

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

Important information

There is a lot to think about in the set-up of a triathlon but once you are set up and the race has started marshals will be there to point you in the right direction so you don't have to think too much. If this is your first triathlon then arrive in good time and our volunteers will help you do the important parts in this order: register, set up transition and go to race briefing.

- **Registration will open at 12pm and close at 1:30.** At registration collect your race number from the community centre on the Village College site (next to the Sports Centre) and get a parent to sign the waiver giving their permission for your participation – without this you cannot race. You do not need to arrive at 12pm but other races will also be taking part so allow plenty of time for queues and transition set up.
- **The transition area will open at 1pm and close at 1:30.** Set up your gear in your allocated zone as you will return here during race transitions. Compulsory items to remember: bike, race number and helmet. Optional items to consider: shoes, run/bike clothing, towel. Essential items only – no bags or boxes. This area must be set up before transition closes at 1:30. (Transition cannot be accessed before 1pm as other events will be taking place.)
- **A race briefing will take place in the community centre at 1:30.** This will take 10 minutes and will include safety announcements and useful information about the course – attendance is compulsory for all participants. Parents are welcome to join but please keep to the back of the room so that the children can see and hear the briefing. There will be time for you to head to the changing rooms to make your final preparations after the briefing.

Other important tips:

- You must wear your race number on your front for the duration of the bike and run course and across the finish line. Remember to leave this in transition on a race belt or pinned to a t-shirt as you will not need it for the swim.
- Helmets and bikes will be checked by race officials as you enter transition for setup. You will only be allowed to take part if these are deemed suitable.
- There will be 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 a children who will be aged 8-15 on 31st Dec 2019. The races will be split into three age categories (8-9, 10-11 and 12-15, based on their age on 31st Dec 2019) and have been classified as 'starter' level by British Triathlon Federation GO TRI. All finishers will receive a medal and certificates will be awarded to 1st, 2nd and 3rd place in each age category. It is the responsibility of the parents to decide whether their child is the correct age, fit and able to complete this event.

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.

Transition set up

Transition is the public area where you will get ready between disciplines. This will be on the outdoor tennis courts outside the sports centre. Volunteers who are experienced in triathlon will be in transition to help children set up - no parents are allowed in to help. You will need to leave everything here that you may need in the race, such as bike, shoes and helmet. Your transition zone must be kept tidy and clear of items which are not essential during your race. Bags may not be left in your transition zone but should be put in lockers or left with parents. You'll need to rack your bike and leave your helmet hanging on the handlebars or on the floor. We recommend leaving one pair of trainers which are suitable for both cycling and running so that these do not have to be changed during transition 2, as well as any clothing you may wish to wear during the bike and/or run. A trisuit can be worn in all disciplines without the need to get changed. Alternatively, a close-fitting swim suit (one piece for girls or trunks/jammers for boys) can be worn in the swim and then something like shorts and a t-shirt can be pulled over the top during transition 1 and worn for bike and run.

The race number does not need to be worn during the swim but must be put on during transition 1 and **must be worn on your front for the duration of the bike and 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 the front of 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! Don't forget to take your goggles and swim hat to swim start!

Swim

The swim will have a rolling start with participants starting at 30 second intervals. Our timing team will use software to accurately track the start and finish time of each competitor. This will enable us to give race times and finish positions for each participant.

Each age group will have a different swim distance (40m for 8-9 year olds; 60m for 10-11 year olds; 100m for 12-15 year olds – age as at 31/12/19). The swimmers will swim up and down lanes to complete their distance and then leave the building via the pool-side fire exit.

Transition 1

After climbing out of the pool you must walk to the exit door and then walk or run to your transition zone in the tennis courts. The total distance from pool to transition will be approx. 100m, including a few metres indoors. Be careful as the flooring indoors will be wet and slippery, so only walk on the poolside.

In transition 1 you will find your zone where you left your gear during set-up before the race. Leave behind your swim hat and goggles and put on your bike gear. **Helmets must be put on before removing bikes from the racks**. Please wear whatever you are comfortable in for the cycle. This may

be your trisuit or you may wish to put on e.g. a t-shirt and/or shorts over your swim suit. Nudity is not permitted anywhere on the course, including in transition.

Once the helmets and bike gear are on, **check you have put on your race number**, then collect your bike and push it out of transition. **You may not mount your bike until you have exited the tennis court and crossed the marshalled 'mount' line.** You will be instructed to mount your bike and you can now begin cycling.

Please do not cut corners on the course, if a course marshal witnesses course cutting, time penalties may be given.

Parents/spectators are kindly requested to stay off the run and bike course and will not be permitted on poolside or in the changing rooms.

Bike

The 1km bike course will be a single loop entirely on grass. Follow the course signs and marshals' advice. In some parts of the course there may be oncoming bikes and runners and 'pinch points' at gates and gaps in hedges. Please keep to the correct side of contraflow barriers, slow down if necessary and heed directional advice. Once you have completed the bike course you will reach the dismount line. You must get off your bike before you cross this line then push your bike back to your own rack in the transition zone.

Transition 2

Put your bike back on the rack where you had left it during the swim. This should be where your discarded swim gear is, along with any running gear you may now wish to put on. Leave your bike and helmet in transition and head out to the run course. Keep your race number on your front!

Run

The run course is a single loop of 500m entirely on grass. Follow the direction arrows and marshals' advice. Beware oncoming runners and bikes and keep to the correct side of contraflow barriers. At the end of the course you will pass through the finish chute where you will be greeted by cheering spectators and cross the finish line to receive your medal.

Once the race is over make sure you collect all of your belongings from transition.