

RACE INFORMATION PACK – Junior Aquathlon 18th June

Thank you for entering our first Junior Event we hope you enjoy it. Please read this document to the end.

Times	Type	Venue
7.30 am till 09:30	Registration	Grass area near race start
7.30 am to race start	Transition	Near concrete ramp swim entry/exit
10 min before wave	Briefing	By transition before water entry
8.20 am	Wave 1	In the water – standing start

Parking – enter the Country Park via the Ham Hill Roundabout on the A228. Caution for bikes on roof or larger vans there are HEIGHT RESTRICTION BARRIERS with a location for parking of over height vehicles on the right of barrier. This is a public park and there is parking fee. There are toilets in the Lakeside Café building There will be portable toilets for athlete use available near the transition area.



British Triathlon Competition Rules:

All competitors should be familiar with the latest version of the [British Triathlon Competition Rules](https://www.britishtriathlon.org/competitionrules) (<https://www.britishtriathlon.org/competitionrules>).



Registration:

Registration will take place on the day near transition and race start. Please remember to bring your BTF licence if you registered with one and a bright coloured swim hat. **Registration will close 09:30** or when all athletes are registered. You will be issued with a timing chip and bib number race number. The chip should be on the left ankle and race number on the front during the run.

Race Timing:

On race day should you withdraw from the race you MUST return the chip to the RACE DIRECTOR or the BTF Race Official as soon as possible so every competitor can be accounted for. There is a £25 charge for failure to return chip.

Transition Area:

This is an athlete and event officials only area. There will be a cone at each position per athlete. Running shoes, race belts and other items may be placed in a tidy arrangement in your transition set up location. All items must be 'tidy' within your set-up location and in no way forming a trip hazard for you or other competitors. Untidy equipment not within the designated set up position could incur a time penalty. You must not hang westuits on racking or barrier. We do not require you to wear your race number for the swim but you must display your race number for the run.

We have a tidy and safe transition policy. You need to remove all none race equipment from transition so that will not impede or hinder you or other athletes.

Bins will be provided please dispose of all rubbish.

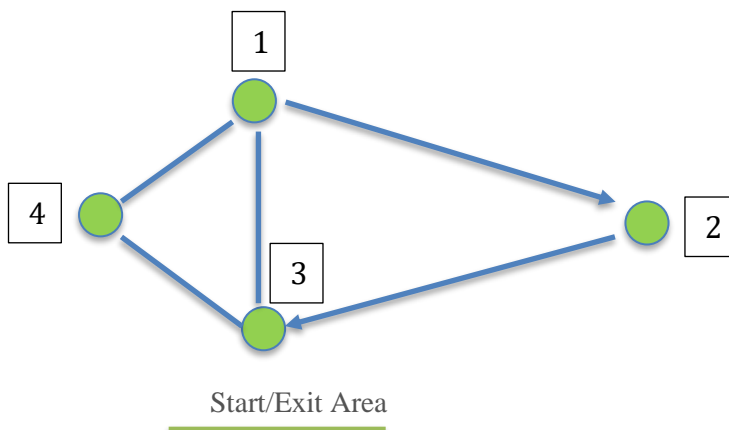
Race name	Swim	Swim Course	Run	Latest Race start time
Youth A (15-16)	500m	1,2,3,4,1,2,3,4,1 exit	3x 750m	08:20
Tri Start 3 (13-14)	400m	1,2,3,1,2,3 ,1,4 exit	3x 750m	09:15
Tri Start 2 (11- 12)	300m	1,2,3,1,2,3 exit	2x 750m	10:00
Tri Start 1 (9-10)	200m	1,4,3,1,4 exit	2x 500m	10:45
Race may commence earlier depending on numbers in previous wave and finish time				

SWIM:

Please remember to wear a **brightly coloured swim cap** at all times in the water. If this is your first event or you are not familiar with open water swimming or apprehensive please talk to the registration team and we will issue a white cap and any questions you may have. Our recommendation for slower swimmers or new to open water and mass starts is to congregate to one side. Ideally you should have had training in Open Water Swimming – see our additional information at the end of this pack. Let the others get away and then join in, this may only delay your time by a matter of seconds but make your Open Water experience more enjoyable.

Should you require urgent assistance in the water, please turn onto your back and raise your arm to wait for assistance. Do NOT enter the safety boat, listen for instructions, wait and decide if you wish to continue.

The kayaks and paddle-boarders are for course safety. On finishing the swim give yourself time to regain balance and stability. A marshal will assist you to exit the lake via the concrete ramp at the jetty.



Transition 1 (T1):

On leaving the water take care as the route is a stepped incline and may be wet and slippery. Make your way to the ‘SWIM IN’ for entry into transition. The wet suit may be removed to the waist level but not fully removed until at your changing point. The wet suit placed tidy in your designated set-up position and no equipment causing a hazard to other athletes.

RUN:

Your race number must be displayed to the front. You may use a race belt or safety pins. Exit transition and follow run route signage. There may be members of the public in the park and dogs off leads. Please run on the right side of the track in a clockwise direction and take care when passing others. Please be courteous at all times to other park users. The track is grass track and gravel trail.

MAPS, PLANS AND PHOTOS

Please use the below space to insert swim/bike/run course maps, transition plans, and photographs which may assist with understanding of specific ID points.



Concrete Swim Entry and Exit Ramp Transition Area TS1 500m Run Area 750m Loop



Finish:

As you cross the finish line please move to the left to clear the area for other competitors to finish. Please return your timing chip and collect your medal.

Remember to take all your kit and dispose of rubbish. If anyone leaves equipment then it will be left at the Water Sports Centre for collection however this will only be held for 1 week.

FIRST AID will be by the finish area and transition. Anaphalaxis ailments must advise registration, athletes must attend with a responsible adult who is fully familiar with the requirements and have an EpiPen available. Discuss with first aiders treatment requirements.

Penalties:

Penalties will be posted at race HQ at the end of the race. Right of appeal against a penalty will only be allowed if British Triathlon Competition is adhered to and the appeal fee paid.

Awards:

Announcement and presentation of awards will be on completion provisional result approximately 30 minutes after the final athlete in that category. Final results will be available after review of penalties and disputes

Further Information -

Leybourne Lakes Country Park

The Country Park is a public area and you must always be courteous to other park users. There is a new café open next to the watersport centre where you can get hot drinks, refreshments and food. From the A228 access is via the Ham Hill roundabout and into the main entrance to the park. Please use the overspill car park first do not drive to the Watersport Car Park. **Do not go down Lunsford Lane or park on that road.**

We recommend bringing insect repellent and sun cream if we are blessed with sunshine.

The Health Commitment Statement

Our mutual agreements to this race were in the terms and conditions of acceptance when you registered on-line. A brief summary is given below.

Your health is your responsibility. The Organiser is dedicated to helping you take every opportunity to enjoy your participation in the Events safely. With this in mind, we have carefully considered what we can reasonably expect of each other. This event has a basic first aid cover and an emergency response Hospital 3 miles away if you have any medical concern or a condition that could manifest during an endurance event you must record it in the on-line entry, making the event organiser and team aware.

Concussion within 4 weeks of the event, seek medical advice before racing, concussion within 14 days of start our recommendation is to withdraw and race another day. Some other useful information for medical conditions can be found from your GP and:

Epilepsy Society - <http://www.epilepsysociety.org.uk/swimming-and-water-sports#.VsGxiFnLITI>

Open Water Swimming and its effect on your body-

<https://www.outdoorswimmingsociety.com/category/features/survive/cold/>

Feedback

We welcome any feedback about our races and how we can improve so please contact us. Thank you for reading to the end. We hope you enjoy the race.

TEAM OLT.