



Tri-Force Juniors Open race

Sunday 19th July 2009

Sandringham School,

The Ridgeway,

St Albans,

AL4 9NX

Competitor Information

Please download and read carefully to ensure your safety and enjoyment of the race. The more you familiarize yourself with the structure of the event the more smoothly it will go for you and all competitors.

The race will be run under British Triathlon rules, copies of which are available from the website (www.britishtriathlon.org). Marshals are there to help and are all volunteers. Please appreciate the work they are doing, and follow their instructions without question; they control the race and will report inappropriate behaviour.

Schedule

12:00 – 13:30 registration and transition open

13:30 registration closes

13:45 race briefing

14:00 race starts

16:30 prize giving (provisional time)

Before the Race

Arrival & Parking

Please arrive in good time to park, register and set up. Parking at the school is limited so please park respectfully in the surrounding streets.

Registration

Registration opens at 12:00 and closes at 13:30 which will be in the Gymnasium. This will allow time to learn the course, lay out your bike in transition and set out your shoes and t-shirt. There will be a race briefing for all competitors at 13:45 where you will be informed about the rules and given safety instructions.

Proceed as follows:

1. Give the registrar your name.
2. At registration you must produce a 2009/2010 triathlon England, Welsh or Scottish membership card to prove you are able to race with insurance cover. If you do not have a membership card with you then you must purchase a day license, this includes those of you who are members but have forgotten your race membership cards. The British Triathlon rule 1.5. applies. The day licenses will be charged at £1. **There will be no exception to this rule. You MUST be insured in order to race.**
3. You will be given your goody-bag and your race numbers.
4. You will also have your race number written on your leg and shoulder with marker pen. You will also be marked on your left hand with the number of laps you will have to cycle and run. The numbering is for security reasons to allow access to transition and to assist our time-keepers to identify you.

Numbers

You will be provided with three race numbers. Safety pins will be available at registration. The two large numbers must be worn on the bike and run sections. The British Triathlon rules state that a number should be visible on your back for the bike section and the front for the run section – you may use a number belt but remember, it is your responsibility to make the numbers visible at all times. If the timers cannot see your number they won't be able to record your times. Split times will be taken as you complete the swim section and when you start the run section.

You will also be issued with a plastic race number for your bike that must be fixed with the ties provided on the front handlebars of your bike. **These must be returned after the race, you will not be allowed to leave transition with them, if not returned an extra £5 will be charged.**

Setting Up (Transition Area)

The transition area is where you keep your bike, helmet and clothing and where you change into your clothes for the different parts of the event. For security reasons no one is allowed into transition unless they are a competitor in the race with race number and bike number. Please arrive with enough time before the race to familiarise yourself with the transition area.

You will rack your bike in a designated area for your age group. You should set out your kit in a tidy way so as not to impede other competitors. You are responsible for keeping your kit within your space throughout the race. Marshals will be available to assist you. Only competitors are allowed in the transition area. The organisers cannot accept responsibility for any loss.

Race Briefing

The race briefing will take place at 13:45 in the transition area or sports hall if raining. Competitors will be informed of important information and of any late changes that may affect the race. Maps of the course will be posted in registration.

The Race

Once you start the swim, the clock runs until you go over the finish line at the end of the run.

Triathlon is an individual sport, where everyone appreciates your effort whatever your standard. Please enjoy watching others doing the same. Un-sportsmanlike conduct will lead to disqualification.

THE SWIM

Please come to the pool wearing only your swimming costume 10 mins before your estimated start time, indicated at registration. This is an important instruction, vital to ensure the race runs on time.

Age	8	9-10	11-12	13-14	15-16
Distance	50 yrds	150 yrds	200 yrds	300 yrds	400 yrds
Lengths	2	6	8	12	16

Check the table above to see how many lengths you need to complete.

Your swim start corresponds to your race number so you should slot yourself in order from low to high. On entry to the poolside you will be given a swim cap, which must be worn for the swim. You will start in the water and go when the timekeeper says so. An indicator will be placed in front of you when you have 2 lengths to go. Please get out of the pool quickly and walk to the exit on the right hand side. Do not run until you are out of the pool building. Then run the short distance into the transition area.

CYCLE SECTION

Age	8	9-10	11-12	13-14	15-16
Distance	800m	1600m	3200m	4800m	6400m
Laps	1	2	4	6	8

Find your bike and then put on any clothing you want to wear for the cycle section of the race. You **MUST** have your helmet in place and FASTENED before you pick up your bike. You must not cycle in the transition area. Push your bike out of the transition area to the cycle mount line. Here you get on your bike and cycle round the marked cycle course on the field.

Check the table above to see how many laps you need to complete. Marshals will be counting the number of laps you have cycled but it is your responsibility to ensure that you complete the correct number.

After you have cycled the correct number of laps, get off your bike at the cycle dismount line and wheel your bike back into transition. Find your space then lay your bike down before you take off your helmet. Then find the run out exit and run onto the running track.

Cycle Helmets Approved cycle helmets are compulsory (e.g. ANSI Z90.4, EN1078 or SNELL B90). **NO APPROVED CYCLE HELMET, NO RACE.**

Horse riding, canoe, skateboard or other helmets are not permitted.

Tri Bars Please note the British Triathlon rules do not permit the use of tri-bars in youth races held on grass.

RUN SECTION

Age	8	9-10	11-12	13-14	15-16
Distance	400m	800m	1200m	1600m	2000m
Laps	1	2	3	4	5

All competitors follow the grass running track, from transition run to the track and then complete the number of laps above. The finish line will be clearly marked. There will be a water station on the course. When you cross the finish line collect your medal and give yourself a pat on the back. Well Done!!

SPECTATORS

Please respect the competing children and stand behind the taped areas. It is important that parents and friends do not impede the race by running along with competitors. No outside help will be allowed, if this takes place the corresponding competitor will immediately be given either a time penalty or disqualification. (Rule 30.10 No individual support/pacing by bicycles on foot is permitted, except where provided by the organizers.)

After the Race

Refreshments

There will be drinks and food on sale.

First Aid

First Aid will be on hand during the race as well as lifeguards in the swimming pool.

Photos

Anyone wishing to take photographs or videos during the race will be required to register with their name and address at registration and display a sticker showing they have registered. This includes taking photographs and video images on a mobile phone.

There will be an official photographer taking photo's too.

Presentation

The presentation will take place on the day, as soon as the overall results have been collated and checked. We will aim to publish provisional results asap. We anticipate this to be at 16:30 hrs.

Results

Full results will be available on the website (www.tri-force.org)

Have Fun!!

Admire and support others, race as hard as you are able, but above all else I wish you all a fun and exciting afternoon of racing.

Race Director: Simon Perkins

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