart 1 should wear 1 band, TriStar 2 should wear 2 bands, Tristar 3 should wear 3 bands. Your body marking on your hand will correspond with the number of loops you run. You must be wearing the correct number of wristbands when you cross the finish.

TrStar Start:

Out of transition go straight as guided by the marshals, to follow a run loop shortcut (see course map). Follow the TriStar Start run loop as guided by marshals and markings. Go directly to the finish after 1 loop. You will also receive a wrist band about half way in your run loop.

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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 in 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 supply 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 present. 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 every junior 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.

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

### **Contact**

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

## Partners

Thank you to the following partners for their donation of prizes which helps make our race a success:



### SIGMA SPORT

[www.sigmasport.co.uk](http://www.sigmasport.co.uk)

Prizes for all categories



### ZONE 3

Wetsuits, Trisuits and Accessories

[www.racezone3.com](http://www.racezone3.com)

Prizes for Adult and Youth categories



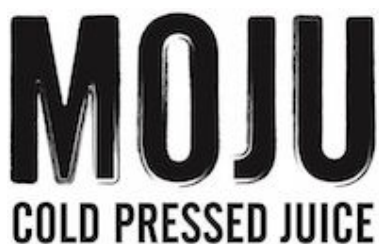
### TRIBE JUNIOR

SWIM BIKE RUN - TRIBE JUNIOR - IT'S IN YOUR DNA...

[www.tribejuniortriathlon.co.uk](http://www.tribejuniortriathlon.co.uk)

Prizes for Junior and Youth categories

Tribe Junior will be there on the day with equipment/merchandise to purchase including goggles, tri suits, wet suits, race belts and elastic laces. Wet suits and tri suits can be tried on. If orders are placed online prior to race day Tribe Junior can bring along on the day.



### MOJU

COLD PRESSED JUICE

[www.mojudrinks.com](http://www.mojudrinks.com)

Healthy Juice for winners in Adult and Youth categories

Moju Drinks will be selling their bottles of tasty goodness on the day as well as keeping marshals hydrated!



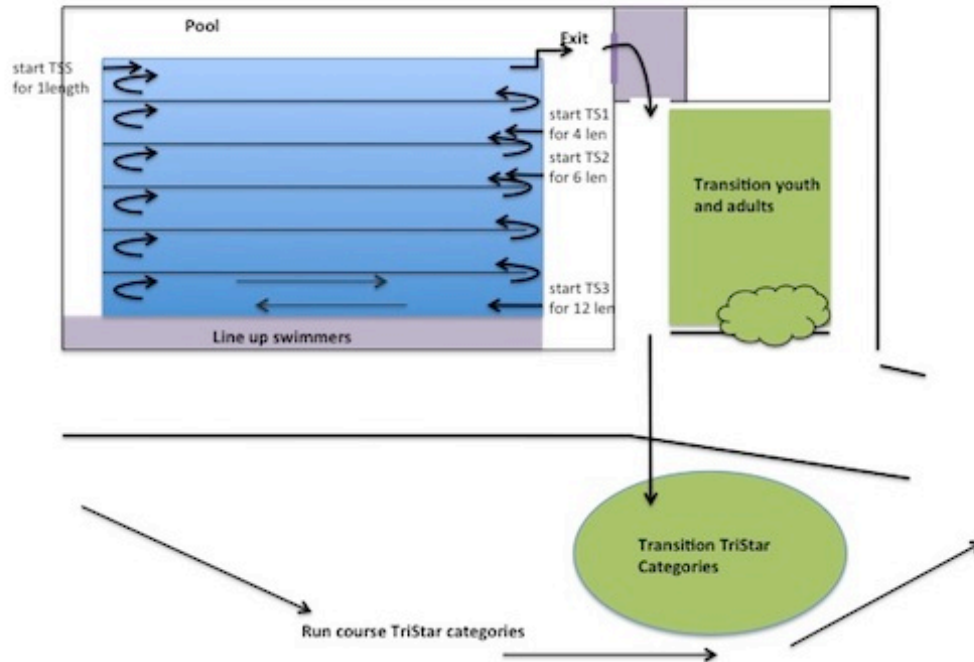
### KINGFISHER TRIATHLETES Cake Stall Extraordinaire

Cakes donated by Kingfisher Triathletes to keep spectators and participants fuelled and happy!



## Course maps

Below, the map of the pool layout.



Below, the map of the run course for the TriStar categories. The loop starts at the transition area next to the pool and runs in clockwise direction. The course terrain is undulating and most of the loop is on grass. Depending on the weather some areas may be a bit muddy and/or slippery. Tristar 1 do 1 red loop for a total distance of 1k, TriStar 2 - 2 red loops for 2k and TriStar 3 – red 3 loops for 3k. TriStar Start take the yellow shortcut out of transition to meet the red loop halfway and continue on this loop to the finish for a total distance of 600m.

The numbers indicate marshal positions.

