

# GREENWICH JUNIOR AQUATHLON

3 JUNE 2018

*ORGANISED BY GREENWICH TRITONS*

## COMPETITOR INFORMATION

### Venue

Colfe's School, Horn Park Lane, London SE12 8AW

Limited parking on site

### Registration Opens : 8am

#### Race briefings (in sports hall)

Youth & Junior – 8:45

Tristar 3 – 9:30

Tristar 2 – 10:15

Tristar 1 – 11:00

Tristart – 11:35

#### Race start times

Youth & Junior – 9:00

Tristar 3 – 9:45

Tristar 2 – 10:30

Tristar 1 – 11:15

Tristart – 11:50

### Race distances

Youth & Junior – 400m swim/4,000m run (16 lengths + 4 big laps)

Tristar 3 – 300m swim/3,000m run (12 lengths + 3 big laps)

Tristar 2 – 200m swim/2,000m run (8 lengths + 2 big laps)

Tristar 1 – 150m swim/1,500m run (6 lengths + 1 big lap + 1 small lap)

Tristart – 50m swim/500m run (2 lengths + 1 small lap)



Thank you for taking part in our Aquathlon!

Please read these instructions carefully as everything you need to know is here. It is your responsibility to know where you need to be when, and to know the course.

We have received an Event Permit from British Triathlon, meaning the event has met the required standard set by British Triathlon. A copy of the permit will be displayed in registration and can be provided in advance of the event on request.

The race will take place at Colfe's School, Horn Park Lane, London SE12 8AW. We advise you to arrive at the venue in time to register at least 30 minutes before your race briefing. **Please note that there will be no parking available at the Leisure Centre (Upwood Road entrance)** although the senior school car parks (Horn Park Lane entrance) will be open. As parking places are limited we recommend that you park in one of the surrounding streets and walk. Please be considerate to local residents when parking. If you are coming by train the venue is about 10 min walk from Lee station via the Upwood Road entrance.

The changing facilities are accessed via the swimming pool.

Registration will open at 8 a.m. in the sports hall next to the pool. At registration you will be given your race number, timing chip and souvenir t-shirt if you ordered one. Your arm will be marked with your race number. If you are a Triathlon England member **PLEASE BRING YOUR RACE LICENCE** and show it at registration, otherwise you will have to pay £1 for a day licence.

Competitors who are not TE members will receive a day membership, this will be emailed to you separately prior to the event.

After you have registered you can go to the transition area and set out your run kit. Transition will be on the tennis courts and each age group will have a separate area. **TRANSITION IS A COMPETITOR ONLY AREA** and parents and friends of Tristar 1/2/3 Youth & Junior competitors will not be allowed in. The one exception we make to this rule is for the Tristarts who can take one adult helper into transition. Please note that racing starts at 9am and other athletes may be racing through transition when you are setting up so please be careful and try to keep out of their way. We have very knowledgeable and friendly marshals on duty in transition, so if you have any questions when you are setting up please ask them. You're not allowed to use phones or MP3 players during the race so please leave anything like that with your parents; don't leave them in transition. If you take a water bottle into transition it must be plastic, not glass.

If this is your first aquathlon we recommend that you practice laying out your kit at home, and putting it on when you are wet – putting a dry shirt on a wet body is more difficult than you might imagine!

Your race number must be pinned onto the front of the shirt you are going to wear on the run. Race belts are allowed. Please remember that your torso must be covered before you leave transition. Trisuits, swimsuits and vest tops are all fine.

After you have registered and set up your run kit in transition, you can have a look at the course, but you must be back in the sports hall for a **mandatory race briefing** at the following times:

Youth & Junior – 8:45am

Tristar 3 – 9:30am

Tristar 2 – 10:15am

Tristar 1 – 11:00am

Tristart – 11:35am

After the race briefing, the swim marshal will help you to get into race number order, lowest to highest. The marshal will then lead the group straight to the pool ready for your swim start, so you will need to take your goggles and swim hat (if you want to wear one) to the briefing. Swimming hats will not be provided so if you wish to swim in a hat please bring your own.

Your swim will start and finish from the shallow end of the pool. You will start in the water, dive starts are not allowed. You will be asked to get in shortly before your start. **DO NOT ENTER THE WATER UNTIL TOLD TO DO SO!** Swimmers will start at approximately 15 second intervals. You will get a short countdown and be told to start by the timekeeper.

Swim distances vary by age group:

- Youth and Junior athletes will do their whole 16 length (400m) swim in the same lane, with 2 swimmers per lane, staying on the same side of the lane for the whole swim. You will be given a warning when you have 2 lengths to go.
- Tristar 3 athletes will start in lane 6 and swim up and down each lane, ducking under the lane rope and moving across one lane at the end of every second length, for a total of 12 lengths (300m). Swim clockwise, on the left of the lane.
- Tristar 2 athletes will start in lane 4 and swim up and down each lane, ducking under the lane rope and moving across one lane at the end of every second length, for a total of 8 lengths (200m). Swim clockwise, on the left of the lane.
- Tristar 1 athletes will start in lane 6 and duck under the lane rope to move across one lane at the end of every length, for a total of 6 lengths (150m).
- Tristart athletes will start in lane 2, duck under the rope at the end of the length and swim back down lane 1 for a total of 2 lengths (50m).

You can swim front crawl or breaststroke. Backstroke is not allowed.

Please be courteous to your fellow athletes, especially if you find yourself swimming at a different speed to other people in your lane. If you catch up the swimmer in front and need to overtake, tap the feet of the person in front and pass them only when it is safe to do so. Trying to overtake in the middle of a length risks a collision with someone coming in the other direction so please only overtake if it is safe to do so. If in doubt wait until the end of the length to pass.

If someone behind you taps your feet please let them pass at the end of the length.

At the end of your swim, climb out of the pool and walk through the open door. In Youth & Junior, swimmers in the lanes closest to the exit will need to walk around a cone on poolside before exiting the building. The poolside is likely to be wet and slippery so please be careful and **DON'T RUN!!** Once outside follow the path around to the left and into transition. You can run once you are outside.

In transition, go to where you put your kit, change quickly and set off on your run. Remember that your race number must be showing to the front.

Youth and Junior athletes do 4 big laps (4,000m)

Tristar 3 athletes do 3 big laps (3,000m)

Tristar 2 athletes do 2 big laps (2,000m)

Tristar 1 athletes swim 1 big lap and 1 small lap (1,500m)

Tristart athletes do 1 small lap (500m)

On exiting transition Junior, Youth, Tristar 3, Tristar 2 and Tristar 1 athletes turn right along the tarmac path between the tennis courts and all-weather pitches. Tristart athletes go straight ahead out of transition onto the main field. The course is clearly marked with barrier tape so it's impossible to get lost or take a wrong turn!

***It is your responsibility to count your run laps!*** We hand out bands at the end of each lap to help you keep track. If you do the correct number of laps and collected a band each time you passed the finish line Junior and Youth athletes will finish the race with 3 bands, TS3 athletes 2 bands, and TS2 and TS1 athletes 1 band. Tristarts will not need to collect a band.

At the finish line please make sure your number is showing to the front, remember to smile for the cameras and throw your arms in the air as you cross the line. Collect your medal and water and give yourself a pat on the back. Well done!

Awards for the first 3 male and female athletes in each age group will be presented as soon as possible after results are available and there is an appropriate gap in the race schedule.

Full results will be published on our website as soon as possible after the event.

If you have any burning questions please email [juniors@greenwichtritons.org.uk](mailto:juniors@greenwichtritons.org.uk) and we will do our best to answer as soon as possible. You will have another chance to ask questions at the race briefing.

**GOOD LUCK!**

Michelle Treadwell

Race Director

26 May 2018

## Notes for parents:

1. Tea, coffee and a selection of yummy home-baked treats will be available in the pavilion above the swimming pool, accessible by the metal steps.
2. The race will take place under the Rules of British Triathlon Federation [www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2018.pdf](http://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2018.pdf). We have highlighted the most relevant rules in this document.
3. If your child is a British Triathlon member please bring his/her membership card and show it at registration. If you forget we will have to charge you £1 for a day licence.
4. With the exception of Tristarts, transition is a competitor only area and we cannot let you in. So please don't put the marshals in a difficult position by asking. Tristart athletes can have ONE adult helper with them in transition both during set up and during the race.
5. Please remind your child that the use of phones and MP3 players during the race is prohibited by BTF Rules. Glass bottles are also prohibited.
6. Numbers have been allocated based on the estimated swim time you supplied, and this informs the starting order with the fastest swimmers in each age group starting first so as to give every athlete the best chance of an uninterrupted swim. Unfortunately this means that once race numbers have been published the start order cannot be changed.
7. Athletes being held up in the swim is one of the biggest sources of frustration for athletes and parents, and accordingly generates the most complaints. If everyone swims in line with their time estimates there won't be any problems but we understand that people have "off" races, or for whatever reason swim slower than predicted. To keep athletes moving and everyone happy it is really important that Tristar athletes understand the need to let faster swimmers through if caught. We will reiterate this in the race briefing but would be very grateful if parents could remind their children about this in the days before the race.
8. Athletes must not be accompanied by any non-competing competitors, team members, managers or other pacemakers on the course or alongside the course.
9. The organising team and marshals are all volunteers, we are trying our best to put on a great race for your children but sometimes things go wrong. If that happens we will do our best to sort things out as soon as we can, so please bear with us. Rude or abusive behaviour will not be tolerated.
10. If you wish to take photographs at the event, please sign the attached consent form and hand it in at registration.
11. We hope to be able to present awards to the first 3 male and female athletes in the Junior/Youth and Tristar 3 waves at around 10:45. Tristar 2, Tristar 1 and Tristart prizes will likely be presented after the last Tristart athlete has finished which should be around midday.

## **PHOTOGRAPHY / VIDEO RECORDING**

Greenwich Tritons Triathlon Club is committed to protecting the welfare of children in sport. Accordingly, any person wishing to engage in photography or videoing at our Junior Aquathlon on 3 June 2018 must register their intention to do so.

This form will be retained by the Club.

### **Guidelines**

- Video filming and photography are prohibited in changing rooms.
- Where possible your child should be the only one that is being filmed or photographed.
- If any marshal/adult/competitor complains or expresses concern about you taking video/photos please respect their rights and stop.

Name .....

Child's name (competitor) .....

Relationship to competitor .....

I ..... declare that the purpose of videoing or photographing at the Greenwich Junior Aquathlon is for family or training use and that I will not in any way use, alter or permit the altering of images for inappropriate use. I have read the Guidelines and agree to abide by them.

Signed .....

3 June 2018

# Course Map

