



Westcroft Junior Aquathlon 2019

Race Information Pack



WESTCROFT JUNIOR AQUATHLON 2019

RACE INFORMATION PACK

Welcome to the Westcroft Junior Aquathlon 2019

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. General Information

Date and Time

Date: Saturday 7th September 2019

Race Start Time: 15:00

Arrival Time: **From 14:00** and no later than 14:15 (to register and obtain your race pack, leave your running gear in transition and to allow time to familiarize yourself with the venue).

Briefing Time: The General Race Briefing will take place at **14:45** next to Registration, after which all competitors will be led through to the pool area and asked to assemble in number order. They will be given a further category specific briefing before they start.

Location

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

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.

Public Transport

Westcroft Leisure Centre is a 5-10 minute walk from Carshalton Station, and close to A232 Carshalton High Street which is served by several bus routes.



Changing/Toilets

There are changing rooms within the pool building, including showers/toilets, access will only be allowed for competitors. Most participants leave their belongings with spectators, although lockers are available (20p non-returnable). Toilets are also available to the left of the main reception desk.

Catering

Westcroft Leisure Centre has a café on the left hand side as you enter the main entrance.

Race Format

The race is an aquathlon (swim-run) race catering for children aged 8-16 who will be racing the TriStar and Youth distances. There will be a maximum of 120 competitors across all categories.

The swim will take place in the heated 25m indoor pool at Westcroft Leisure Centre, with the run consisting of a series of 600m laps around The Grove Park.

Age Groups and Race Distances

Age groups are as per the competitor's age at 31st December 2019.

Category	Age	Swim	Run
TriStars Start	Under 8yrs	50m (2 lengths)	600m (1 lap)
TriStar1	9 to 10yrs	100m (4 lengths)	1,200m (2 laps)
TriStar2	11 to 12yrs	200m (8 lengths)	1,800m (3 laps)
TriStar3	13-14yrs	300m (12 lengths)	2,400m (4 laps)
Youth	15-16yrs	400m (16 lengths)	3,600m (6 laps)

Race Rules

The race will be run according to the rules of The British Triathlon Federation. These can be found at www.britishtriathlon.org Should you have any questions about the rules, please contact the BTF beforehand or speak to the BTF Technical Official on race day.

Spectators

Spectators are welcome to watch the swim element from the poolside 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. **No photography/filming is allowed within the pool area.**



Photography

If you wish to take photograph or film your child during the event, please print off and complete the **PHOTO PERMIT FORM** found at the end of this pack and hand it in at Registration, where you will be issued with a wristband. **Please note that NO filming/photography is to take place in the pool area.** Please report any concerns to our welfare officer.

2. Before the Race

Registration

Everyone **MUST** register before the race starts.

Registration will open at 14:00 on race day and will close at 14:40 before the General Race Briefing at 14:45.

If you are a BTF member, 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.

Non-BTF members have already paid for Day Membership during the entry process, this will have been emailed to you beforehand and it is not necessary to bring it with you on the day.

Please move along the Registration desk in a left to right order to ensure the following steps are completed.

1. You will be handed your race pack containing your Race Number (which is to be attached either to your Race belt or the front of the Tshirt which you will run in). Safety pins will be available. **BTF members** will need to show their BTF Licence at this point.
2. Next you need to obtain your timing chip, which should be fitted around your left ankle.
3. If your parents wish to film or take photographs of you during the event, they must have completed a **PHOTO PERMIT FORM** (found at the end of this pack) and will be issued with a wristband as confirmation.
4. Finally, one of our bodymarkers will mark your Race number and Category on your arm. They will also write the number of run laps you need to do on your hand.

Entry on the day will not be available this year, as the event is full.



Transition Set Up

Transition will be in a secured area to the left of the Registration.

Please make sure that you set up your run kit in transition as directed prior to the race briefing. Parents are not allowed to help set up in transition, as we encourage all children to do it themselves. Our friendly marshals will be there to provide guidance to all competitors.

Please do not bring boxes/bags into transition, as there is limited space and these are a trip hazard; just your kit as set out below.

Race kit

A tri suit is the best option for clothing during the event. If you do not have 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 or trisuit/racebelt, please put a T-shirt on before you leave transition.

Your race number must either be attached to a racebelt, if you have one, or 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 should be:

Stage	Kit
Swim (to wear to the pool)	<ul style="list-style-type: none">• Race chip (collected at registration)• Swim suit/trisuit• Goggles• Swim hat (optional)
Run (leave in transition)	<ul style="list-style-type: none">• Running shoes• Towel• T-shirt (optional, only required if your swim suit does not cover above your waist or to attach your race number to if you do not have a race-belt)• Race belt (optional) with number attached

Please note that your run shoes will be left in transition, so you may require additional footwear for once you have left your kit in transition. You may also want to bring warm gear to wear whilst you are waiting for the briefing to start, although please do not bring this to poolside.

Race Briefing

The Race Briefing will take place at 14:45 next to Registration, after which all competitors will be led through to the pool area and asked to assemble in number order. They will be given a further category specific briefing before they start.

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.

3. The Race

The Swim

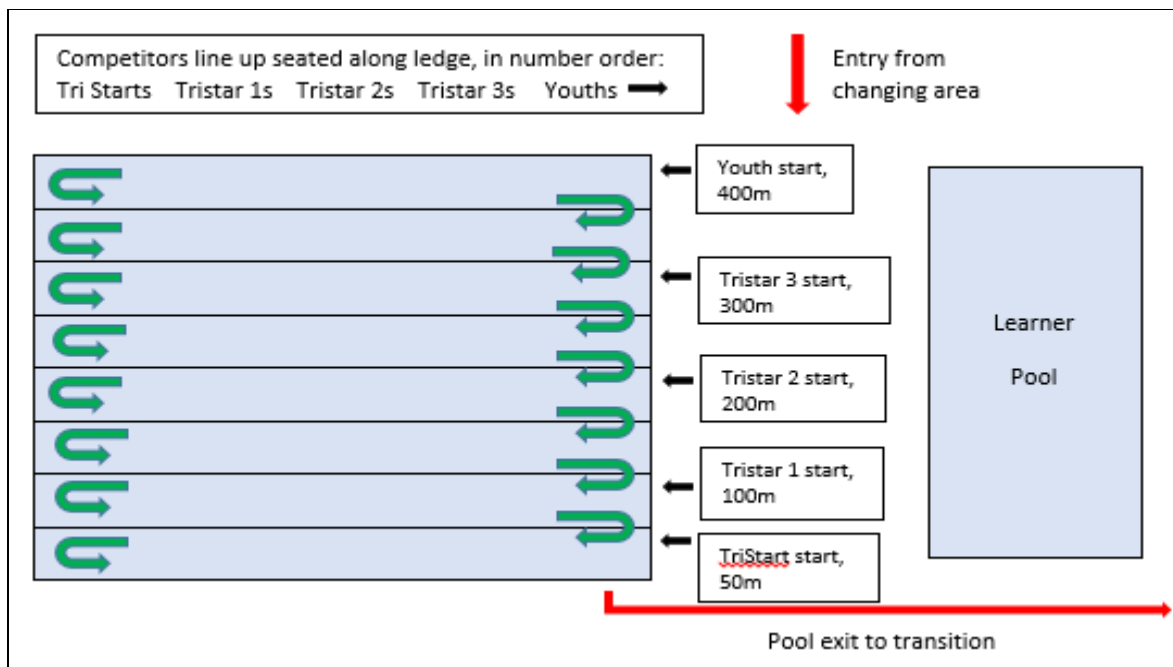
The swim will be held in the 25m indoor pool at Westcroft Leisure Centre, starting in the shallow end. Start order will be based on estimated swim times ranked fastest to slowest within each category, oldest categories are set off first.

Once the General Briefing is over, competitors will be led through to the pool area and lined up seated along the poolside in number order, until it is time for their category to start. Each category will be briefed and led to their start location; each competitor will be told when to enter the pool, and when to start.

They will be set off at 15 second intervals and swim 'snake style' up and down the right hand side of each lane in the direction of travel, and then swim under the rope to the next lane and swim up and down with the rope on their right. This is repeated until they reach the exit steps.

For example, the TriStar1 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.

Swim course



Transition

Upon exiting the pool, the competitor must **walk** past the learner pool to the transition area. The competitor will change into their running gear (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.

Poolside, transition and the bridge are compulsory walk zones and any athlete who runs will incur a 30 second penalty. Please ensure that your shoes are on securely before leaving transition.

The Run

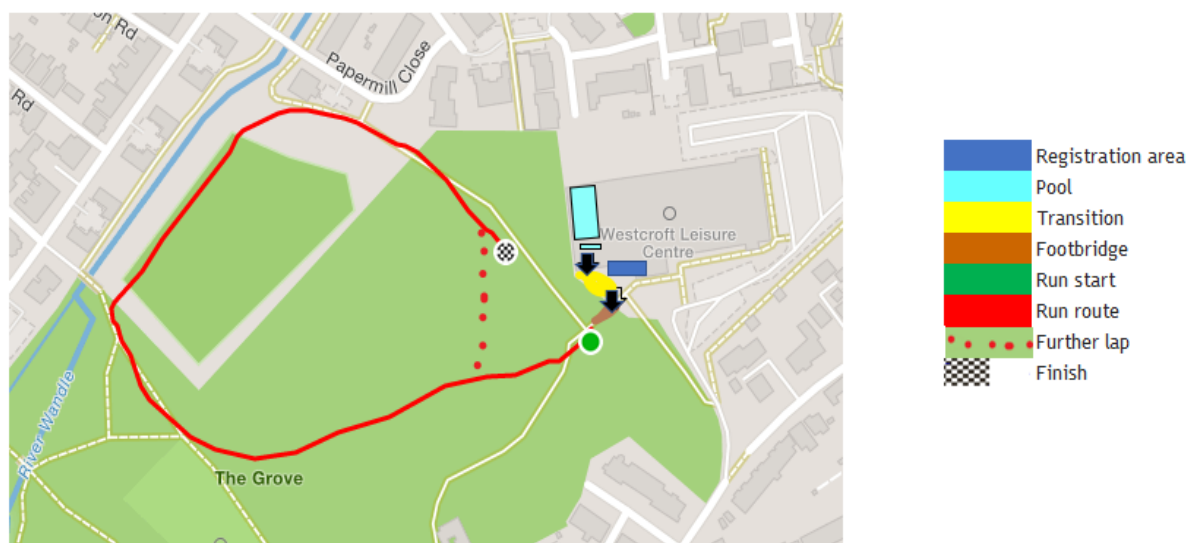
The run will be held at The Grove Park adjacent to Westcroft Leisure Centre. The run course varies for each age group, so please ensure you familiarise yourself with the appropriate run course for your race distance.

We have slightly altered the run course this year, it now stays within the park boundary, rather than following the shared foot/cycle path along the stream.

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

Category	Age	Distance	Laps
TriStars Start	Under 8yrs	600m	1 x 600m lap
TriStar1	9 to 10yrs	1,200m	2 x 600m laps
TriStar2	11 to 12yrs	1,800m	3 x 600m laps
TriStar3	13-14yrs	2,400m	4 x 600m laps
Youth	15-16yrs	3,600m	6 x 600m laps

The course is laid out as per the map below:





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

The marshal at the furthest point from the start will hand out elastic bands to help competitors count their laps. Please do not pick up any discarded bands and attempt less than your allocated number of laps – the chip timing will alert us to any discrepancies!

Once you have done the correct number of laps, be sure to cross the finish line and collect your medal.

4. After the Race

Timing, Results and Prizes

Timing chips issued at Registration and 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 £25 charge for the chip.**

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. Spot prizes may also be awarded, especially in the most popular categories.

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	15:25	15:50
TriStar 1	15:40	16:00
TriStars Start	15:50	16:05

Prize giving will take place at the front of Westcroft Leisure Centre around 16:20, soon after the final competitor has finished

Water

Water will be available at the race finish (and each lap near the finish area). If you would like to help reduce plastic waste, please consider leaving your own refillable water bottle on the table before the race, and don't forget to collect it at the end.

Please place any used plastic cups in the recycling bin provided and don't drop them around the course. Remember, if you can carry it full, you can carry it empty!



Cake

Each competitor will be given a Cake Token at the finish, which will entitle them to one free cake from the cake stall.

Parents of children with food allergies should oversee their child's choice, bearing in mind that many of the cakes will be home made. There will be a small selection of shop bought cakes with ingredients listed.

Once all competitors have had a cake, the remainder will be sold as second helpings or to spectators, for a small donation.

First Aid

First aid will be provided by the Centre staff for any incidents arising within the pool area. Additional first aiders will be stationed in the outdoor area in transition and at the finish line.

Feedback

We'd love to hear your feedback, good or bad, either verbally or at wtcaquathlon@gmail.com so that we can continue to improve our event.

We hope that you have found this useful and look forward to seeing you on the day!

Running order

The final running order will be emailed out a couple of days before the event, along with BTF Electronic Day Memberships.

It would be helpful at Registration if you know your number, although a copy of the list will be available on the event notice board.



Photo Permit Form

Westcroft Junior Aquathlon - 7th September 2019

For the purposes of Child Protection, Westcroft Triathlon Club requires that any person wishing to take photographs or video at the Westcroft Junior Aquathlon on the 7th September 2019, either outside Westcroft Leisure Centre or within The Grove 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 Westcroft 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.