

WELCOME TO THE KIDSTRIUK BILLINGSHURST TRIATHLON



25th July 2021 Race Information

Race Instructions (Updated 28/04/2021)

COVID 19 RESTRICTIONS

- These instructions are in line with the British Triathlon & Government guidelines. We ask all parents/ carers & children to follow these requests to keep all safe in this current covid-19 crisis.
- All should respect the 2m Social Distance (Your Space) and when in close contact, wear a face covering.
- Spectators: we ask that only one adult accompany their child to the race or if more than two competitors then two adults only.
- Face coverings are required in transition (non-racing) & Leisure centre(toilets) for adults & children over 11yrs whilst in transition (non-racing), unless a medical condition.
- The race briefing will be via a pre-recorded video, no crowd gathering briefing will be taking place. Link will be emailed to you with your race ticket link.
- PLEASE NO DOGS ALLOWED ON SCHOOL SITE.
- Health Declaration must be completed within 5 days of the race start and before reporting to race registration. LINK in appendix below (This is for 'Track & Trace' government requirement).
- Finally, we ask that you leave as soon as possible after the completion of the race.

REMEMBER - YOUR SPACE (keep 2m apart)

VENUE

Weald School, / PFP Leisure swimming pool. Station Road, Billingshurst,

West Sussex, RH14 9RY

EVENT TIMETABLE (dependant on number of entries)

ALL Competitors register before racing at the time stated on the 'RACE TICKET'

08.50 Registration opens for Youth / TS3/ TS2

09.00 Transition opens - Cycle and run courses

open for walking the course.

10.00 Call for first race (Youth)

10.00 Registration opens for TS1, Nov 1 & 2, Tristart

10.15 Course closes for walking around.

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BEFORE RACE

- * Download to your device or print off your 'Race Ticket' and bring with you. (Instructions on the website)
- * Please register at the time stated on the RACE TICKET
- * You will receive your Triathlon England Day Licence via email link on Friday 24th. This is your receipt; you do not need to take any action. Your Day Licence has been included in the cost of the entry. If you are interested in joining Triathlon England then use this receipt to get a discounted rate.
- * Please ensure the cycle is safe and has working brakes, has air in the tyres and is safe to ride.

ARRIVAL

Parking is in the leisure centre car park, follow the event signs.

Locate registration with your competitor and the 'Race Ticket'

REGISTRATION

- * Register at your stated time.
- * Collect coloured wristband (with bib number on it).
- * Youth/Tristar 2 & 3 now proceed to non-racing entrance in transition.
- * All others - Novice 1 & 2, Tristar 1, Please wait to be called to transition.

WHAT TO DO NEXT

- * At the cycle racking/laying position collect the Race Pack
- * Open your RACE PACK containing
 - INSTRUCTIONS SHEET- Please read
 - Race labels for cycle and Helmet
 - One race number to be worn on the FRONT of the running/cycling top or on your Tri race belt.
 - Coloured wrist band to wear during the event.
 - PHOTOS labels to be worn by adults taking picture/video
 - Race timing 'CHIP' attach to the LEFT ankle – DO NOT LOOSE.
- * Attach all labels to cycle & helmet
- * Parents please wear PHOTOS label if taking stills/video.
- * Exit via the non-racing EXIT
- * Then walk the course.

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RACE BRIEFING

Due to Covid there is no Race Briefing.

Video briefing online on the Link

[LINK]

THE RACE

ASSEMBLY CALL

All competitors will be escorted by Hedgehogtri Team member to poolside to lay out kit, in their small race groups.

Please listen for announcements, groups of 15-20 will be called to area and kept socially distanced.

Parents are asked not to take the competitor there themselves.

Kit to be laid out on poolside.

This is where the training shoes will be placed, poolside together with the t-shirt and towel etc.

As the run to the cycle transition is on rough pathway so shoes MUST be worn, no exceptions.

SWIM SECTION



Order of starting from 1015hrs: Youth 15-16yrs – ORANGE, Tristar 3 13-14yrs – WHITE,

Tristars 2 11-12yrs- GREEN, Tristars 1 9-10yrs – BLUE, Novice 2 11-14yrs – YELLOW,

Tristart (8yrs)- PURPLE, Novice 1 8-10yrs – RED.

The children will be divided into groups of their colour start (Colour of wrist band) and will start in the water INDIVIDUALLY. 20 seconds apart.

Novice races: 25m and 50m swims will be in the lanes. (boys one side, girls the other).

The swim course will be a 'snake swim' for the Tristars 1,2, 3 and Youth.

- * Start shallow end (except Nov 1)
- * Keeping right in the lane swim to the end.
- * Swim back on the other side
- * Reaching the end of the lane at the shallow end, go under the lane rope to the next lane.
- * Swim on the right to the end
- * Swim back on the other side of the lane.
- * At the end of the lane at shallow end again go under the lane rope to the next lane AND SO ON until you have no more lanes left.

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- * Climb out.

During the swim:

- * Front crawl or Breaststroke only
- * No Diving
- * Give way at the end of the length if feet are touched whilst swimming.
- * NO TUMBLETURNS (if by accident a child does TT then a warning will first be given)

TRANSITION

- * Walk to kit.
- * Put on shoes (ensuring laces are tied) and t-shirt fully on with the race number on the FRONT, or tri belt (to the front)
- * Place all other kit into the YELLOW Swim Bag, carry it with you.
- * Exit via the fire exit at the deep end.
- * Take your Yellow Swim Bag to the cycle transition area and leave with your cycle
- * Run to the cycle transition area along marked path turning right into the track area and to cycle transition. Enter via 'SWIM IN'
- * Footwear must be worn between swim and cycle transition.

CYCLE SECTION



- * This is a lapping course on the grass, each lap is 665m in distance.
- * On reaching your cycle FIRST put on your cycle Helmet
- * Push cycle (not ride) to the 'Bike Out'.
- * Mount in the marked box.
- * Cycle the correct number of laps (competitors must count their own -with parent help)
- * Overtaking on the OUTSIDE only in wide fashion.
- * KEEP AT LEAST 5m anyone unless overtaking
- * Please do not ride alongside or directly behind others.
- * Dismount in the marked box.

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RUN SECTION



- * Keeping to the LEFT at all times, run to the 'Turnpoint' flag, go around and return.
- * On lap completion either into the finish (Novice 1 only), OR round the 'Turnpoint' flag to start a 2nd lap, & so on
- * Each lap is 600m- that is an 'Out and Back'= 600m = 1 lap
- * Count and complete the correct number of laps.
- * Overtake in wide fashion, Please do not run alongside or directly behind other competitors.
- * Keep 2m distance from others, unless overtaking.
- * NO WATER stations, please bring & use own filled water containers.

On completion of correct number of laps take route to the finish line.

FINISH

The finish awaits the competitor, collect medal & bottle of water from the table.

On Exit take off the timing chip and place in container.

TIMING

Timing CHIP is attached to the LEFT ankle facing outwards, do not remove until finished avoid damage.

Manual time taken at start of swim, remaining times captured by TAG receivers: Transition IN, Transition OUT, Cycle Laps and the Finish.

Chip 'non-return' will incur a cost.

WELFARE, SAFEGUARDING, TOILETS & CHANGING,

The event Welfare Officer (Jacqui) is based at registration and wearing the red hi-vis. If you have any issues please speak to her or the Race Director (Paul) in the first instance. * Contact her on 07999 667684 (during event only)

- * Children changing –No changing facilities - arrive RACE READY
- * Parents taking pictures/video please wear the 'PHOTOS' numbered label.
- * If you do not want any individual pictures of your child used for promotional purposes then please collect a GOLD coloured wrist band (NO PICS), from registration, to be worn by the competitor.
- * Outside Toilets will be next to the tennis courts, please que in safe manor, competitors can use the poolside toilets before they start.
- * The event is run in-line and within the Safeguarding guidelines/ policy set by British Triathlon.

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- * All spectators must stay in the taped area and not enter any part of the course, there is no viewing the swim on poolside.
- * This is the young triathlete's event and supported by you with verbal encouragement they will get around the marked course and feel that they have achieved competing against the clock and earned their medal.
- * If a child goes missing, please report to the Welfare Officer (in person or by Mob) ASAP.
- * We ask all carers to celebrate all competitors' achievements in the event and not to be too over enthusiastic in supporting your own young person.
- * Other information on Safeguarding is on the event poster at registration and nearby.

CHARITY RAFFLE

Due to the covid guidelines the charity raffle is not possible, but will return in 2022.

RESULTS

The correct number of cycle and run laps must be completed, failing to do so will mean the competitor will not receive a placing in the results. Their times will be placed at the bottom.

INTERIM RESULTS will be posted on the kidstri.co.uk website hopefully by 7pm

Any comments regarding the results please email info@kidstri.uk

Results will be declared final on FRIDAY at 7pm.

FIRST AID

- Supplied by WANT Medical Services and will be positioned in the field next to the cycle transition area.

PUBLIC ADDRESS

- Music and commentary through the event will start at 9.30am, please listen out for announcements that may affect the race, we will try and give you a name check around the course.

COLLECTING EQUIPMENT AFTER RACE

- * Competitors only to collect equipment from transition via NON-Racing entrance, under marshal control.
- * Whilst the race is on ONLY competitors are allowed in the cycle transition area.
- * The numbered YELLOW swim BAG, Please take the contents and leave the bag by non-racing exit bin ready for reuse.
- * Please leave the venue as soon as possible.

VOLUNTEERS

The event is run with the help of volunteers to help direct children around the course. Parents helping out will be able to claim a free children's race event for later in the year. If you can assist please email info@kidstri.uk

QUESTIONS? Please email info@kidstri.uk or check out the novice information on the link below

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Appendix

COMPLETE THE HEALTH DECLARATION FORM (list all attendees)

[Click here](#)

SWIM MAP

[Click here](#)

KidstriUK 2017 VIDEO

[Click here](#)

EVENT DISTANCES

[Click here](#)

NOVICE INFORMATION

[Click here](#)