

Aquathlon – what to expect and what to bring on the day

Important information

- Registration is compulsory and opens at 12pm. A waiver will need to be signed by participants before they can race.
- A race briefing will take place in the swimming pool changing rooms at 12:50pm. This will include safety announcements – attendance is compulsory for all participants.
- Remember to collect your race number at registration and set up your transition area before going to race briefing. Things to consider leaving in transition: run shoes, run clothing, race number (e.g. on an elasticated belt or pinned to a t-shirt).
- You must wear your race number on your front for the duration of the run course and across the finish line.
- There are poolside changing cubicles where you can put on your swimwear but these may be busy. Please allow plenty of time. There are also limited numbers of lockers (purchase a token at reception).
- Don't forget to take your goggles and swim cap to race start!

This fun and friendly event is aimed at older youths (16+ on 31st Dec 2019) and adults who would like to try a multi-sport event. GO TRI (part of British Triathlon Federation) have described this distance as 'challenger' level. It is the participant's responsibility to determine that they are the correct age, fit and able to complete this event. Please seek medical advice beforehand if you are unsure. All finishers will receive a medal and certificates will be awarded to 1st, 2nd and 3rd place.

The afternoon's events are suitable for all family members to come along to and we hope that there will be time for the aquathlon participants to watch the duathlon before their race briefing starts. If you wish to watch the children's duathlon then we recommend that you register and set up your transition before the duathlon starts at 12:30 but please do not miss your briefing or you will not be allowed to race! The aquathlon transition area will be close to the duathlon finish line.

Briefly, the aquathlon will involve completing 14 lengths of the 20m pool, entering transition to put on your run kit (note - no nudity in transition), putting on your race number, and then running 3 loops of a 1km circuit. Total 280m swim and 3km run.

Please be aware that the venue has a mixture of surfaces on which competitors and spectators will be walking, running and cycling. Please be careful and look for uneven ground and hidden holes in the fields - the course set-up team will do their best to mark or avoid hazards or obstacles but may not be able to avoid hidden hazards. Spectators are reminded to stay within viewing areas and not venture onto any of the run or cycle courses, this is for the safety of competitors, spectators and marshals.

The event team, Meridian Triathlon Club and McSplash management will not allow rude or aggressive behaviour towards staff, volunteers, club members, other participants or spectators.

The race will start in 'waves'. Each wave will contain up to 8 participants who will start their swim at the same time. Our timing team will be using software which will allow us to accurately track your start and finish time and to determine your overall race time and finish position. You will go up and

down in your own half of a pool lane to complete 14 lengths. A volunteer will help you check that you have completed the correct number of lengths (although you should also count your lengths as it is your responsibility to exit at the correct distance) and will give you a signal when you are on your last turn.

For the swim, we recommend wearing either a trisuit or a close-fitting swim suit (one piece for ladies or trunks/jammers for men) and don't forget your goggles and swim hat! The race number does not need to be worn during the swim but must be put on during transition and **must be worn on your front for the duration of the run**. We recommend that you bring a piece of elastic which can be threaded through the holes on the race number and tied in a loop so that after completing the swim the elastic can quickly be pulled up around your waist and worn as a belt to display the number. More durable commercial race belts are also available and their use will be permitted. Alternatively, the number can be pinned to an item of clothing, such as a t-shirt, which can be put on after completing the swim. Remember, putting on a t-shirt when you are wet is not easy so leave a towel in transition as well!

After the swim, you will leave the pool area via the fire exit and run to the transition zone on the grassy area on the main Village College field. The total distance from pool to transition will be less than 50m, including a few metres indoors. Be careful as the flooring indoors will be wet and slippery.

In transition you will leave behind your swim hat and goggles and put on your run shoes. Please wear whatever you are comfortable in for the run. This may be your trisuit or you may wish to put on a T-shirt and/or running shorts over your swim suit. **All of these items must have been left in transition before the race start**. Nudity is not permitted anywhere on the course, including in transition.

From here you will head out to the run circuit which is entirely on grassy fields. There will be two crossing-points where you will pass runners going in the opposite direction. Please take care and listen to the marshals' instructions. You will complete 3 laps of the run circuit. At the end of laps 1 and 2 you will be given lap bands to wear on your wrist. At the end of lap 3 you will present your two lap bands to a marshal who will allow you to proceed to the finish chute where you will be greeted by cheering spectators!