



KidstriUK BILLINGSHURST TRIATHLON

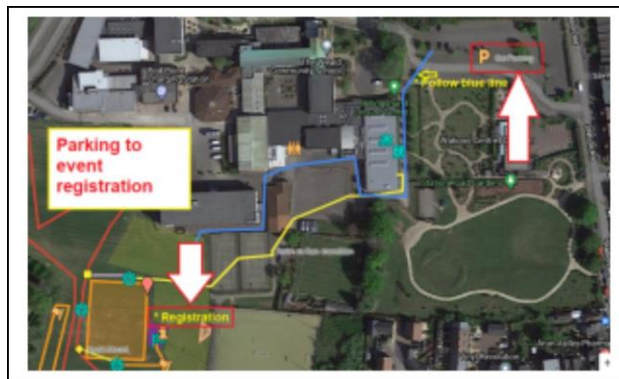
17th JULY 2022



RACE INFORMATION

This event is part of the 'KidstriUK' series of event during this year in the Sussex area.

The series winners will be determined by 3 out of 5 events best placing in age group.



VENUE



Station Road

Billingshurst

W Sussex

RH14 9RY

EVENT TIMETABLE (DEPENDANT ON NUMBER OF ENTRIES)

ALL Competitors register before racing.

Please arrive in good time to walk the course, place cycle in transition and pick your viewing spot.

09.00 Registration opens for all

09.00 Transition opens - Cycle and run courses - open for walking the course.

10.00 Course closes, Race briefing for all, additional to the Video Race Briefing online.

10.15 Race Start for Youth

(Order of starting- times are estimates we have fewer entries in 2021 so times will be earlier – please listen for announcements>>)

BEFORE RACE DAY

The registration ticket will be emailed to you a few days before the race please download to your device or print it off and bring with you. (Instructions on the website – emailed to you.)

This will speed up your passage through registration.

On the Race Info page of the website will be the DAY MEMBERSHIP if you are a non member. ***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 school and leisure centre bays. There is no charge, but you will have to show your time of parking, follow the event signs.

Locate registration – behind the leisure centre on the field - with your competitor and the 'Registration Ticket' please one adult with the competitor to que, please leave cycle with other members of the family/club.

REGISTRATION

OPENS 09.00hrs - for all.

CLOSES 09.50hrs

This will be next to the finish area and each competitor will receive a YELLOW RACE & SWIM BAG with:

- Race information 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 attached to LEFT ankle - Place in coloured bucket at finish line after your race. Please do not lose chip.

BODY MARKING- Over to the rostrum area to get the bib number written on arm & calf

WHAT TO DO NEXT

- Open your RACE PACK and then read the instructions- *IF ANY DETAILS ARE INCORRECT, YOU MUST INFORM ONE OF THE REGISTRATION TEAM (incorrect name/age/DOB/ sex/ race entered all important & must be correct, BEFORE the race starts)*
 - Attach all labels to cycle and helmet
 - Parents to wear PHOTOS labels if taking pics/video
 - Please ensure competitor is **body marked with race number**.
- Proceed to NON-RACING ENTRANCE of transition, competitor to wear secured Cycle helmet & demonstrate working brakes on cycle.
- **ONE ADULT WITH ONE COMPETITOR, all other family members stay in spectator area please.**
- Place cycle and helmet into transition on your numbered slot (and cycle clip shoes if using) – Nothing else and no marking position.
- Pin the bib number (Race number) to the front of the top to be worn after the swim OR use a triathlon race belt.
 - Then walk the cycle and run course. Open until 10.00am

CHANGING

- Changing is available in the leisure centre -but would advise come race ready
- We would ask that all Youth/TS3 competitors are changed and ready after setting up in cycle transition, by 10.00hrs latest.

FAMILY PICNIC/CAMPING OUT

- If you are camping out, we ask you keep some distance between groups
- Please ensure you are not set up within 3 metres of the edge of the course, this is standing area only. If large numbers attending then this gives all a chance to view the action on the course

RACE BRIEFING



- Video race briefing - link to this on Youtube will be emailed to you within 48hrs of the event.
 - Race briefing update at 10.00hrs before event gets underway.
 - Cycle / Run course will be closed at 10.15hrs

THE RACE

- Competitors called in race groups to assembly area in descending numbered order,
- All competitors will be escorted by KidstriUK Team member to poolside to lay out kit, in their race groups.
- Parents are asked not to take the competitor there themselves or to accompany the group.
 - Kit to be laid out on poolside. *These will be spaced out along the side of the pool.*
- 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,

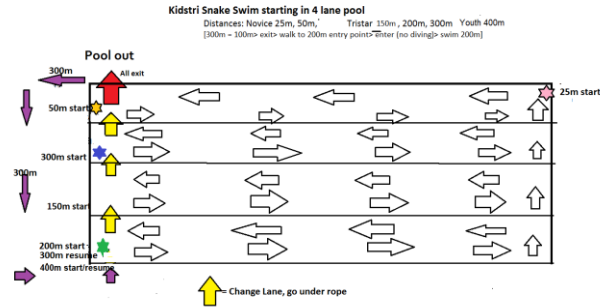
Novice 1 8-10yrs – RED.

Age Group	Novice Triathlon RELAY (3 per. 9-14yrs)	Novice 1 8-10yrs	Tristart 8yrs	Novice 2 11-14yrs	Tristar 1 9-10yrs	Tristar 2 11-12yrs	Tristar 3 13-14yrs	Youth A 15-16yrs	Kidstri
	6 (150m)	1 (25m)	2 (50m)	2 (50m)	6 (150m)	8 (200m)	12 (300m)	16 (400m)	
	3 (2km)	1 (665m)	1 (665m)	2 (1.3km)	3 (2km)	6 (4km)	9 (6km)	9 (6km)	
	2 (1.2km)	1 (600m)	1 (600m)	2 (1.2km)	2 (1.2km)	3 (1.8km)	4 (2.4km)	4 (2.4km)	
Coloured Wrist Band	Silver	Red	Purple	Yellow	Blue	Green	White	Orange	Open to All Abilities
age qualify	Categories based on end of year age on 31st December (not age on race day)								

- The children will be divided into groups of their colour start (Colour of wrist band) and will start in the water INDIVIDUALLY. 25/ 30 seconds apart.
 - Novice races: 25m and 50m swims will be in the lanes.
 - The swim course will be a 'snake swim' for the Tristars 1,2, 3 and Youth.
 - Video explaining how the swim will work is on the link:
https://1drv.ms/v/s!Ap_Teif4mY9xsmDoTiOjD55Tltg9?e=z2KM4y
 - 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.
 - 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)
 - **Please note viewing the swim from viewing gallery backdoor or through the front window, please do not obstruct the pool exit.**



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, follow the arrows & instructions from marshals.
 - **Take your Yellow Swim Bag to the cycle transition area to 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.



1 - <https://www.google.com/maps/d/u/0/edit?mid=10NY2c9221V-KInnDOzVrlsHqAb6wgJSK&usp=sharing>

CYCLE SECTION

- This 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 in a clockwise direction, keeping to the inside.
 - **Cycle the correct number of laps (competitors must count their own -with parent/carer help)**
 - Overtaking on the OUTSIDE only.
 - Dismount in the marked box.
 - Push cycle to your original space in transition.
 - Lay down/ rack cycle and remove cycle helmet. ENSURE YOU PARK IN YOUR NUMBERED SPACE.
 - Exit on to the run through 'Run Out'

RUN SECTION

- Each lap is 600m- that is an 'Out and Back'= 600m = 1 lap
 - Count and complete the correct number of laps.
 - Water station on run course
- **Used cups MUST be placed in the bins along the run route and not just thrown to the ground.**
 - On completion of correct number of laps take route to the finish line.
 - Again parent/carer help in completing the correct number of run laps is allowed.

FINISH

- The finish awaits the competitor and a drink, fruit and the roar of the crowd.
- fruit available, cups pre-dispensed and on table, cups MUST be disposed of in bins.
 - Medal collected from table.
- Timing chip to be removed by competitor and placed in collection bin on finish area exit

RETIREMENTS

If a competitor retires from the race OR does not start, we ask the parent/carer to do 2 things:

1. Inform the British Triathlon Technical Official OR one of the KidstriUK Team.
2. Return the Timing Chip & Yellow swim bag before leaving. (a charge will be made for any missing timing 'chips')

TIMING

- Timing CHIP is attached to the LEFT ankle facing outwards, do not remove or damage.
- Manual time taken at start of swim & Finish, remaining times captured by TAG receivers: Transition IN, Transition OUT, Cycle/run Laps and the Finish.

WELFARE, SAFEGUARDING, TOILETS & CHANGING,

- The event Welfare Officer Jacqui Smith is based at registration and wearing the red hi-vis marked 'Welfare'. 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 – using public swimming changing area, not exclusive use.
 - 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.
- Toilets will be outdoors next to the tennis court behind the leisure centre (follow signs) and also in the changing area a reminder that they are open to the public, we do not have exclusive use.
- The event is run in-line and within the Safeguarding guidelines/ policy set by British Triathlon.
 - All spectators must stay in the taped area and not enter any part of the course, including poolside.
 - If a child goes missing, please report to the Welfare Officer (in person or by Mob) ASAP.
- We ask all careers 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 around the venue.

- No abuse of volunteers/ marshals will be tolerated (in line with British Triathlon rules).

Limited Edition t-shirts, No CHARITY RAFFLE

- Sadly no charity raffle at this event.
- The Series T-shirt is back! £10 each a collector's item as only 100 been made, comes in 4 sizes, proceeds to the charity.



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.
- Winners of the Tristart, Tristar & Youth categories 1st, 2nd, 3rd, will be presented with winner's trophies after each category race.

- INTERIM RESULTS will be posted on the website <https://www.kidstri.co.uk/results.php> hopefully by 7pm, There will be no full results posted at the venue & individual results are not possible, sorry.
- 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 and around the finish area.

PUBLIC ADDRESS

- 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.

EVENT PHOTOGRAPHY (ground and air)



- The race Organiser or a member of the Team will be taking video/still pictures during the event.

These images will be used in the following ways:

 - The organisation's printed publicity
 - The organisation's online publicity (including Facebook and Twitter)
 - Shared with group members for personal use only
- Drone photography will also form a part of this but only flying under the following conditions: i) Weather conditions permit flight ii) A qualified operator and flight Team is available.
- That there is no objection from any parents/guardians/ carers that cannot be dealt with through the risk assessment process.
- All flying will not be over persons, landing & take offs will be in a marked area that must be always kept clear.

- All flying is carried out within the guidelines of the CAA.

COLLECTING EQUIPMENT AFTER RACE

- **Competitors only to collect cycle and helmet** via the 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 DO NOT LEAVE WITH THE YELLOW RACE/SWIM BAG LEAVE IT FOR REUSE AND SAVE USING MORE PLASTIC.

WEATHER CONDITIONS

- **ADDITIONAL (10th July) - Temperatures for the race day could be very high, I suggest:**
 1. **Bring extra water with you**
 2. **Bring a rigable garden gazebo or umbrella with you for shade.**
- The weather conditions may play a major part in the race from delay race starts, cancelling sections of the race, shortening race distances, affecting the collation of race times that may mean no prizes can be presented on the day. The decision of the Race organiser, in consultation with the BTF Technical Race Officer will make changes if necessary for the safety of the competitors if the weather looks to threaten the race.

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 or complete the form [HERE](#) and I will contact you.

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

<https://www.kidstri.co.uk/kidstri/noviceinfo.php>

Remaining races in the KidstriUK Series

Kidstri_{UK}



Lets *TRI* again in **2022**

kidstri.co.uk

YOUNG LIVES
vs CANCER

On to the third race of the series :

Steyning Children's Triathlon - 20th August(Saturday) Organised by Brighton Tri Club assisted by
KidstriUK

KidstriUK Bognor Triathlon - 11th September

KidstriUK Billingshurst Aquathlon - 2nd October

KidstriUK Winners Presentations - November (date to be advised)