



***Junior Aquathlon Information Pack
2019***



Thames Turbo Triathlon Club

Junior Aquathlon Race Pack



Welcome to the new Race Pack for the Thames Turbo Junior Aquathlon. If you have raced the previous event, you should still read this from start to end as many aspects of the event have changed, including the location.

RACE LOCATION

The race will take place at The Lady Eleanor Holles School Pool,
Hanworth Road
Hampton, Middlesex
TW12 3HF

www.lehs.org.uk/about/contact-us

PARKING AVAILABILITY

There is a large parking at the school with marshals directing. If it fills up you can park in the residential streets adjacent to the venue: please park with consideration for the residents.

RULES

The race will be run according to the rules of the British Triathlon Federation. These can be found at www.britishtriathlon.org

If for medical reasons an athlete needs assistance with transition, for instance assistance with putting on their shoes, agreement should be gained **prior** to the race by emailing the Race Director. A parent/helper will be issued with a badge and allowed into transition only for the duration of the particular athlete's event. Shoes must be worn during the run. There must be no nipples on show for the run section.

CHANGING/TOILETS

There are changing rooms in the pool building, access will only be allowed for competitors. Please do not leave any valuables in there. There are boys and girls toilets inside the atrium/lobby area, both for spectators and competitors, as well as toilets in the changing rooms.

REGISTRATION

Everyone MUST register before the race starts. Registration will be from 10.00am. The Race Director will email and post the latest race order schedule a few days before the event; please check this to confirm by which time you must be registered and ready to race. Please do not be late as your child may not be allowed to continue with the race. We need everyone to be present for the Race Briefing at 11am or 12am, depending on which wave you are in. Your number (and pins if you need them; we will also be selling race belts for £6) will be given to you at registration. You will also collect a timing chip and strap after registering. Immediately after registering, please go and get the competitor body marked with their race number and number of laps on the run course.

For parents or guardians wishing to take photos you must have signed the waiver, if not we will have a form for you to fill in.

We are checking BTF licenses at registration.

If you have a BTF license bring it along to registration else you will need to pay the extra £2 to purchase a day licence. We must ensure everyone is insured on race day. No licence means no race. This guarantees you are insured on the day.

LOST PROPERTY

Please go to the registration area if you lose or find anything.

RACE START TIME

The race will begin promptly at 11.15am. Each age group will be called out in 10 minutes in advance of their wave start so they can be taken into the pool and briefed about the swim.

SWIMMING POOL

This is a heated 25m indoor pool with anti-wave ropes. All competitors will exit from the water at the far right end of the pool, via the steps, next to the exit to the transition outside. Each age group has a specific starting lane and number of laps to do, and they will go up and down the lane once before switching to the next lane. Youths and Juniors will repeat the first lane a set number of times before moving down the pool lanes. This will all be explained in the briefings.

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The number of lengths per category are:

- Tristart: 2 Lengths (50m)
- Tristar1: 6 Lengths (150m)
- Tristar2: 10 Lengths (250m)
- Tristar3: 12 Lengths (300m)
- Youth + Juniors: 14 Lengths (350m)

NO SPECTATORS POOLSIDE

Due to the limited space available and the number of competitors taking part, no parents or supporters will be allowed pool side. There is a space for viewing the pool in the atrium, or wait outside the pool by the transition to see your competitor after their swim.

BRIEFING

There will be a mandatory race briefing for all competitors next to registration. **This will take place at 11.00am** for the first waves, and a **second one at 12am** if the schedule (posted nearer the time) indicates that you are in the later waves. Any final information regarding the course and anticipated start times will be given then. Immediately after the briefing the first wave will be directed to move to poolside to start the race, so please be ready to go.

TRANSITION

Transition will be open from 10.00am. It will be on the grass area round the side of the pool. There will be specific areas for each age category to place his towel, running shoes etc. Transition will be marshalled, so if you have any problems you can ask the marshals. No competitor is permitted to move other competitor's possessions. **NO PARENTS WILL BE ALLOWED INTO TRANSITION. Once the race has started, access to transition will be restricted to the gaps between waves, so please don't leave it too late to set up your gear**

RUN COURSE

The run course will start from the playing fields next to the pool. The run will consist of lap(s) of the field. There will be water available during the run and at the finish. **To ensure all competitors do the right number of laps and to help get run splits, there will be a narrow funnel on the run course where everyone will have to slow down to collect a rubber band to put on their wrist.** The bands will be checked at the finish, and if they do not match the number written the competitor will be sent out again. Please ensure you get a band each lap.

LAPS

There will be marshals handing out bands to act as lap counters on the course, to ensure that the children have completed the right number of laps, please note they cannot tell your children when they have completed the right amount. The body markers will also write the number of laps required on the competitor's hand, so they can double check for themselves. The number on their hand must match the number of bands they have when they finish. We will also have a timing point on the run course so this will act as an extra lap counting back-up, but the responsibility lies with the competitor.

The laps per category are:

- Tristart: 1 Lap (500m)
- Tristar1: 3 Laps (1500m)
- Tristar2: 4 Laps (2000m)
- Tristar3: 6 Laps (3000m)
- Youth: 7 Laps (3500m)

FINISH

There will be a finishing funnel where we will have more marshals checking the number of bands matches the number of laps required. Anyone who doesn't have the required number of bands will be sent back out on the course.

SPECTATORS

Parents and coaches will NOT be able to watch the swim from inside the pool for safety reasons. There is a viewing space in the atrium. Parents and coaches will be able to watch the transition and run from the playing field. **Please note that parents and coaches are not allowed to count laps, pace or run beside a competitor, doing so will result in disqualification of the athlete.** You are encouraged however to shout and cheer your children at any time! **Parents and coaches are asked to stay within the spectator area, the orange netting up to the finish line and NOT cross onto the sports field or approach the lap counters.**

PHOTOGRAPHY

If you wish to take photos of the event you must register your intent at registration where you will be issued with a tag to clearly indicate your "photography allowed" status. Please see the BTF website for any further queries. **Please pre-fill the event form to avoid queues, which is at the end of the race pack.**

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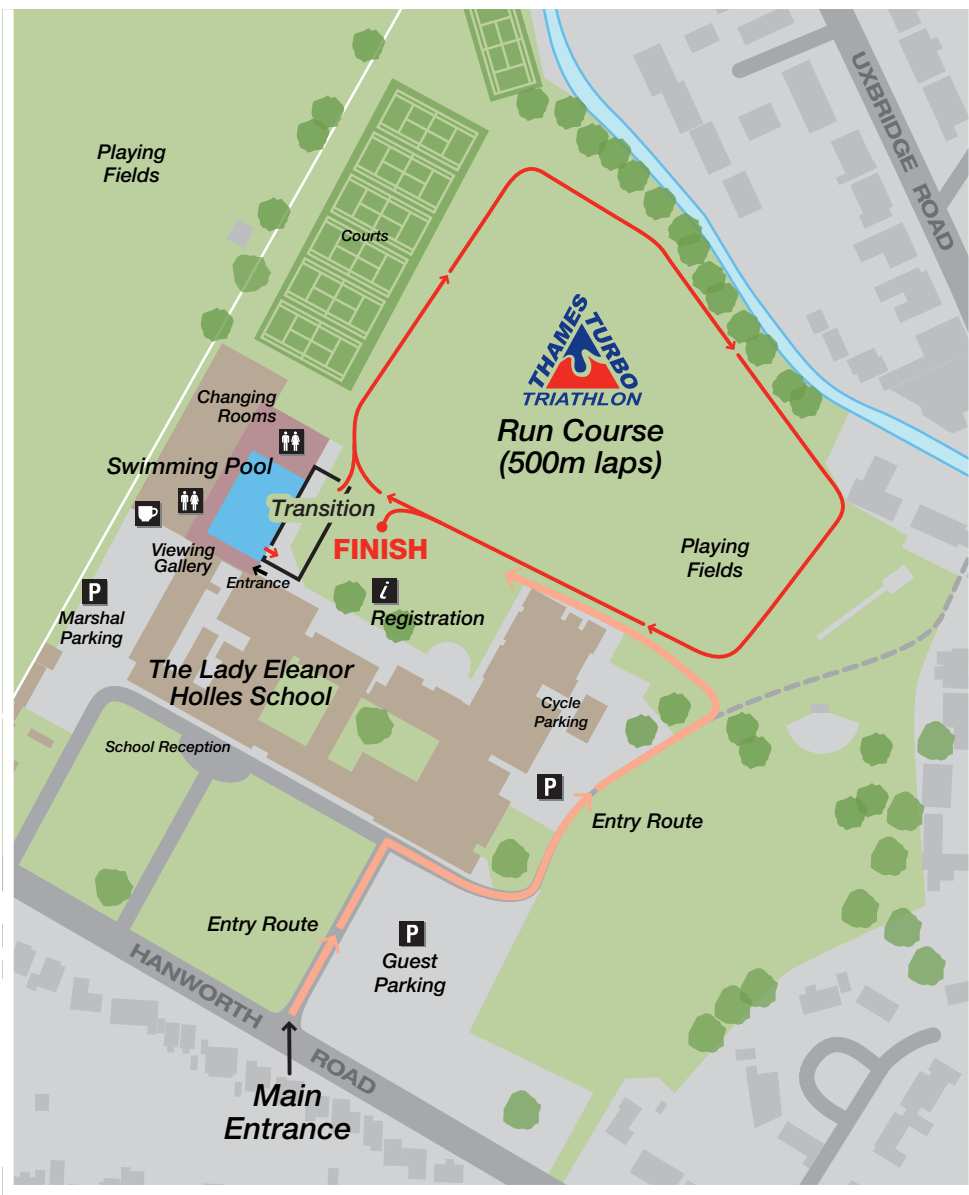


Photo Permit Form

for Thames Turbo Junior Aquathlon 15th June 2019

For the purposes of Child Protection, Thames Turbo Triathlon Club requires that any person wishing to take photographs or video at the Junior Aquathlon the 15th June at The Lady Eleanor Holles School registers with the Race Organiser. This person must show that their child is taking part by reporting with them to the Photography Registration desk who will check their entry.

PLEASE COMPLETE & BRING TO REGISTRATION

Name of Applicant

Child's Name

Relationship

Address & Postcode

.....

.....

Telephone

I declare that the photos and footage of the Thames Turbo 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. 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 applicantDate

Received by Thames Turbo