

WELCOME TO THE KidstriUK BOGNOR REGIS TRIATHLON



4th event in the Kidstri Series 2019 Race Information

Kidstri Bognor Regis Triathlon – 15th September 2019

Race Instructions

This event is part of the 'Kidstri' series of event during 2019 in the Sussex area.
The series winners will be determined by 3 out of 5 events best placing in age group.

VENUE

Felpham Community College, /freedom leisure swimming pool, Felpham Way, W
Sussex,
PO22 8ED

EVENT TIMETABLE (dependant on number of entries)

ALL Competitors register before racing.

09.00 Registration opens for Youth / TS3/ TS2

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.

10.00 Registration opens for TS1, Nov 1 & 2

10.05 Course closes for walking around.

Race Start for Youth

11.00 Race Briefing for TS1, Nov2 & 1

(Order & starting times are estimates)

KidstriUK Bognor Triathlon			
Estimated Call-up/ start times			
Colour	Race	Call to Rostrum	time start
Orange/White	Youth/ Tristar3	10:05	10:15
Green	Tristar2	10:33	10:49
Blue	Tristar1	10:59	11:15
Yellow	Novice2	11:24	11:40
Red	Novice1	11:39	11:55

11.15 Medals to race competitors as they finish.



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.

MR CYCLES

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BEFORE RACE

The link to your 'Race Ticket' will be emailed out to on Mon/Tues please bring with you either printed or on mobile device. (Instructions on the website- available 7 days before race). This will speed up your passage through registration. You will receive your Triathlon England Day Licence via email on Friday 13th. 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 printed or downloaded 'Race Ticket'.

REGISTRATION

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 black sack for poolside belongings.
- PHOTOS labels to be worn by adults taking picture/video
- Race timing 'CHIP' please attach to the LEFT ankle- Please do not lose.

Competitors will be 'Body marked' with your race number on your upper RIGHT 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 at the correct times (Youth/TS3 /TS2 = 09.00hrs, TS1/ Nov 1 & 2 = 10.00hrs, competitor to wear Cycle helmet & demonstrate working brakes on cycle.
- Place cycle and helmet into transition on your numbered slot (and cycle clip shoes if using) – Nothing else and no marking position.
- Walking the cycle and run course is allowed until 10.05 only.

CHILD WELFARE – measures in place

- 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 the parents/ carers responsibility; the changing village is a public area please ensure your child changes safely.

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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 for YOUTH /TS3/ TS2 competitors.
- 10.05 Cycle / Run course will be closed.
- 10.10 Racking side of transition (Youth, TS3, TS2) will be closed.
- 11.00 Race Briefing for Nov 1 & 2 / TS1 competitors.

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.**

SWIM SECTION



Order of starting from 10.15am: Youth 15-16yrs- ORANGE , Tristars 3 13-14yrs – WHITE, – 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.

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- Novice races: 25m and 50m swims will be in the lanes.
- The swim course will be a 'snake swim' for the Tristars 1,2, 3 and Youth.
- 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 (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 black sack, carry it with you.
- Exit via the fire exit at the deep end.
- Drop your black sack 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.**

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.
(please ensure the cycle is returned to the correct number racking/laydown place. Placing in a position that blocks a fellow competitor will ensure a time penalty or 'Stop and Go- 15 second' on the run course.
- Lay down/ rack cycle and remove cycle helmet.

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- 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 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 your Left ankle on entry to transition before the start, please ensure it stays secure.
- Manual time taken at start of swim, start of run & finish bike laps captured by CHIP receivers

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 <http://www.kidstri.co.uk/kidstri/results.php> hopefully by 7pm
- Any comments regarding the results please email info@kidstri.co.uk
- Results will be declared final on THURSDAY at MIDDAY.

TOILETS

- These will be in the Leisure Centre

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 10am, please listen out for announcements that may affect the race, we will try and give you a name check around the course.

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CHARITY RAFFLE

- A new children's cycle is up for grabs in the charity raffle, cycle supplied by Mr Cycles of Seaford, E Sussex <http://mrcycles.co.uk>
- Tickets are available at registration £2 each or £5 for strip of 5
- Draw to be taken at the end of the event prior to the trophy ceremony.
- If cycle ticket winner is present, then they will also receive a free cycle helmet worth £30. Other prizes are also drawn for, you have to be there to win.

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 BAG, parents please collect from the pool exit.