



Junior Aquathlon Information Pack 2023

Thames Turbo Triathlon Club are proud to work with local partners and would like to thank our race sponsors who help to make our events a huge success. We are thankful for their generosity and support.



Thames Turbo Triathlon Club

Junior Aquathlon Race Pack



Welcome to the 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

RACE 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, an 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 athlete's event. Shoes must be worn during the run. There must be no bare nipples visible for the run section.

REGISTRATION & Timings

Everyone MUST register before the race starts. We will be holding a rolling registration with each age category registering between the specific times. Please arrive within your allocated time slot to avoid congestion at the race venue. Please do not be late as your child may not be allowed to continue with the race.

At registration, you will collect your number (and pins if you need them; we will also be selling race belts and a timing chip and strap. Immediately after registering, please go and get the competitor's body marked with their race number and number of laps on the run course.

We are checking BTF licenses at registration.

If you have a BTF license bring it along to registration. o. No licence means no race. This guarantees you are insured on the day.

There will be no formal Race briefing before the event. It is your responsibility to ensure perform the correct number of Lengths to swim and the correct distance to run. If you have any questions, please ask a Marshall who will be more than happy to help.

RACE TIME TIMINGS

The race will begin based on the Age Group Wave and the swim time submitted when you signed up. We will ask each wave to gather in a holding area approx 10 minutes in advance of their wave start. From here they will be taken to the start and briefed about the swim and race.

	Registration	Transition	Call up	1st swimmer
Tristart	09:30:00	10:00:00	10:15:00	10:30:00
T1	09:30:00	10:15:00	10:30:00	10:45:00
T2	10:00:00	10:30:00	10:45:00	11:00:00
T3	10:30:00	10:45:00	11:00:00	11:20:00
Youth	11:00:00	11:15:00	11:30:00	11:40:00
Junior	11:00:00	11:35:00	11:45:00	12:00:00

TRANSITION

The transition area will be open and closed at specific times based on your age category. Please see race timing section. It will be on the grass to the right the pool. You will be asked to place your equipment in a tidy pile. Transition will be marshalled, please discuss any questions or queries with them. No competitor is permitted to move other competitors' possessions.

PARENTS or guardians WILL NOT BE ALLOWED INTO TRANSITION unless the athlete is competing in the Tristart category. so please don't leave it too late to set up your gear.

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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. Overtaking is allowed however please ensure that you pass quickly and in a safe way.

The number of lengths per category are:

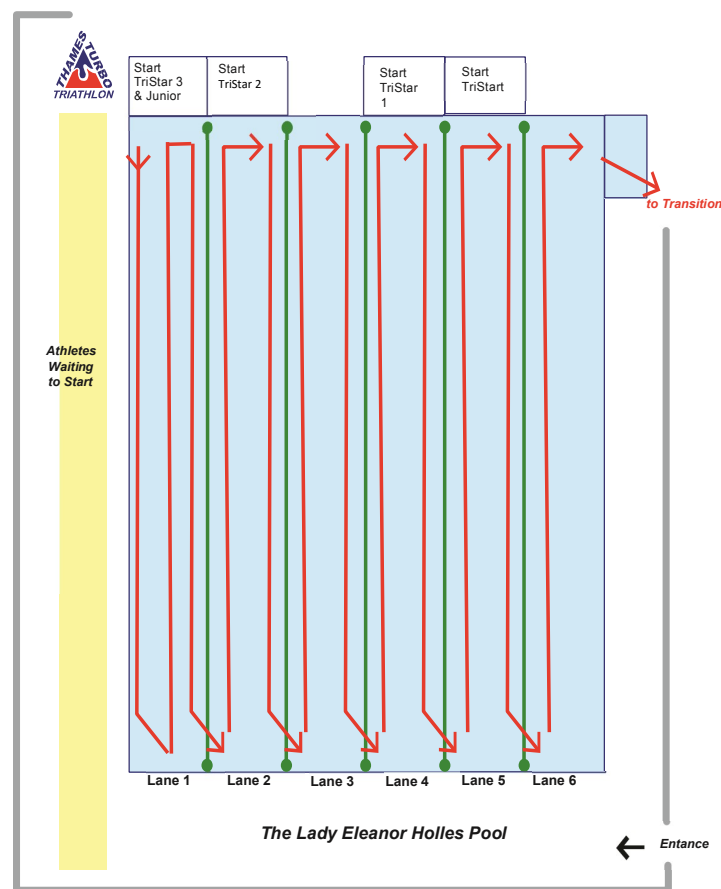
- **Tristar:** 2 Lengths (50m)
- **Tristar1:** 6 Lengths (150m)
- **Tristar2:** 10 Lengths (250m)
- **Tristar3:** 12 Lengths (300m)
- **Youth + Juniors:** 14 Lengths (350m)

Note: Junior/Youth Category will swim 4 laps in lane 1 before going under ropes into lane 2.

SPECTATORS VIEWING AREA

Spectators will not have poolside access. However there is a viewing area inside of the main building with a large windows that provides viewing access to the swimming pool. You are welcome to view athletes from here.

SWIMMING HATS Whilst not a BTF rule, it is a venue rule, that swim hats are compulsory for all athletes. Should you not have one, Thames Turbi Swim hats are available for sales at the registration tent.



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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. The number of laps required for your race will be written on the back of your hand at registration. Overtaking is allowed on the Run course but please pass with social distancing in mind.

RUN LAPS

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 laps they have completed 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:

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

Lap Bands

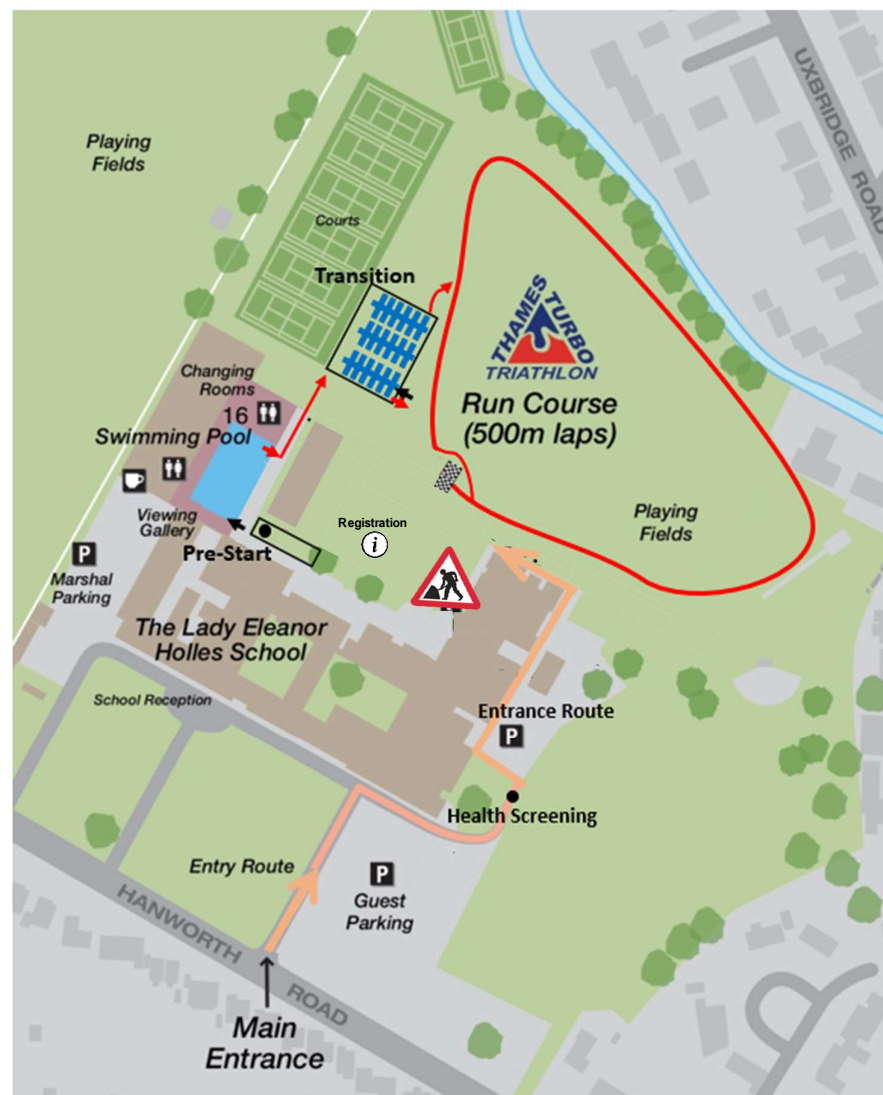
On the exit of transition, you must collect a Lap Band for each lap you are required to run. These bands will be exchanged for your medal after you have crossed the finish line.

FINISH

There will be a finishing funnel where we will have more marshals. Competitors should remove own timing chips.

SPECTATORS

Parents and coaches will NOT be able to watch the swim from inside the pool for safety reasons. 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 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.**



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CHANGING/TOILETS

There are changing and toilet facilities in the main building.

RESULTS

Results will be shown live on our website <https://thamesturbo.co.uk/raceseriesresults>.

AWARDS

Awards will be given to the 1st, 2nd and 3rd competitors in each age group (boys and girls).. Juniors have 1st place prizes only. Awards will be made shortly after the completion of each Age Group wave.

PARKING AVAILABILITY

There is a large amount of 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. There will be a one-way system to enter and leave the venue.

FOOD & DRINK

Unfortunately, we are unable to provide food and drink at the venue and suggest that if you have a requirement for such you bring it with. There will be a water station on the Run course.

LOST PROPERTY

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

RACE MEMENTO

Every competitor that registers will receive a medal at the finishing line.

FIRST AID

There will be paramedics and an ambulance on site for emergencies

LITTER

Please do not litter!

COMPLAINTS/COMPLIMENTS

Hopefully there won't be any but if you have a complaint please talk to the Race Director. Marshals would love to hear your compliments!!!

BTF SAFEGUARDING

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people, and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, and government guidance and complies with best practice and British Triathlon requirements.

MISSING CHILD

If you are missing a child, please make yourself known to your nearest marshal or registration who will raise the issue with the Race Director.