

Welcome to the KidstriUK Littlehampton Aquathlon



5th & Final event in the Kidstri Series 2019

6th October 2019

Race Information

VENUE

Littlehampton Wave LC, Sea Road, BN16 2NA

Volunteers - we need your help!. To ensure the event runs safely and without a hitch we need your help. If you, or a family member, can assist at the drinks station, give out run bands, point the direction on the running course we would love to have you along.

KidstriUK Series 2019

This is the last event in the five race series for those in Tristar 1,2,3 & Youth & 1st place Novice 1 & 2 (M/F) Best 3 positions from 5 events. Best performance overall M & F for the Vera Tigg Cups. Winners presentations will be done at a future date for the series.

EVENT TIMETABLE NOTE: ALL COMPETITORS

0830hrs Registration opens

0915hrs Registration closes

09.15 Race Briefing

0930hrs (aprox) Race Start. (Order: Youth, TS3, TS2, TS2, TS1, Nov2, Nov1)

ARRIVAL

Parking in the Leisure centre car park, parking on the road is also available for a charge

REGISTRATION

This will be in Mewsbrook Park to the left of the centre and the finish position

Each competitor will receive a race bag containing:

- One race number to be worn on the FRONT of the running top.
- Competitors will have a coloured wrist band to wear during the event.
- Numbered coloured sack for swim kit.
- 1 x neon pink 'photo' wristbands for family member taking pictures/video mum and dad please wear these.
- You will be 'Body marked' with your race number on your upper RIGHT ARM and LEFT CALF

RACE BRIEFING

This will be held down next to the finish, Youth & TS3, TS2 competitors please change ready for start immediately afterwards. If weather conditions are not very good, the briefing will be in the pool hall for all competitors.

LAY OUT OF KIT (poolside)

- Each race will be called to gather at the rostrum prior to going to the pool. The children will need their shoes, swim kit, coloured sack. **Children will line up in numbered order.**
- **Member of the Team will escort the children to the poolside** to lay out kit. (no parents)
- Parents can view the swim from the pool balcony ONLY, no access to poolside.
- Children will be asked to lay out their kit prior to the start of their age group, or before if space allows.

SWIMMING SECTION

Order of starting:

YOUTH- ORANGE

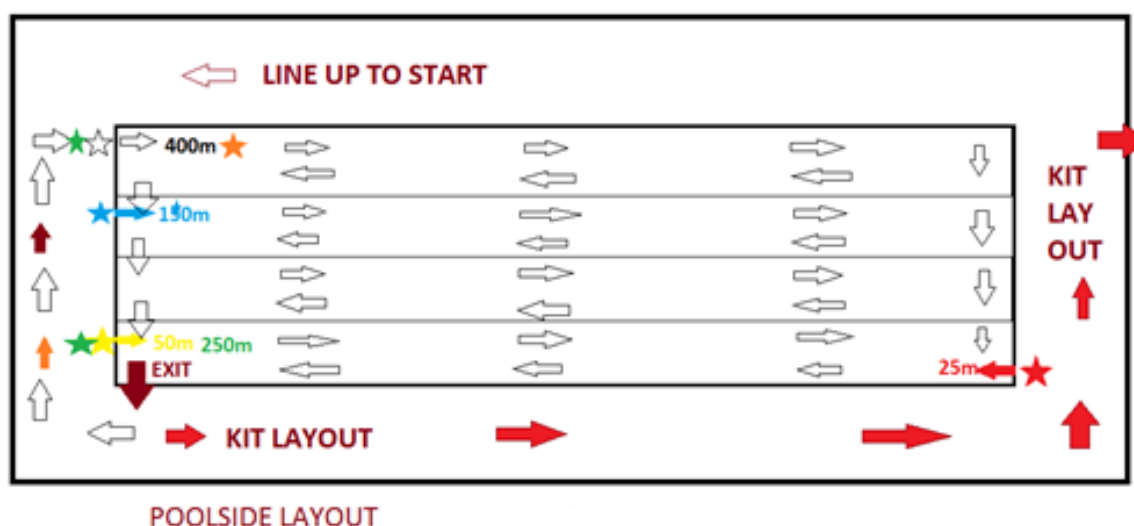
Tristars 3 13-14yrs - WHITE

Tristars 2 11-12yrs- GREEN

Tristars 1 9-10yrs – BLUE

Novice 2 11-14yrs - YELLOW

Novice 1 8-10yrs -RED



The **competitors** will be divided into groups of their colour start (Colour of wrist band) and will start in the water INDIVIDUALLY 30seconds apart, we are using 4 lanes of this eight lane pool.

The swim course will be a 'snake swim' for the tristars 1- see above

- * Slide into the water –no diving
- * Keeping right in the lane swim to the end. (snake-swim)
- * 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.

Note NO TUMBLETURNS, NO DIVING.

TRANSITION

After putting on shoes (ensuring laces are tied) and t-shirt fully on with the race number on the FRONT, exit via the fire exit at the deep end. Dropping the numbered sack containing the swim kit at the pool exit.

RUN SECTION (on the pathway)

Each lap is 600m course will be marked by cones and arrows.

On the start of each lap take a band to help you count the laps.

Collect a wrist band each time you start a lap. So bands collected equal the number of laps completed.

- NO RUNNING WITHOUT SHOES ON ANY PART OF THE COURSE
- Competitors to keep to the cones on their LEFT, running CLOCKWISE around the lap.
- On completion of correct number of laps take route to the finish line.



[MAP LINK TO VIEW IN BROWSER HERE](#)

FINISH

The finish awaits the competitor and the reward of an event medal, a drink and the roar of the crowd. The Timekeeper should be able to give you your time at the finish, a few seconds after you cross the line. Medals will be presented as children finish.

RESULTS

There will be interim results available after the last competitor has crossed the line, these will be to determine the prize winners. The full interim results will be posted on the web on the same evening. Any issues are to be raised with the race organiser ASAP. On the following Wednesday the results will be declared final.

Distances

Age Group	8-10yrs Nov 1	11-14yrs Nov 2	9-10yrs Tristar 1	11-12yrs Tristar 2	13-14yrs Tristar 3	15-16yrs YOUTH
Swim= () lengths	25m(1)	50m(2)	150m(6)	250m(10)	400m(16)	400m(16)
Run	600m(1)	2000m(3)	1500m(2)	2000m(3)	3000m(5)	3000m(5)
Wrist band	RED	YELLOW	BLUE	GREEN	WHITE	ORANGE
All DOB's as age on 31/12/2019						

SPECTATORS

Please stay in designated viewing area in the pool hall and off the run course road, please no running along with the competitor. Please carry out instructions of marshals

MEDALS /PRIZES

Medals will be presented as the competitor's finish. Prizes to the Tristar1,2,3 top three boy girl & 1st boy/girl in Youth will be after all races complete.

TOILETS/ CHANGING

For spectator/ adult competitors these will be in the leisure centre, opposite the pool hall, take care when crossing the run course. Competitor toilets and changing are in the pool hall remember this area is in public use. Toilets in Mewsbrook park

FIRST AID

Supplied by East Medical Services medical and will be positioned in the field next to the Finish.

CATERING

There is a café near the finish area in the Park

PUBLIC ADDRESS

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.

PHOTOGRAPHY

All parents taking pictures/video must be wearing the 'photos' wrist band, one of which are in the race pack you get from registration.

GINGER IMAGES, our official photography, will be taking pictures which will be posted on a secure server. The link and password will be emailed out to competitor email addresses shortly after the event.

COMMENTS

Please let us have your comments on the event, please visit our facebook page www.facebook.com/kidstriUK

WEATHER / POOL FAILURE

If wet, on grounds of safety, the event may be shortened at the discretion of the race organiser.

BASIC RULES:

- * Ensure race number is visible at all times.
- * Do not block other competitors.
- * No Mobile telephones or MP3 players allowed in transition or around the course.
- * Footwear must be worn on all parts of the outdoor course.
- * Only competitors are allowed on the course area during the race.

* AND HAVE FUN!!

RESULTS/ CHECK ON RUN LAPS

A check on number of run laps will be made and processed prior to the presentations. If a competitor has not completed to few laps then they will placed at the bottom of the results.

OFFICIALS

TRIATHLON ENGLAND REFEREE – tbc

RACE ORGANISER - Paul Hedger

VOLUNTEERS – Phil Pedley

Welfare Officer – Jacqui Smith

TIME KEEPER - Andy 'Timelord'

REGISTRATION – Jacqui

SWIM STARTER – Maxine

RUN COURSE- Phil/ Stuart