



Birmingham Running and Triathlon Club

## AQUATHLON INFORMATION PACK

19<sup>th</sup> July 2015

**EVENT LOCATION** – Blue Coat School, Somerset Rd, Edgbaston, Birmingham, B17 0HR – Entrance opposite the Green Man Pub, junction of Metchley Lane and Somerset Road

Also try <http://www.theaa.com>.

**REGISTRATION OPEN** - **09:45am to 11:00am** – Competitors' swim start time will depend on age group. The waves will run in age group order, starting with Tristar Start and progressing through to Youth. However, all competitors must arrive at the event in time to register **BEFORE** attending the race briefing at **11:10am**.

Registration will be in the gallery up the stairs inside the pool entrance. Competitors will register and receive their race number, which will need to be attached to the **FRONT** of their t-shirt/vest. Coloured swim hats will also be provided. Number belts are permitted. **DO NOT ALTER, CUT OR FOLD THE RACE NUMBER.**

Competitors' event number will be written on their arm and leg.

TE (Triathlon England) day membership- Everyone who competes at a TE sanctioned event must be a full member or a day member. The day membership signs all the entrants up to the rules and regulations of the BTF and provides civil liability insurance. TE members must bring their licence with them and present it at registration. Competitors who do not bring a valid racing licence will be required to buy a day licence. Day licences cost £1 and will be issued at registration. For those who registered as unaffiliated, your day licence will be in your registration pack.

**PHOTOGRAPHY** – we ask that anyone who wishes to take photographs or video footage of the aquathlon should report to the registration desk. Parents/spectators will be asked to provide name, address and telephone number. We will then issue a photography pass. Anyone found taking photographs or video footage without a licence will be reported to the police. Please understand that we have to take these precautions in the interest of the children's safety.

We do have an official photographer for this year's event. The official photographer will take photos of competitors on the run section of the event. The photos will be uploaded to a flickr site and be available to view and download free of charge after the race. If you do not wish your child to be photographed by the official photographer, please make us aware at registration.

**TRANSITION AREA**- will be outside the pool outside the swim exit. **Competitors will need to lay run kit in their allocated spot before the first swimmer goes off at 11:30. In the event of poor weather, transition will be moved inside the pool at the side nearest the swim exit. In this case, competitors will be able to lay their kit 10 minutes before their wave start.**

Do not leave kit where it could get in the way of other competitors.

NO PARENTS allowed in the transition area please.

There will be marshals available to assist competitors to lay out kit if necessary.

**RACE BRIEFING** – **11:10 AM** – All competitors are requested to attend the briefing. Only race officials are allowed to help you during the race. If there is anything that you do not understand then please ASK. Competitors must make sure the race number is clearly visible to all Race Officials.

No parents or supporters are allowed to run alongside competitors.

Suitable footwear must be worn during the run section of the race - NO BARE FEET PERMITTED while running.

### **THE SWIM**

***PLEASE SHOWER BEFORE ENTERING THE POOLSIDE*** – POOL POLICY

Competitors will need to be at poolside **10 minutes** before the start time for their age group. THESE ARE THE APPROXIMATE TIMES ONLY – Please double check the start times at registration.

<b><u>Age Group</u></b>	<b><u>Start Time</u></b>
TStart	11:30
TS1	11:40
TS2	12:10
TS3	12:45
Youth	13:10

Listen out for your race number to be called and follow the instructions given.

***DIVE STARTS ARE NOT ALLOWED*** - All competitors start in the pool.

### ***\*\*TUMBLE TURNS \*\****

Tumble turns are allowed at the aquathlon but they are carried out at the competitor's own risk. Please be aware that the shallow end of the Blue Coat Pool is very shallow.

***SWIM CAPS MUST BE WORN – POOL POLICY – competitors will be issued with a coloured swim hat at registration.***

Swim in the direction that you are told and try not to get in anyone else's way. The swim marshals will be counting your lengths and competitors will be told when they have **2 lengths to go**. However, it is ultimately the responsibility of the competitor to count their own swim lengths. Any discrepancies will be judged and adjusted where necessary by the race official and referee prior to the publication of results. Results will not be changed once they have been published. When you have completed your swim you will climb out of the pool and remember to shout your number to the timekeeper on the way out.

### **THE RUN**

Competitors must be wearing the minimum of a swimsuit and T-shirt/vest during the run sections; (Tri Suit and Number belts are permitted).

**We will have marshals lap counting but it is the responsibility of the COMPETITOR to make sure you do the correct number of laps.**

GROUP	AGE	SWIM (m)	RUN (m)
Tristar Start	8	50 2 L	600 1 lap
Tristar 1	9/10	150 6 L	1200 2 laps
Tristar 2	11/12	200 8 L	1800 3 laps
Tristar 3	13/14	300 12 L	2400 4 laps
Youth	15/16	400 16 L	3000 5 laps

### **EQUIPMENT LIST**

- Trunks/Costume, goggles (if required)
- T-shirt/vest (to put your number on). Shoes
- Towel; Warm clothing to put on afterwards.

### **GENERAL**

- Any violation of British Triathlon rules are subject to time penalty or disqualification. (See British Triathlon Web site for details: [www.britishtriathlon.org/](http://www.britishtriathlon.org/))
- Please ensure that both competitors and any accompanying adults have read and are aware of the rules set out above.
- This event is run under the British Triathlon Federation rules.
- There will be individual prizes for first, second and third in each age group (male and female).
- The FORMAL PRESENTATION will be at the end of the whole event.
- The event will go ahead rain or shine.
- We ask that parents and/or supporters DO NOT accompany the competitors around the course.
- Water will be available in transition and at the finish line. Please stay hydrated.
- Don't worry if you are a first time competitor, there will be lots of first timers taking part - just remember to HAVE FUN!
- Your last meal should be two to three hours before your start time. A simple breakfast of cereal and toast is ideal.
- You can do the whole event in your swimming kit, which means that you will only need to put on your shoes and T-shirt/vest to display your racing numbers.
- Have a drink and eat something soon after completing the event. This will replace the energy you have used and help you to recover quicker.
- Arrive in good time.

### **Tips –**

- **Stay out of the sun pre and post race – inside or in the shade.**
- **Wear sun cream.**
- **Wear a hat pre/post/during the run.**
- **Drink pre/post race.**
- **Wear appropriate eye protection on the run.**

ENJOY THE EVENT!



Having received lots of positive feedback, we have decided to keep the run course the same as last year. See the map above. It still measures 600m per lap.

