



Westcroft Triathlon Club 2018 Aquathlon

Race Information Pack



WESTCROFT TRIATHLON CLUB

2018 AQUATHLON – RACE INFORMATION PACK

Welcome to the Westcroft Triathlon Club 2018 Aquathlon

We would like to wish all of you who have entered the race the very best of luck. To ensure that you have a great day and a successful race, please ensure you fully read the following information about the race.

1. Race Format

The race is an aquathlon (swim-run) race catering for children who will be racing the TriStar and Youth distances.

The swim will take place in the 25m indoor pool at Westcroft Leisure Centre with the run consisting of a series of laps around The Grove Park.

2. Race Details

a) Date and Time

Date:	Saturday 15th September 2018
Race Start Time:	15:00
Arrival Time:	No later than 14:20 (to obtain your race pack, leave your running gear in transition and to allow time to familiarize yourself with the venue)
Briefing Time:	14:50 race briefing for all age groups will be on the pool side. Competitors will assemble and be led through from Westcroft reception.

Location:
Westcroft Leisure Centre,
Westcroft Rd,
Carshalton,
Surrey,
SM5 2TG

a) Car Parking

Westcroft Leisure Centre has plenty of car parking available in the car park located on site. Please ensure you arrive in time to find a space. Please only use spaces applicable to your needs (i.e. disabled and family spaces are only to be used by those allowed). CCTV is in operation to assess these spaces.

b) Race Numbers

The race will be limited to 120 participants

c) Registration

Registration will start at 14:00 on race day and will close at 14:50 to allow time for marshals to make their way to their position on the course.

If you have one, please bring your up to date BTF licence with you to show at registration. If you forget your card, you will need to pay for a £1 day licence, otherwise you will not be able to race.

d) Entry on the day

Entry on the day will be available if the race is not yet full and will be on a first come first served basis. **On the day entry will be £15, cash only.** Please also refer to the Registration section above regarding day licenses.

Those entering on the day will set off last within their category.

e) Race Briefing

The race briefing will be at 14:50 for all age groups on pool side.

Please make sure you attend the race briefing as it is for your safety and to ensure enjoyment on the day. It is also your opportunity to ask any questions you may have.

f) Transition Set Up

Please make sure that you set up your run kit in transition as directed prior to the race briefing. Only parents of Tristart (8 and under) competitors are allowed to help set up in transition, although we encourage all children to do it themselves. Marshals will be there to provide guidance to all competitors.

g) Race kit

A tri suit is the best option for clothing during the event. If you do not own a tri suit, a swim suit is fine for the swim stage. During transition and the run stage, your swimwear must remain on as nudity is not permitted. Therefore, unless you have an all in one swimsuit and a racebelt, please put a t-shirt on before you leave transition.

Your race number must either be attached to a racebelt, if you own one, or safety pinned to the front of the t-shirt. Safety pins will be provided at registration. Please attach your number during your transition setup.

In summary, your kit will be one of the following options:

Stage	Kit
Swim	<ul style="list-style-type: none"> • Race chip (collected at registration) • Swim suit • Goggles • Swim hat (optional)

Transition and Run	<ul style="list-style-type: none"> • Run shoes • Towel (optional) • T-shirt (only required if your swim suit shows your waist or to attach your race number to if you do not have a tri-belt) • Tri-belt (optional)
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Note that your run shoes will be left in transition, so if you require footwear for when you leave your kit in transition, then please take extra along with you. You may also want to bring warm gear to wear whilst you are waiting for you race to start, although please do not bring this to poolside.

h) Spectators/Photography

Spectators are welcome to watch the swim element from the viewing gallery, and can leave at any time via the left hand exit which is the most direct route to the outside area. Please take care not to get in the way of competitors exiting transition and crossing the bridge to commence their run.

Anyone wanting to film/take pictures during the event will need to sign a photography form at sign on. **Please note that NO filming/photography is to take place in the pool area.** Please report any concerns to our welfare officer.

j) Age Groups and Race Distances

Age groups are as per the competitor's age at 31st December 2018.

Category	Age	Swim	Run
TriStars Start	Under 8yrs	50m (2 lengths)	600m
TriStar1	9 to 10yrs	100m (4 length)	1,300m
TriStar2	11 to 12yrs	200m (8 lengths)	2,000m
TriStar3	13-14yrs	300m (12 lengths)	2,700m
Youth	15-16yrs	400m (16 lengths)	4,100m

The Swim

The swim will be held in the 25m indoor pool at Westcroft Leisure Centre. The competitor will swim the designated number of lengths for their age group by completing two lengths in each lane of the pool in which they are swimming. Once two lengths are completed, the competitor will swim under the lap rope into the next lane and swim a further two lengths in that lane. This is repeated until they reach the exit steps.

For example, the Tri-Star1 category will start in Lane 2. They will swim two lengths in Lane 2 before crossing under the lane rope and completing two lengths in Lane 1. They will then exit using the poolside steps and make their way to transition.

Transition

Upon exiting the pool, the competitor will **walk** to the transition area. Competitors will have set up their transition area with their running equipment prior the race start. Please be careful whilst you are setting up as other competitors will be using the area during the race. The competitor will change into their running gear, **noting that nudity is not allowed at any time during the race**, and

will continue to walk out of the transition area, over the bridge and onto the run course. **Pool side, transition and the bridge are compulsory walk zones and any athlete who runs will incur a 30 second penalty.**

The Run

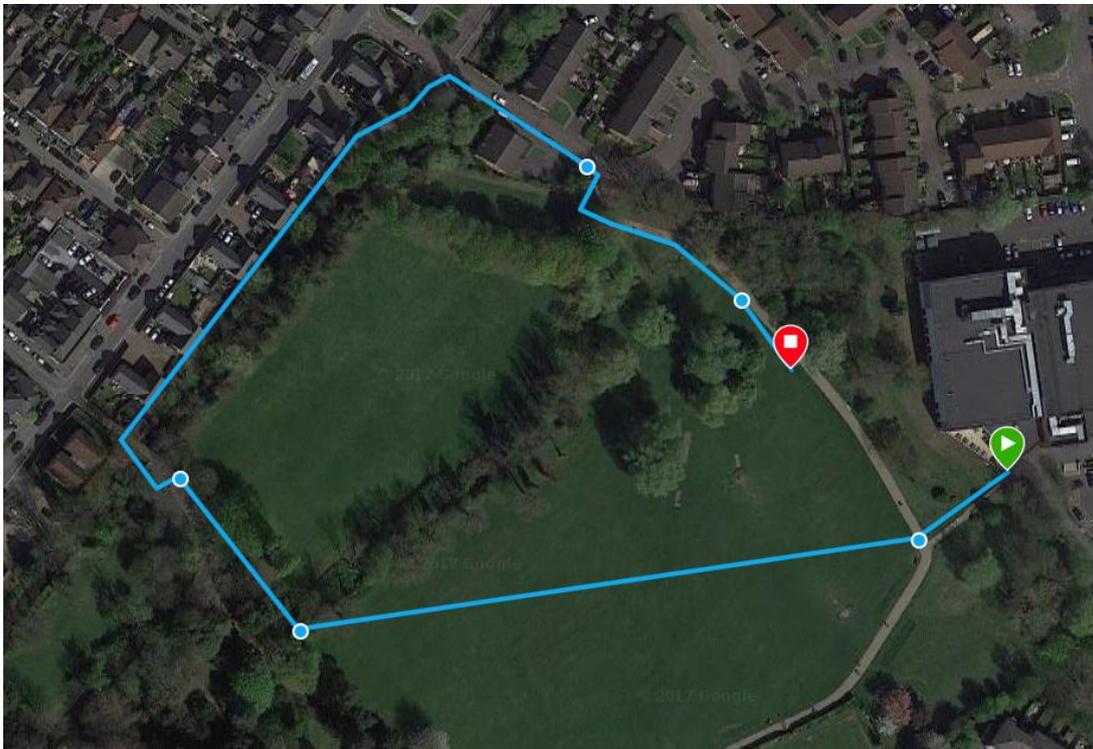
The run will be held at The Grove Park adjacent to Westcroft Leisure Centre. The run course varies for each age group, so please ensure you familiarise yourself with the appropriate run course for your race distance.

The run starts once the participant is off the bridge into The Grove Park. The age group run courses are as follows:

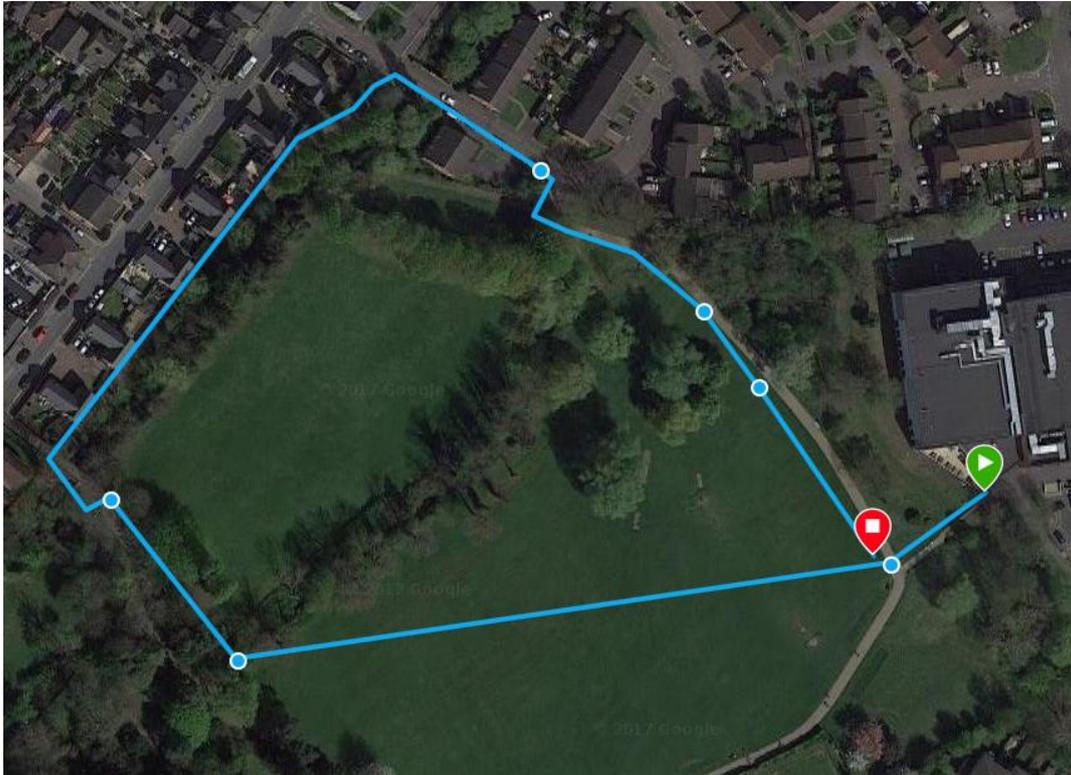
Category	Age	Distance	Laps
TriStars Start	Under 8yrs	600m	1 x 600m lap
TriStar1	9 to 10yrs	1,300m	1 x 700m laps + 1 x 600m lap
TriStar2	11 to 12yrs	2,000m	2 x 700m laps + 1 x 600m lap
TriStar3	13-14yrs	2,700m	3 x 700m laps + 1 x 600m lap
Youth	15-16yrs	4,100m	5 x 700m laps + 1 x 600m lap

The course is laid out as per the maps below:

600m Running Lap (Tri-Stars Start and last lap for TriStar1, TriStar2, TriStar3 and Youth):



700m Running Lap (TriStar1, TriStar2, TriStar3 and Youth):



Marshals will be positioned around the course to warn athletes of pedestrians and vice versa, and to direct athletes around the course incident free.

Timing, Results and Prizes

Chip timing will be provided by Chip Timing Solutions.

Chip timing will be available to all junior athletes. These are to be worn throughout the entire race. All chips must be handed back at the run finish, where a marshal will be collecting them. **If chips are lost during the event, there will be a £15 charge for the chip.**

Live results will be available on Chip Timing Solutions' website at <http://chiptimingsolutions.com/>

Medals are awarded to all finishers.

Certificates will be awarded to 1st, 2nd and 3rd in each age group with the winners of each age group being presented with additional prizes.

Anticipated timings for the day are as follows:

Age Group	Approx Start Time	Approx Finish Time
Youth	15:00	15:30
TriStar 3	15:10	15:35
TriStar 2	15:20	15:45
TriStar 1	15:30	15:55
TriStars Start	15:45	16:00



Prize giving will take place when the final competitor has finished at the front of Westcroft Leisure Centre, where registration was.

3. Litter

Bins will be provided around the run course and athletes are expected to use these instead of throwing litter onto the ground. Remember, if you can carry it full, you can carry it empty!

At the drinks station please throw plastic cups into the designated area, which will be positioned shortly afterwards.

We look forward to seeing you at the race!