

Welcome to the KidstriUK Horsham Triathlon 2019



Race Information

RACE INFORMATION

VENUE:

The Pavilions Leisure Centre, In the Park, Hurst Rd, Horsham,
West Sussex, RH12 2DF

Swim in the Pavilions 25m pool, Transition, cycle and run on the grass in the park.

EVENT TIMETABLE (dependant on number of entries)

ALL Competitors register before racing.

09.00 Registration opens for Youth / TS3/ TS2 ONLY

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 Course closes for walking around. **Race call for
Youth/TS3 Start.**

10.00 Registration opens for TS1, Nov 1 & 2

10.15 Transition opens for TS1, Nov1 & 2

11.00 Race Briefing for TS1, Nov2 & 1

Novice/TS1 competitors will be starting latter so please
don't turn up for 9am registration as you will be asked to
wait until 10am. Estimate swim start times are below.

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

KidstriUK
Horsham
Triathlon



Estimated Call-up/ start times

| Colour | Race | Call to Rostrum | time start |
|--------------|---------------|-----------------|------------|
| Orange/White | Youth/ TS3 | 10:05 | 10:15 |
| Green | TS2 | 10:30 | 10:46 |
| Blue | TS1 | 11:00 | 11:12 |
| Yellow | Nov2 | 11:21 | 11:37 |
| Red | Nov1 | 11:40 | 11:56 |

ARRIVAL

Please park in any of the parking places around the park, some of these may be pay and display so please be aware

REGISTRATION

- **Youth, TS3, TS2 from 09.00hrs.**
- **TS1, Nov 2, Nov 1 register from 10.00hrs**
- Follow the signs to registration which will be situated opposite the finish line outside in the park.
- Parents with Novice racing children will be asked to register first. If you have a mix of children, we will do all at the same time.
- Please bring the 'Race Ticket', details on how to print on link below:
<http://www.kidstri.co.uk/kidstri/raceinfo.php>
- Competitor to be wearing cycle helmet for checking
- Each child will be body marked (so we know what number they are in the water) Arm and calf.
- Each competitor will receive a race pack containing:

Information sheet – please read

Race number, to be worn on the FRONT of the running/cycling top. If you using a 'race-belt' your number should be shown on the back for the cycle, front for the run.

Coloured wrist band competitor to wear during the event- this shows us which event you are entered in.

Numbered 'Photos' sticky label for parent. All photographers must be wearing 'photos' label. If you need more then see crew at registration.

Numbered labels for the Cycle and Helmet (these must be attached before gaining entry to transition).

Numbered sack for used swim kit.

Race Timing 'CHIP', wear of LEFT ankle – Please do not lose.

WHAT TO DO NEXT.

Get body marked with your race number on the arm and leg at the Rostrum area.

When labels attached to cycle and helmet, proceed to the Non-Racing entrance of cycle transition.

Approach the Non-Racing entrance with Competitor wearing the cycle helmet.

PLEASE NOTE ACCESS TO TRANSITION: Youth/TS3/ TS2 – from 09.00hrs, TS1/Novice 1 &2 – from 10.15hrs

NON-RACING ENTRANCE – We ask you to check the cycle tyres, brakes and helmets before entering transition. Check the condition of the bike before setting off.

- Find numbered position.
- Lay down or rack the cycle correctly
- LEAVE ONLY – CYCLE, HELMET and cycle clip shoes if using. Keep ALL other kit with you.
- Walk the cycle and run course, ensure you know how to exit and enter transition, note cycle mount and dismount positions.
- Please no mobile phones or MP3 players to be used around the course.
- No boxes or large bags allowed.

RACE BRIEFINGS

- Youth/ TS3/ TS2- 09.50hrs
 - TS1, Nov 1 & 2- 11.00hrs
 - This will be held next to the cycle transition area, all to attend.
 - We will need the Youth/TS3 competitors to be changed before the briefing so we can get started straight after the briefing.
 - We ask all to be changed and ready before the briefing, keep warm, and do not walk around in bare feet.
 - We will call the different races (by colour wrist band) to the rostrum and a Hedgehogtri Team member will escort them to the pool.
- In the ORDER of: Youth > TS3 > TS2 > TS1 > Nov 2 > Nov1 > Under7's Fun Run (300m)

Distances

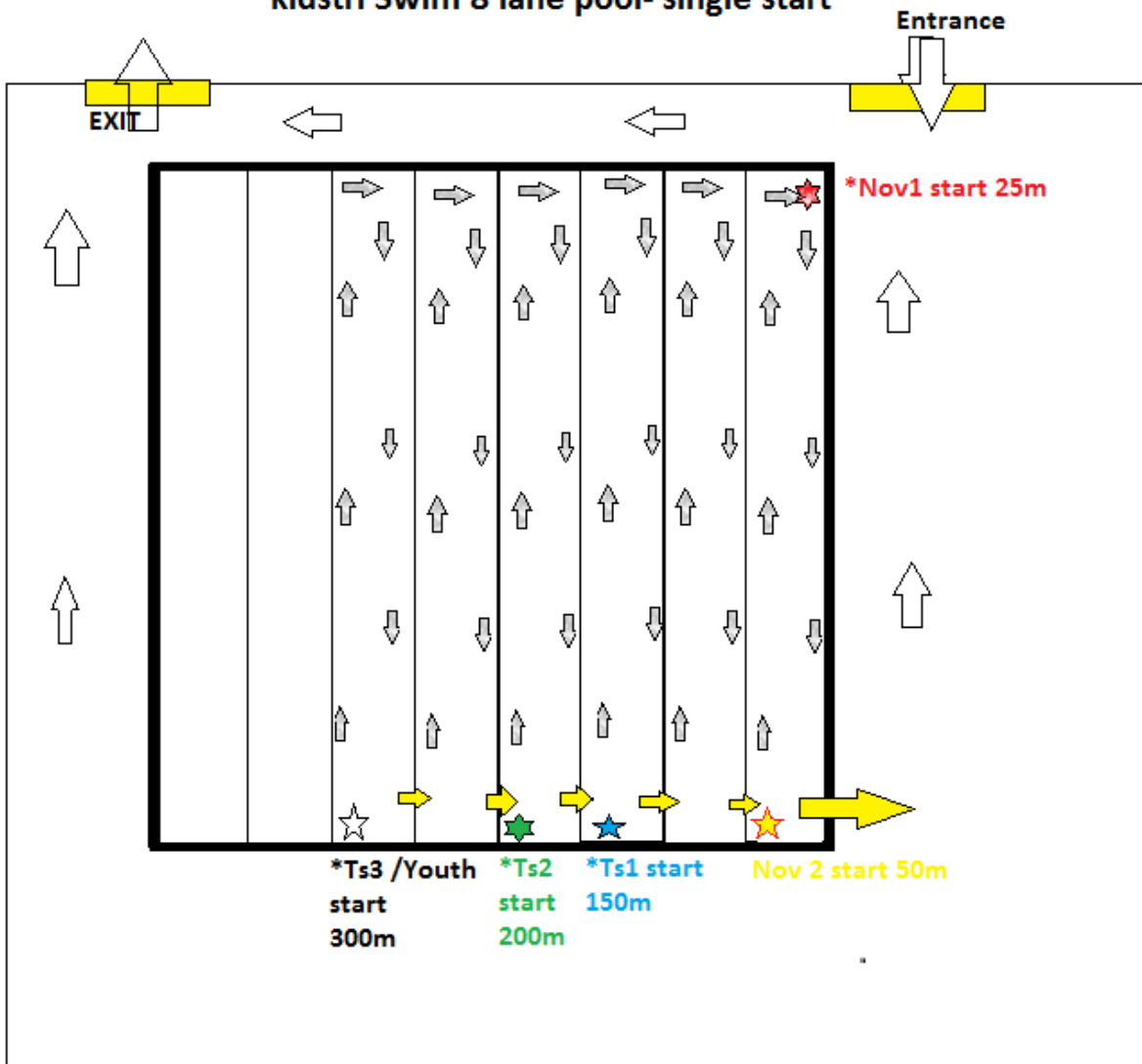
| Age Group | Novice 1 8-10yrs | Novice 2 11-14yrs | TS1 9-10yrs | TS2 11-12yrs | TS3 13-14yrs | Youth |
|-----------|---------------------|----------------------|----------------|-----------------|-----------------|----------|
| Swim | 25m (1) | 50m (2) | 150m(6) | 200m(8) | 300m(12) | 300m(12) |
| Cycle | 665m(1) | 1300m (2) | 2000m(3) | 4000m(6) | 6000m(9) | 6000m(9) |
| Run | 600m (1) | 1200 (2) | 1200m(2) | 1800m(3) | 2400m(4) | 2400m(4) |
| Colour | RED | YELLOW | BLUE | GREEN | WHITE | ORANGE |

SWIM SECTION

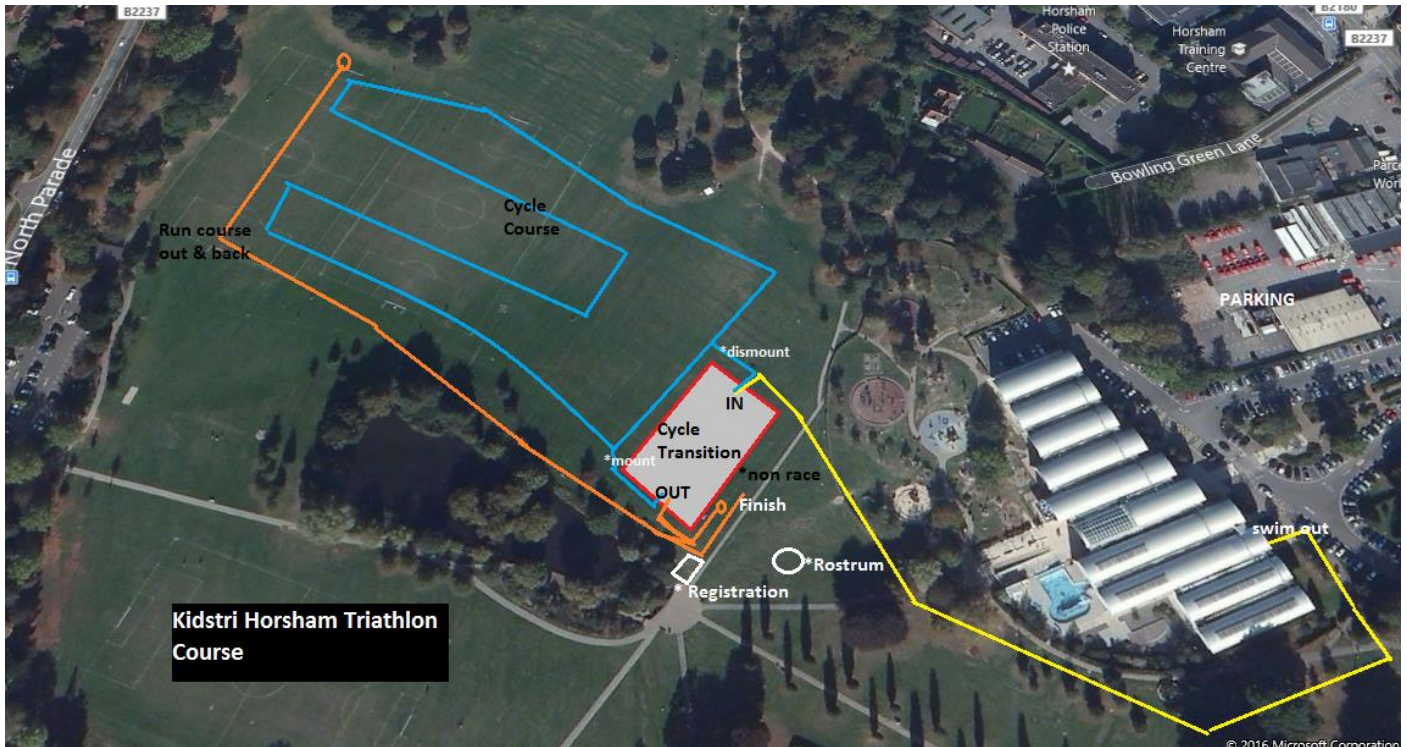


- Starting order Youth, TS3, TS2, TS1, Nov 2, Nov 1
- Each group must meet when called to the ROSTRUM. COMPETITORS MUST WEAR FOOTWEAR TO AND FROM THE POOL (Competition Rule).
- Races over 50m will be a 'Snake swim' (swim l/h/s of lane up and down then move down a lane and so on, diagram below . . .
- Competitors will start 30 seconds apart, with club swimmer to the front.
- Swim only Breaststroke or front crawl
- If toes are touched during the swim, let the person pass at the end of the length, then continue on.
- NO DIVING IN, NO TUMBLEURNS (This is a triathlon England rule for swimming pool swims)
- Competitors not following a reminder instruction from an official could have time added.

kidstri Swim 8 lane pool- single start



Video of how a snake swim works can be viewed on the link <http://1drv.ms/1i8mh5J>



Swim >TRANSITION

- Exit pool and walk to laid out kit on poolside
- **Put on trainer shoes (laces tied)** t-shirt (with number on front – or race belt). Shorts over the top of swim wear and socks if needed. Remember the clock is still ticking, so the more you put on the longer it will take.
- PLACE ALL SWIM KIT IN NUMBERED SACK.
- Walk on poolside to exit, take sack and drop it at the POOL EXIT, run to cycle transition.

CYCLE SECTION



On reaching your cycle:

- FIRST put on your cycle Helmet, pick up (or un-rack) your cycle.
- On foot (not ride) to the 'Bike Out' and mount in the marked box.
- Cycle the correct number of laps. (competitor/parent to count)
- Tips on counting laps: put number of small pieces of tape on the handlebars, rip one of each time you complete a lap. DO NOT JUST FOLLOW THE PERSON IN FRONT they might be on a different lap.
- Each cycle lap is 665m
- Overtake on the outside ONLY.

- Dismount in the marked box.
- Run/walk with cycle to your marked area.
- Lay down/ rack cycle and remove cycle helmet. Help will be on hand for those using the racking.
- Exit on to the run through 'Run Out'
- **PARENTS/ COMPETITORS – IT IS YOUR RESPONSIBILITY TO COUNT THE CORRECT NUMBER OF LAPS. As this is where things go wrong for the young competitor, please make all efforts to count correctly**
- **Completing to few laps – competitor has no placing, to many laps – placing will stand, in all cases no alterations will be made.**

RUN SECTION



- Each lap is 600m- that is an 'Out and Back'= 600m = 1 lap
- On leaving the transition area take a wrist band (these are to help YOU count your laps)
- Bands collected equal the number of laps completed (only if enough volunteer marshals).
- On completion of correct number of laps take route to the finish line.
- “(Safety note): Parents must not run with the competitors or hand them drinks etc.. Penalties could be applied for any instances observed.”

FINISH

- The finish awaits. The medals will be given out at ceremonies after each race, listen for announcements
- The Tristar/Youth trophies to the Tristar 1,2,3 and Youth categories 1st, 2nd, 3rd, boy and girl.

TIMING

- We are using the 'Timing Chip' system, times are taken automatically when the competitor goes past the 'chip 'readers'
- CHIP is used to count the number of cycle laps completed.
- Manual times are taken separately at the Start & Finish
- **Please note the swim time will include the poolside transition AND the run to cycle transition.**

PARENTS AND OTHER SPECTATORS

- Mum and dad, just a quick word on your roll on the day.
- All spectators must stay in the taped area and not enter any part of the course, including poolside.
- This is the young triathlete's event and supported by you with verbal encouragement they will get around the marked course and feel that they have achieved competing against the clock and earned their medal.
- Pictures/ Video: If you are using a camera you MUST be wearing a 'PHOTOS' labels (in the registration pack)

RESULTS

- There will be interim results available after the last competitor has crossed the line, these will be to determine the prize medal 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.
- THERE WILL ALWAYS BE SOME 'TIMES' MISSING, due to numbers not showing etc. these will be sorted before Final results are published. So please don't get alarmed if there are any errors they will be corrected, "remember this is a fun event for the children "
- If any competitor does not complete the correct number of laps then their result will be displayed without a position ranking
- The results will be declared final on the Wednesday following the event
- No child will be disqualified for not completing the full course.
- PARENTS: Please make sure your child understands and knows how many laps... write it on their hand, put tape strips on the bike handlebars (take one off for each lap completed) etc.

TOILETS & CHANGING, WELFARE

- These will be in the Leisure Centre and use of any of the changing area a reminder that they are open to the public, we do not have exclusive use.
- The event Welfare Officer (Jacqui) is based at registration and wearing the red hi-vis. If you have any issues please speak to them in the first instance.
- If you do not wish to have individual pictures of your child used/published, please ensure you get a GOLD 'NO PICS' wrist band, to be worn by the competitor at all times.

FIRST AID

Supplied by 1st aid qualified persons WANT Medical and will be positioned in the field next to the cycle transition area in the RED TENT.

CATERING

- Inside the Leisure centre
- Mobile Coops Coffee for drinks and snacks

PUBLIC ADDRESS

- It is important you are in hearing distance of all announcements.
- We will try and give your competitor a name check as they cross the line.

WEATHER / CONDITIONS

- The race organiser will take decisions prior to the start, on the day, to ensure the safety of competitors.
- If the weather / grass is to wet then this might mean a shortened cycle course or a change of event to a Swim/Run.

BRITISH TRIATHLON RACE OFFICIAL

- This race is 'Permitted' by British Triathlon and a Technical Official (TO) will be in attendance.
- Any issues regarding the race please speak to them.
- All Team members in RED hi-vis vests will be able to assist you with questions and will have radio communication with the TO.

COLLECTING CYCLES / SWIM KIT AFTER RACE

- Some of you may wish to leave before the completion of the event.
- Whilst the race is on ONLY competitors are allowed to collect equipment stored in the cycle transition area.
- Competitors go to the Transition Manager at the non-racing entrance who will, when safe to do so, allow the child in to collect equipment.
- A check is carried out to ensure the numbers on the cycle and helmet match that on your child.
- SWIM KIT NUMBERED SACK – Collect from designated area, we will try to put in some sort of numbered order (dependent on helpers).

VOLUNTEERS

- The event is run with the help of volunteers to help direct children around the course. Parents helping out can gain a free entry into a future children's event and you are in the thick of the action. Please email the [volunteer manager](#) and join in!

CHARITY RAFFLE

- A new children's road cycle will be up for grabs in our raffle. Tickets are £2 each or a strip of 5 for £5.00. The draw will be at the end of the event, if the winner is present then they will also receive a new cycle helmet. (Our thanks to Mr Cycles of Seaford)





KidstriUK HORSHAM TRIATHLON – 16th JUNE Updated 08/02/2019

KIDSTRI T-SHIRTS (limited edition of 200 only) @£10.00 on sale at registration

QUESTIONS? Please email [HERE](#)

Enjoy your race.

Paul Hedger
Race Director

[Hedgehogtri Events](#)