

KIDSTRIUK UCKFIELD CHARITY AQUATHLON



5th (final) event in the KidstriUK Series 2024 Race Information

RACE INSTRUCTIONS

This event is part of the 'KidstriUK' series of event during this year in the Sussex area.

VENUE

Uckfield College

KidstriUK Uckfield Aquathlon – 22nd September. (updated 19/01/2024)

Downsview Crescent
Uckfield
East Sussex
TN22 1UB

OFFICIALS

British Triathlon Technical Officer – tbc
Race Director – Paul Hedger
Welfare Officer – Jacqui Smith
Timekeeper – Andy (Timelord)
Swim Starters – Lisa/ Maxine

EVENT TIMETABLE (DEPENDANT ON NUMBER OF ENTRIES)

ALL Competitors register before racing.

09.15 Registration opens for Youth / TS3/ TS2

09.30 Registration opens for **TS1, Nov 1 & 2, Tristart**

10.05 Course closes for walking around & Race Briefing

10.15 Race Start for Youth

BEFORE RACE DAY

Emailed Registration Ticket to your device or print off and bring with you. (Instructions on the website)

This will speed up your passage through registration and will give you a registration time.

ARRIVAL - PLEASE ENSURE SOCIAL DISTANCING AT ALL TIMES.

Parking is in the school and leisure centre bays. There is no charge, but you will have to show your time of parking, follow the event signs.

Locate registration with your competitor and the 'Registration Ticket'

REGISTRATION

Please enter through main entrance and make your way to the rear 'Club room' by the rear exit, in the YELLOW race pack you will get:

- One race number to be worn on the FRONT of the running top or on your Tri race belt.
- YOUR BIB NUMBER MUST BE VISIBLE AT THE FINISH TO ENSURE A FINISH TIME CAN BE RECORDED.
- Coloured wrist band WITH BIB NUMBER ON to wear during the event.
- PHOTOS wristbands to be worn by adults taking picture/video
- Timing 'Chip' to be attached to the LEFT ankle.
- NO BODY MARKING WITH BIB NUMBER.
- **Course information and other information – please scan the barcode on the notice board to access on the web.**

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WHAT TO DO NEXT

- Open your RACE PACK and put on Time 'chip' and wristbands.
- Parents to wear PHOTOS wristband if taking pics/video
- Then walk the run course.

CHANGING

- Changing facilities are available in the leisure. Please note these are not exclusive use and will be open to the centre users as well.

RACE BRIEFING

- There will only be an online video race briefing a link will be emailed to you.
- There will be a short update prior to start.



THE RACE

- All competitors will be escorted by Hedgehogtri Team member to poolside to lay out kit, in small groups.
- Parents are asked not to take the competitor there themselves.
- Footwear to be worn at all times both going to & from poolside.
- Kit to be laid out on poolside.
- This is where the training shoes will be placed, together with the t-shirt and towel, YELLOW swim bag ready for swim kit.

SWIM SECTION

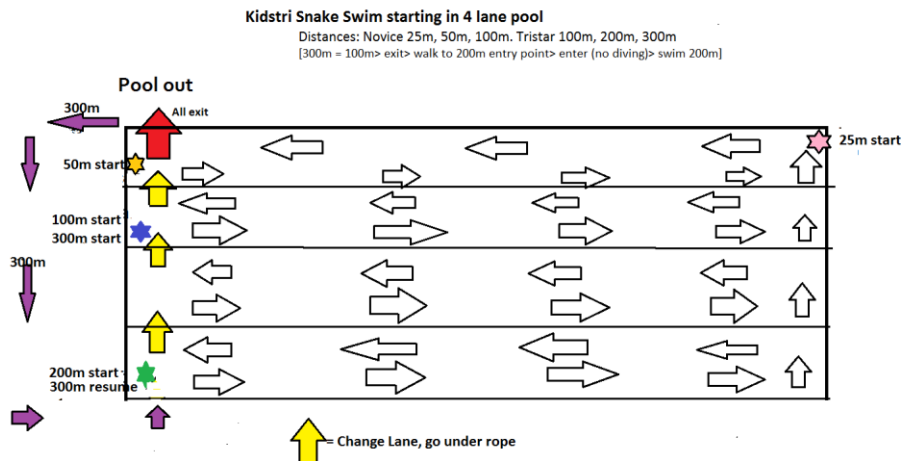


Order of starting from 1015hrs: Youth 15-16yrs – ORANGE, Tristar 3 13-14yrs – WHITE, Tristars 2 11-12yrs- GREEN, Novice 2 11-14yrs – YELLOW, Tristars 1 9-10yrs – BLUE, , Tristart (8yrs)- PURPLE, Novice 1 8-10yrs – RED.

 AQUATHLON - swim then run Novices welcome, open to all, club membership not required New addition 'SWIMBIKERUN Mini' participation event low cost FUN race & 2km Jnr Run.										Team FUN relay 	
Race & Age	SWIMBIKERUN Mini	Novice 1	Novice 2	Tristart	Tristar 1	Tristar 2	Tristar 3	Youth	Running		
	8-14yrs	8-10yrs	11-14yrs	8yrs only	9-10yrs	11-12yrs	13-14yrs	15-16yrs	8-14yrs	Max 1 adult teams of 2/3/4 competitors	
	Participation event	KidstriUK Categories (no prizes)			British Triathlon age categories (prize for first 3 male/female)					KidstriUK Cat.	
	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	laps Dist.	
	Up to 2 (50m)	1 (25m)	2 (50m)	2 (50m)	6 (150m)	10 (250m)	16 (400m)	16 (400m)	-----	1/2 lap(s) each (500m-1km)	
	1 or 2 up to (1km)	1 (500m)	3 (1.5km)	1 500m)	3 (1.5km)	4 (2km)	6 (3km)	8 (4km)	4 (2km)	4 (2km)	
	PINK	Red	Yellow	Purple	Blue	Green	White	Orange	Lime	Proceeds to Charity	
Qualifyin g Trophies	Age as on race day	Age category is based on age on 31st December of the race year.									
	Medal only	Medal only	Medal only	Yes	Yes	Yes	Yes	Yes	medal only	Special prizes	

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- The children will be divided into groups of their colour start (Colour of wrist band) and will start in the water INDIVIDUALLY. 25/ 30 seconds apart.
- Novice/ TriStart races: 25m and 50m swims will be in single lanes.
- The swim course will be a 'snake swim' for the Tristars 1,2, 3 and Youth.
- Video explaining how the swim will work is on the link: <http://1drv.ms/1i8mh5J>



- Start shallow end (except Nov 1)
- Keeping right in the lane swim to the end.
- Swim back on the other side
- Reaching the end of the lane at the shallow end, go under the lane rope to the next lane.
- Swim on the right to the end
- Swim back on the other side of the lane.
- At the end of the lane at shallow end again go under the lane rope to the next lane AND SO ON until you have no more lanes left.
- Climb out.

During the swim:

- Front crawl or Breaststroke only
- No Diving
- Give way at the end of the length if feet are touched whilst swimming.
- NO TUMBLETURNS(TT) (if by accident a child does TT then a warning will first be given)

TRANSITION

- Walk to kit.
- Put on shoes (ensuring laces are tied) and t-shirt fully on with the race number on the FRONT, or tri belt (to the front)
- Place all other kit into the YELLOW Swim Bag, carry it with you.
- Exit via the fire exit, follow the arrows & instructions from marshals.
- Take your Yellow Swim Bag, drop it where directed by marshal.



RUN SECTION



- Each lap is 500m- that is a ANTI-CLOCKWISE circuit
- PLEASE ENSURE YOU KEEP RIGHT AT ALL TIMES AND KEEP DISTANCE FROM OTHERS
- Please don not run alongside other competitors and overtake in wide fashion.
- **Count and complete the correct number of laps (parents/carers please help).**
- On completion of correct number of laps take route to the finish line.
- Parents/Carers please let the children complete their own race, do not take any of the children's equipment or run alongside them anywhere around the course.

FINISH

- The finish awaits the competitor please keep your distance from others.

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2KM FUN RUN

- Competitors will be called to the finish arch ready for a quick briefing and then a mass start (or groups of 12).
- Each to complete for laps of the run course then into the finish.

FUN TEAM RUN RELAY

- Teams for up to 4, can contain 1 x adult, 4 laps of the run course to complete (500m lap).
- Start will be just after the 7yrs & under DASH.
- Fun prizes for the 3 three to finish and others.
- We encourage all those that have been racing to make up as many teams as possible all money raised in the RELAY entries will go to the charity.

TIMING

- Manual timing taken at start of swim, End of swim and Finish.
- Timing 'Chip' system will be in use for counting laps completed.

WELFARE, SAFEGUARDING, TOILETS & CHANGING,

- The event Welfare Officer Jacqui Smith is based at registration and wearing the red hi-vis marked 'Welfare'. If you have any issues please speak to her or the Race Director (Paul) in the first instance. Contact her on 07999 667684 (during event only)
- Children changing – using public swimming changing area, not exclusive use.
- Parents taking pictures/video please wear the 'PHOTOS' printed wristband.
- If you do not want any individual pictures of your child used for promotional purposes then please collect a GOLD coloured wrist band (NO PICS), from registration, to be worn by the competitor.
- Toilets will be outdoors next to the tennis court behind the leisure centre (follow signs) and also in the changing area a reminder that they are open to the public, we do not have exclusive use.
- The event is run in-line and within the Safeguarding guidelines/ policy set by British Triathlon.
- All spectators must stay in the taped area and not enter any part of the course, including poolside.
- If a child goes missing, please report to the Welfare Officer (in person or by Mob) ASAP.
- We ask all careers to celebrate all competitors' achievements in the event and not to be too over enthusiastic in supporting your own young person.
- Other information on Safeguarding is on the event poster at registration and around the venue.

CHARITY RAFFLE

- Raising money for the Young Lives vs Cancer charity.

RESULTS

- We will be checking the number of run laps completed to ensure fairness.
- Winner's trophies, if the weather is good, will be presented. BUT if wet weather then prizes will be posted out, don't want wet children hanging around in the rain.
- INTERIM RESULTS will be posted on the website <http://www.kidstri.co.uk/results.php> hopefully by 7pm
- Any comments regarding the results please email info@kidstri.uk
- Results will be declared final on THURSDAY at midday.

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FIRST AID

- Supplied by WANT Medical Services and will be positioned at the Finish area.

PUBLIC ADDRESS

- Please listen to be called to the ASSEMBLY AREA to go to the pool to start, please parents carers do not make your own way there as this might mean your child might miss their start.

EVENT PHOTOGRAPHY (INCLUDING FROM THE AIR)

- The race Organiser or a member of the Team will be taking video/still pictures during the event.

These images will be used in the following ways:

- The organisation's printed publicity
- The organisation's online publicity (including Facebook and Twitter)
- Shared with group members for personal use only
- Shared with the following third-party organisations for use in their printed and online publicity (including Facebook and Twitter):
- Drone photography will also form a part of this but only flying under the following conditions:
 - i) Weather conditions permit flight
 - ii) A qualified operator and flight Team is available.
- That there is no objection from any parents/guardians that cannot be dealt with through the risk assessment process.
- All flying will not be over persons, landing & take offs will be in a marked area that must be kept clear at all times.
- All flying is carried out within the guidelines of the CAA.

COLLECTING EQUIPMENT AFTER RACE

- Please ensure the YELLOW SWIM BAG is collected and emptied of belongings as soon as possible after the race. **LEAVE THE YELLOW BAG FOR RE-USE**
- We ask that you leave the venue when your race is completed.

OTHER - 🐕

- As this is a school site dogs are not allowed, but as long as 'Fido' is kept on the lead, well behaved and NOT taken on to poolside/viewing area then I won't be looking for our four-legged friends.

VOLUNTEERS

The event is run with the help of volunteers to help direct children around the course. Parents helping out will be able to claim a free children's race event for later in the year. If you can assist, please email info@kidstri.uk or complete the form on the [link on our website](#).

QUESTIONS? Please email info@kidstri.uk or check out the novice information on the link below

<http://www.kidstri.co.uk/noviceinfo.php>



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HAVE FUN!