

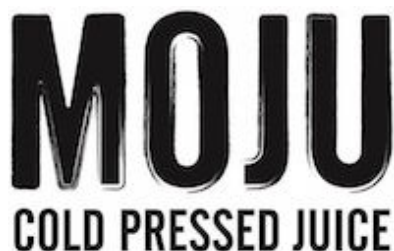


Kingfisher Junior Aquathlon, 19th April 2015

Youth 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 Youth category Kingfisher Aquathlon consists of a 400m 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. Intervals between competitors are 15 seconds.

This is the second year the Kingfisher Aquathlon includes a junior race for children age 8 up to 16 and we are delighted that it is a part of the London League. Children age 8 to 14 in the TriStar categories race on the junior course, starting at 8:30am, and should be finished by the time the Youth race starts.

Children age 15 and 16 in the Youth category will race on the adult course (only doing 2 run laps) and will start right before the adults at around 10.00am.

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

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. For the safety of our juniors, 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 the children if they need it.

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, however the Youth category can register up to 9.15am to get ready for the race briefing at 9:30am. Race registration is located outside the pool building. At registration you will collect your race number and timing chip and you will be body marked.

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)

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 youths and adults and one for the junior race, make sure you set up in the correct area. Access to the youth/adult transition area is only allowed from 8:00 am up to 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 is ongoing in the hour before the adult race start.

Transition opens again for collection of your kit when the last adult competitor has left transition.

The Race

Race briefing(s) and start times

The main race briefing for the Youth category will be held near the registration at 9:30am, together with the adult race. The briefing will contain a short summary of the race pack content among other things.

An additional Youth category specific briefing will be held inside the pool building in the canteen area at 9.45 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 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 2015 page of the race website on Friday 17th 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 400m or 12 lengths of the pool. Swim start is at the window side of the pool at the shallow end. Youth competitors 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 each lane up and down then duck under the rope to the next lane. So, **only duck under the rope at the shallow end,**

stay in the same lane when you turn at the deep end. 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.

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, 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 take left 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. 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 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 the youth 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

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

Prizes for all categories



ZONE 3

Wetsuits, Trisuits and Accessories

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

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

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!

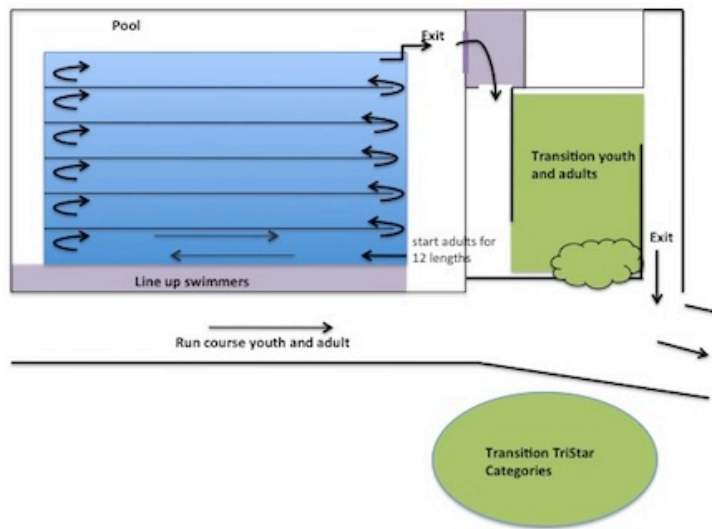


KINGFISHER TRIATHLETES Cake Stall Extraordinaire

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

Course maps

Below, the map of the pool layout. Start for Youths is the same as for adults.



Below, the map of the run course for the Aquathlon Youth category. Total length of the loop is 2.25km. 2 loops (clockwise) need to be done for a total length of 4.5km. The run course is completely contained within the park and is traffic free. Depending on the weather it may get muddy in some places.

