

KidstriUK BOGNOR REGIS Charity Multi-Sport Festival

KidstriUK Series - Race 4



Race Information

KidstriUK Bognor Regis Triathlon – 15th September 2024



Race Instructions

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 -Please report to registration at the time indicated on your 'Race Ticket'

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

09.50 Race Briefing & course closes for walking around.

10.15 Race Start for Youth Triathlon & Duathlon- all ages

Estimated Assembly/Pool Start times

(Order of starting- times are estimates – please see link above)

BEFORE RACE

Download to your device or print off your 'Registration Ticket' and bring with you- this will state the time we need you to attend Registration.

This will speed up your passage through registration.

(We do not use the 'pass' from the Entry Central event confirmation)

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 & Community College car parks in the front accessible from the main entrance. Then follow the event signs.

Locate registration with your competitor and their 'Registration Ticket' at your registration time.

- Please can we ask that the children do not ride their cycles in the spectator area at any time during the event.
- Also, a reminder that being a school site **NO DOGS ARE ALLOWED** in the field.

REGISTRATION

This will be next to the finish area and each competitor to register with one adult only (please keep some distance):

- Please start to que up, competitor(s) with one adult/no cycle at the time designated in the Race Ticket email.
- Please show the 'Registration Ticket for scanning.
- Collect YELLOW race pack, and the read instructions inside.
- Attach all labels to cycle and helmet
- Timing 'Chip' on LEFT ankle (facing outwards)
- Competitor put on coloured bib numbered wristband.
- Parents to wear PHOTOS labels if taking pics/video
- There is no Body Marking, the race number will be on the competitor coloured wrist band

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WHAT TO DO NEXT

- Proceed to NON-RACING ENTRANCE of transition, competitor to wear Cycle helmet & demonstrate working brakes on cycle. You will also need to show the coloured wristband.
- Please only one adult with the competitor in transition, all other spectators stay outside.
- Place cycle and helmet into transition on your numbered slot (and cycle clip shoes if using) – Nothing else and no marking position.

Then **walk** the cycle and run course (till 09.50hrs only) – Please ensure social distance.

CHANGING

- ALL COMPETITORS MUST COME CHANGED AND RACE READY THERE ARE NO CHANGING FACILITIES.
- We would ask that all Youth, TS3 triathlon & all duathlon competitors are ready to start at 10am

RACE BRIEFING –Video RACE BRIEFING presentation. A short briefing will be given just before each group starts



THE RACE




- IMPORTANT YOU LISTEN FOR ANOUNCEMENTS SO NOT TO MISS YOUR START.
- Competitors called in Category/batches to report to the assembly point next to transition.
- Bring Yellow Swim Bag, swim equipment please wear footwear.
- Bib numbers on FRONT of the top being worn after the swim, Race Belts – BACK for the Cycle/ FRONT for the Run.
- All competitors will be escorted by Hedgehogtri Team member to poolside to lay out kit, in their small 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 **10.15am**: Youth 15-16yrs (Tri) & Duathlons(all)& Run event , Tristars 3 13-14yrs (Tri) - Tristars 2 11-12yrs (Tri/ Aqua/ Aquabike)-, Tristars 1 9-10yrs (Tri/ Aqua/ Aquabike), Novice 2 11-14yrs , SBR Mini 8-14yrs, Novice 1 8-10yrs, Tristart 8yrs).

Race		Duathlon Tristar 1	Duathlon Tristar 2&3	Triathlon Novice 1	Triathlon Novice 2	Triathlon Tristart	Triathlon Tristar 1	Triathlon Tristar 2	Triathlon Tristar 3	Triathlon Youth A
Age		9-10yrs	11-14yrs	8-10yrs	11-14yrs	8yrs	9-10yrs	11-12yrs	13-14yrs	15-16yrs
KidstriUK Category		KidstriUK Category	KidstriUK Category	KidstriUK Category	KidstriUK Category	Brit. Tri. category	Brit. Tri. category	Brit. Tri. category	Brit. Tri. category	Brit. Tri. category
laps dist.		laps dist.	laps dist.	laps dist.	laps dist.	laps dist.	laps dist.	laps dist.	laps dist.	laps dist.
  	Duathlon	2 (1.2km)	2 (1.2km)	1 (25m)	2 (50m)	2 (50m)	6 (150m)	8 (200m)	12 (300m)	16 (400m)
		2 (1.3km)	3 (2km)	1 (665m)	2 1.3km	1 (665m)	3 (2km)	6 (4km)	9 (6km)	9 (6km)
		1 (600m)	1 (600m)	1 (600m)	2 1.2km	1 (600m)	2 (1.2km)	3 1.8km	4 2.4km	4 (2.4km)
Trophies		Gold A	Silver B	Red	Yellow A	Purple	Blue	Green	White	Orange
		age as on 31st December		age as on 31st December of the racing year						
Trophies		Medal only	Medal only	Medal only	Medal only	Yes	Yes	Yes	Yes	Yes

Open to All abilities									
Aquathlon 9-10yrs		Aquathlon 11-14yrs		Aquabike 9-10yrs		Aquabike 11-14yrs		RUNNING 8-14yrs	
KidstriUK		KidstriUK		KidstriUK		KidstriUK		KidstriUK	
laps dist.		laps dist.		laps dist.		laps dist.		laps dist.	
6	(150m)	8	(200m)	6	(150m)	8	(200m)	-	-
-----		-----		3	(2km)	6	(4km)	-	-
2	(1.2km)	3	(1.8km)	-----		-----		3	(2km)
Blue A		Green A		Blue AB		Green AB		Neon Lime	
age as on 31st December of the racing year								age on race day	
Medal only		Medal only		Medal only		Medal only		Medal only	

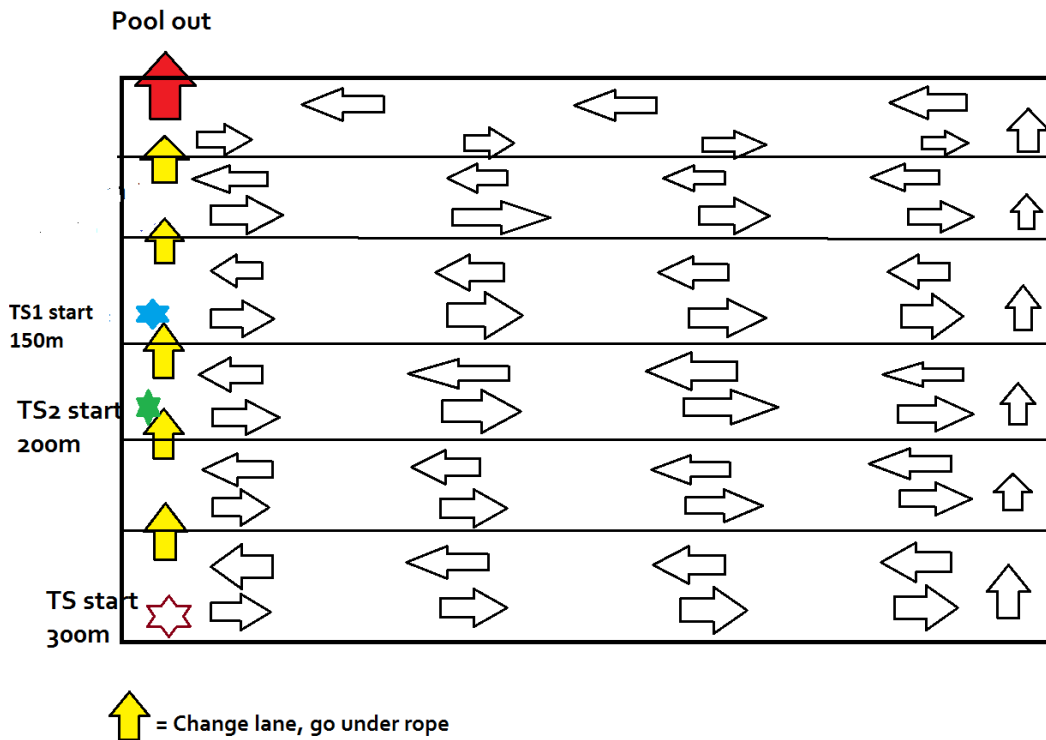
FUN RELAY		SWIM BIKE RUN	
RUNNING		Triathlon,	
Min age		6-14yrs on	
KidstriUK		race day	
laps dist.		laps dist.	
2/3 to a Team		2	(up to 50m)
Max 1 adult per team		7	(Up to 5km)
1 lap (665m)each.		3	(2km)
3	(2km)	2	(up to 1km)
Proceeds 2 charity		Neon pink	
age on race day		SB, SR, TRI	
Special Prizes		age on race day	
		No ad-ons	

After the main racing the 7yrs & Under DASH, a whole lot of FUN, no advance entry required. Medal to all finishers.		Running event (just like jnr)		Just for Fun - Participation events, you choose.	

After the Main racing, join us for some MORE FUN with the RELAY. Team can consist of 2 or 3 persons, mixed m/f and can be 1 adult, min age 9yrs. Special prizes for first 3 Teams. Enter a Team leader and form the Team on the day if you like, all proceeds go to the Young Lives vs Cancer charity.

- The children will be divided into groups of their colour start (Colour of wrist band) and will start in the water INDIVIDUALLY. 30 /40 seconds apart.
- Novice 1 & 2 /Tri Start 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.

Kidstri Swim starts Tristars 1,2 3
Novice events swim in lanes as normal



- Youth swim use all 8 swim lanes to gain 400m.
- 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)

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- Place all other kit into the YELLOW SWIM BAG, carry it with you.
- Exit via the fire exit at the deep end.
- Run to the cycle transition area along marked path turning right into the track area and to cycle transition. Enter via 'SWIM IN'
- Find your cycle and leave your YELLOW swim bag at your cycle racking/ laying place.
- **Footwear must be worn between swim and cycle transition.**
- **Video on how 'snake-style' swim works on the [link](#)**

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)**
- YOU MUST KEEP 5m FROM THE CYCLIST IN FRONT – No Drafting
- Overtaking wide 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.
- Water station on course- filled cups left on table for collection. Used cups must be placed in waste containers on course.
- On completion of correct number of laps take route to the finish line.

FINISH

- The finish awaits the competitor and a Participation Medal and the roar of the crowd.
- Remove the timing 'Chip' and place it in the container before exit of the finish area.

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AQUATHLON/ AQUABIKE/ 2km RUN

- These competitors will be called up and start with the respective triathlon competitors swimming the same distances and will be graded by their estimated swim times.
- Aquathlon -same as the triathlon instructions for the swim, run to transition drop bag at the numbered drop and then proceed to the 'Run Out' exit.
- AquaBike – As above for the triathlon, on returning to transition from the bike, exit through the 'Run Out' to the run course, then proceed directly to the Finish arch.
- 2km Run – Start in front of the Finish arch, complete a short lap of 200m, then 3 full laps of the run course.

FUN TEAM RELAY

- Don't forget to get a Team together for the relay, register with Jacqui at registration, you can enter anytime up until 5mins before the start.
- Team can have one adult team member, each will run one lap of the run course (600m), then hand over the 'Tri belt bib number' to the next.
- Donation to the Charity (£2+) per Team.

UNDER 7yrs DASH

- Last fun race of the day, no advance entry required just turn up when called.
- Starting under the finish banner, out & back course 250m
- Medals to all finishers & of course sweets as well.

TIMING

- Timing 'Chip' in race pack must be attached to the left ankle facing OUTWARDS.
- Times taken Start, end of swim(Transition IN), Transition, Cycle start & Finish, Transition, Run, Finish.
- Cycle lap checks will be carried out.

CHILD WELFARE

- If you have not completed the Photo/Video Consent Form for this season, please do so for each child entered.



- Welfare Officer – Jacqui Smith (red hi-vis – Welfare Officer – 07999 667684) – Based Registration / finish area
- Children changing – There are public changing facilities within the leisure centre.
- Parents taking pictures/video please wear the 'PHOTOS' numbered label.

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- 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.

RESULTS

- The correct number of cycle and run laps must be completed.
- Results for prize presentation purpose will be produced.
- 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 – accessible via the leisure centre front exit, proceed around by the swimming pool.

FIRST AID

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

PUBLIC ADDRESS

- Commentary through the event will start at 10.05am, please listen out for announcements that may affect the race especially your call to start.

CHARITY RAFFLE

- Raising money for the 'Young Lives vs Cancer' charity, the main prize is a new children's road cycle.
- Raffle tickets from registration (Jacqui) £6.00 per strip, 2 strips for £10.00.

COLLECTING EQUIPMENT AFTER RACE

- Competitor to collect equipment asap after the race.
- Competitor may collect cycle and helmet via the non-racing entrance, under marshal control.
- Leave via non-racing EXIT, security check will be carried out so show your helmet/cycle labels.
- YELLOW Swim bag to be emptied, take all contents, and leave bag in the marked bins by EXIT for reuse.

SPECTATORS

- Please stay in the designated viewing areas, no persons on the course
- Keep the swim exit clear
- Cheer all the children around the course, any 'over excitedness' from a parent will be reported to the Race Director/ BTF Technical Official, remember this sport should be FUN, it is not the Olympic Games.

VOLUNTEERS

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The event is run with the help of volunteers to help direct children around the course. Parents helping 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 website](#)

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

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

We look forward to seeing you all.

Paul Hedger
Race Director
KidstriUK Series

