

WELCOME TO THE KidstriUK BILLINGSHURST TRIATHLON



3rd event in the Kidstri Series 2019 Race Information

KidstriUK Billingshurst Triathlon – 21st July 2019 (updated 08/02/2019)

Race Instructions (Updated 08/02/2019)

This event is part of the 'Kidstri' series of event during 2017 in the Sussex area.

The series winners will be determined by 3 out of 5 events best placing in age group.

VENUE

Weald School, / PfP Leisure swimming pool. Station Road, Billingshurst, West Sussex, RH14 9RY

EVENT TIMETABLE (dependant on number of entries)

PLEASE NOTE THE CHANGES from last year, IN REGISTRATION/ TRANSITION ACCESS WITH CYCLES, STARTING ORDER & TIMES LISTED BELOW.

ALL Competitors register before racing.

09.00 Registration opens for Youth / TS3/ TS2 only (also including other sibling entries)

09.00 Transition opens - Cycle and run courses open for walking the course.

09.50 Race briefing for Youth / TS3/ TS2 then escort to poolside to start.

10.00 Registration opens for TS1, Nov 1 & 2 & transition open for TS1/ Nov 1 & 2 Cycles to be placed into position.

10.05 Course closed for walking.



Kidstri UK triathlon
Charity Raffle
for a new triathlon cycle
Raffle to be drawn at the end of event.
A free cycle helmet included if winner is present.

All proceeds go to our favoured registered charity.



KidstriUK Billingshurst Triathlon			Kidstri UK triathlon kidstri.co.uk
START TIMINGS FOR RACES (approx)			
Colour	Race	Call to Rostrum	time start
Orange/ White	Youth/ Tristar 3	10:05	10:15
Green	Tristar 2	10:32	10:48
Blue	Tristar 1	11:06	11:22
Yellow	Novice 2	11:42	11:47
Red	Novce 1	11:47	12:03
	Swim Finish		12:39

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11.00 Race Briefing for TS1, Nov2 & 1

11.05 Call to rostrum for TS1.

12.50 u7yrs 300m Fun Run

13.00 End of the event.

Medals to race competitors at the end of their race. Trophies awarded after each race (Tristar/ Youth only)

BEFORE RACE

Download to your device or print off your 'Race Ticket' and bring with you. (Instructions on the website)

This will speed up your passage through registration.

You will receive your Triathlon England Day Licence via email link on Friday 20th. ***This is your receipt, you do not need to take any action.*** Your Day Licence has been included in the cost of the entry. If you are interested in joining Triathlon England then use this receipt to get a discounted rate.

Please ensure the cycle is safe and has working brakes, has air in the tyres and is safe to ride.

ARRIVAL

Parking is in the leisure centre car park, follow the event signs.

Locate registration with your competitor and the 'Race Ticket'

REGISTRATION: 09.00 open for Youth/ Tristar 2 & 3 Only , 10.00 open for Tristar1/ Novice 1 & 2

This will be next to the finish area and each competitor will receive a race pack with:

- Race information sheet – Please read
- Race labels for cycle and Helmet
- One race number to be worn on the FRONT of the running/cycling top or on your Tri race belt.
- Coloured wrist band to wear during the event.
- Numbered carrier bag for poolside belongings.
- PHOTOS labels to be worn by adults taking picture/video
- Race timing 'CHIP' attach to the LEFT ankle – DO NOT LOSE.

Competitors will be 'Body marked' with your race number on your upper LEFT ARM and RIGHT CALF

WHAT TO DO NEXT

- Open your RACE PACK and read the instructions
- Attach all labels to cycle and helmet
- Parents to wear PHOTOS labels if taking pics/video
- Proceed to NON-RACING ENTRANCE of transition, competitor to wear Cycle helmet & demonstrate working brakes on cycle. (OPENS:09.00hrs for Youth/ TS3/ TS2, 10.00hrs – for Novice 1 & 2)

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- Place cycle and helmet into transition on your numbered slot (and cycle clip shoes if using) – Nothing else and no marking position.
- The Course is only open until 10.05 for walking only.

CHANGING

- We would ask that all Youth/TS3 competitors are changed and ready before the briefing.
- Be advised that the changing facilities in the leisure centre are not exclusive use, public sessions are in effect.

CHILD WELFARE

- If you do not wish to have pictures used in publicity of the event, please obtain GOLD 'No Pictures' wristband to be worn by the competitor.
- PHOTOS label in race pack(2) must be worn by parents
- WELFARE officer (Jacqui) is wearing a labelled RED hi-vis jacket, if you have any issues please speak to her.
- Children changing into their swim kit are your responsibility; the changing village is a public area please ensure your child changes safely.

NON-RACING ENTRANCE

- Ensure you are body marked before entering.
- Labels attached, and helmet fastened to head approach non-racing entrance of transition
- Cycle helmet check/ Cycle brake check. (Please ensure you have it fastened on the triathlete)
- Please no mobile phones or MP3 players.
- RACKING CYCLES- All Novice 1, 2 & TS1 competitors please LAY DOWN your cycle correctly at your numbered white peg. (Saddle in line with peg.)
- Tristar 2, 3 and Youth, use the cycle racking, ALL racking is numbered please place correctly even numbers one side, odd numbers the other as indicated. Handle bars on numbered side.
- **PLEASE NOTE AFTER 10.15am ONLY ONE ADULT (no siblings) IS ALLOWED IN TO TRANSITION WITH THE COMPETITOR.**

RACE BRIEFING

- 09.50 Race briefing at for Youth/ TS3/ TS2
- 11.00 2nd Race Briefing for TS1/ Nov 2/ Nov1

THE RACE

- All competitors will be escorted by Hedgehogtri Team member to poolside to lay out kit, in their race groups.
- Parents are asked not to take the competitor there themselves.
- Kit to be laid out on poolside.
- This is where the training shoes will be placed, poolside together with the t-shirt and towel etc.
- **As the run to the cycle transition is on rough pathway so shoes MUST be worn, no exceptions.**

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SWIM SECTION



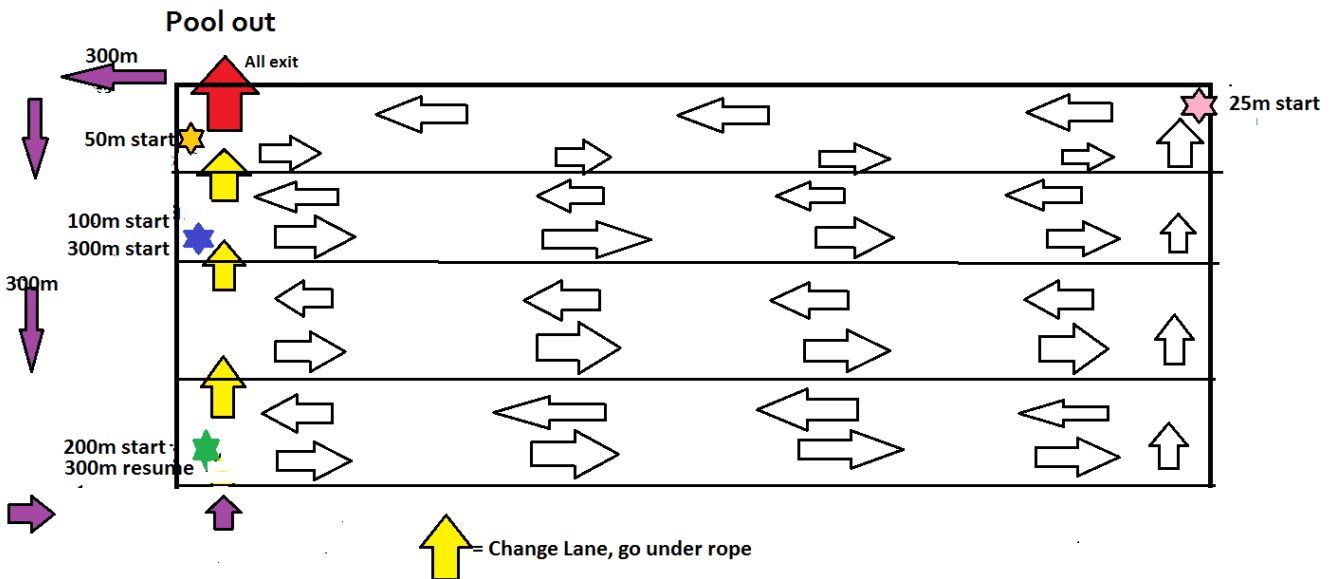
Order of starting from 1015hrs: Youth 15-16yrs – ORANGE, 1015hrs TS3 – WHITE, 1040hrs Tristars 2 11-12yrs- GREEN, Tristars 1 9-10yrs – BLUE, Novice 2 11-14yrs – YELLOW, Novice 1 8-10yrs – RED.

	Nov 1 + Tristart	Nov 2	TS1	TS 2	TS 3	Youth
Swim	25m(1)	50m(2)	150m(6)	200m(8)	300m(12)	300m(12)
Cycle	665m(1)	1200m(2)	2000m(3)	4000m(6)	6000m(9)	6000m(9)
Run	600m(1)	1200m(2)	1200m(2)	1800m(3)	2400m(4)	2400m(4)
Colour	RED	YELLOW	BLUE	GREEN	WHITE	ORANGE

- 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 races: 25m and 50m swims will be in the lanes. (boys one side, girls the other).
- 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>

Kidstri Snake Swim starting in 4 lane pool

Distances: Novice 25m, 50m, 100m. Tristar 100m, 200m, 300m
[300m = 100m> exit> walk to 200m entry point> enter (no diving)> swim 200m]



- 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

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- 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 (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 numbered bag, carry it with you.
- Exit via the fire exit at the deep end.
- Drop your bag when told to do so by marshal.
- Run to the cycle transition area along marked path turning right into the track area and to cycle transition. Enter via 'SWIM IN'
- **Footwear must be worn between swim and cycle transition.**



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CYCLE SECTION



- This a lapping course on the grass, each lap is 665m in distance.
- On reaching your cycle FIRST put on your cycle Helmet
- Push cycle (not ride) to the 'Bike Out'.
- Mount in the marked box.
- **Cycle the correct number of laps (competitors must count their own -with parent help)**
- Overtaking on the OUTSIDE only.
- Dismount in the marked box.
- Push cycle to your original space in transition.
- Lay down/ rack cycle and remove cycle helmet.
- Exit on to the run through 'Run Out'

RUN SECTION



- Each lap is 600m- that is an 'Out and Back'= 600m = 1 lap
- **Count and complete the correct number of laps.**
- On leaving the transition area take a wrist band, this will help you count your laps.
- Collect a wrist band (providing enough volunteers) each time you start a lap. So bands collected equal the number of laps completed.
- On completion of correct number of laps take route to the finish line.

FINISH

- The finish awaits the competitor and a drink, fruit and the roar of the crowd.

TIMING

- Timing CHIP is attached to the LEFT ankle, do not remove or damage.
- Manual time taken at start of swim, remaining times captured by TAG receivers: Transition IN, Transition OUT, Cycle Laps and the Finish.

CHILD WELFARE – measures in place.

- Welfare Officer – Jacqui Smith (red hi-vis – Welfare officer) – Based Registration / finish area
- Children changing – using public swimming changing area, not exclusive use.
- Parents taking pictures/video please wear the 'PHOTOS' numbered label.
- 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.

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CHARITY RAFFLE

- The popular charity raffle for a new children's road cycle (£400 retail value) will be part of the race again this year. Over the two events this year we have raised £240 for Chestnut Tree House Charity.
- Raffle tickets on sale on the day £5 per strip of 5.
- Raffle drawn at the end of prize giving (approx. 13.30hrs). If the winner is present, then they also get a new cycle helmet worth £25.00.
- Working with Mr Cycles of Seaford, E Sussex <http://mrcycles.co.uk/>



RESULTS

- The correct number of cycle and run laps must be completed, failing to do so will mean the competitor will not receive a placing in the results. Their times will be placed at the bottom.
- Winners of the Tristar categories 1st, 2nd, 3rd, will be presented with winner's trophies.
- INTERIM RESULTS will be posted on the website <https://kidstri.co.uk/results.php> hopefully by 7pm
- Any comments regarding the results please email info@kidstri.co.uk
- Results will be declared final on WEDNESDAY at 7pm.

TOILETS

- These will be to the rear of the leisure centre as well as inside.

FIRST AID

- Supplied by WANT Medical Services and will be positioned in the field next to the cycle transition area.

PUBLIC ADDRESS

- Music and commentary through the event will start at 9am, please listen out for announcements that may affect the race, we will try and give you a name check around the course.

COLLECTING EQUIPMENT AFTER RACE

- Some of you may wish to leave before the completion of the event.
- Competitor may collect cycle and helmet via the non-racing entrance, under marshal control.
- Whilst the race is on ONLY competitors are allowed in the cycle transition area.
- The numbered swim sack, parents please collect from the pool exit playground.

VOLUNTEERS

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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, or have questions please email info@kidstri.uk or check out the novice information on the link below for further information.
<https://kidstri.co.uk/noviceinfo.php>