

Welcome to the KidstriUK BOGNOR REGIS Triathlon



Race Information (under covid-19 protocols)

KidstriUK Bognor Regis Triathlon – 20th September 2020

Race Instructions

- 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.
- Finally, Health Declaration must be completed within 48hours of the race start and before reporting to race registration. [LINK HERE](#) (This is for 'Track & Trace' government requirement).**



YOUR SPACE (keep 2m apart)

VENUE

Felpham Community College, /freedom leisure swimming pool, Felpham Way, W Sussex, PO22 8ED

EVENT TIMETABLE (dependant on number of entries)

ALL Competitors register before racing. – please see your race ticket email for registration time.

09.00 Registration opens for Youth -Please report to registration at the time indicated on your 'Race Ticket'

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

10.05 Course closes for walking around.

Race Start for Youth

(Order of starting- times are estimates)

Youth@10:15, Tristar 3 @ 10:25, Tristar 2@10:45, Tristar1 @11:00, Novice 2 @ 11:15, Novice 1 @ 11:25)

Medals to be collected at the finish table.

No Prizes or presentations, this is a 'Participation' event.

BEFORE RACE

Download and print off your 'Race Ticket' and bring with you- this will state the time we need you to attend Registration. (Instructions on the website- available 7 days before race)

This will speed up your passage through registration.

You will receive you Triathlon England Day Licence via email on Friday 18th. **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.

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ARRIVAL

Parking is in the leisure centre & Community College car parks in the front accessible from the main entrance. Then follow the event signs.

Locate registration with your competitor and their 'Race Ticket' at your registration time.

REGISTRATION

This will be next to the finish area and each competitor to register with one adult only (please keep 2m apart):

- Please start to que up, competitor(s) with one adult/no cycle at the time designated in the Race Ticket email.
- Please show the 'Race Ticket for scanning.
- Take the confirmation ticket – this has your race bib number on it.
- There is no Body Marking, the race number will be on the competitor coloured wrist band



YOUR SPACE (keep 2m apart)

WHAT TO DO NEXT

- **Put on your face covering to go into Transition- All Persons competitors/accompanying adult (unless medical reason not to)**
- Proceed to NON-RACING ENTRANCE of transition, competitor to wear Cycle helmet & demonstrate working brakes on cycle. You will need to show the printed ticket from registration.
This will be just Youth/ Tristar 3 & 2 to start with, listen for announcements.
- Place cycle and helmet into transition on your numbered slot (and cycle clip shoes if using) – Nothing else and no marking position. As no water station on the run ensure bottles of water in transition & on the cycle.
- Pick up your YELLOW RACE PACK, this is at your cycle racking/laying down point, and the read instructions inside.
- Attach all labels to cycle and helmet
- Competitor put on coloured wristband.
- Parents to wear PHOTOS labels if taking pics/video

Then walk the cycle and run course - Ensure 2m social distance

CHANGING

- ALL COMPETITORS MUST COME CHANGED AND RACE READY THERE ARE NO CHANGING FACILITIES.
- We would ask that all Youth & TS3 competitors are ready to start at 10am

RACE BRIEFING – Video presentation only on this LINK (live soon)

THE RACE

- IMPORTANT YOU LISTEN FOR ANOUNCEMENTS SO NOT TO MISS YOUR START.

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- Competitors called in Category/batches of 20(max) to report to the assembly point opposite the swimming pool. All to line up in numbered order 2m apart.
- Bring Yellow Swim Bag, swim equipment please wear footwear.
- All competitors will be escorted by Hedgehogtri Team member to poolside to lay out kit, in their small groups.
- Parents are asked not to take the competitor there themselves.
- Kit to be laid out on poolside 2m apart (see markers 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



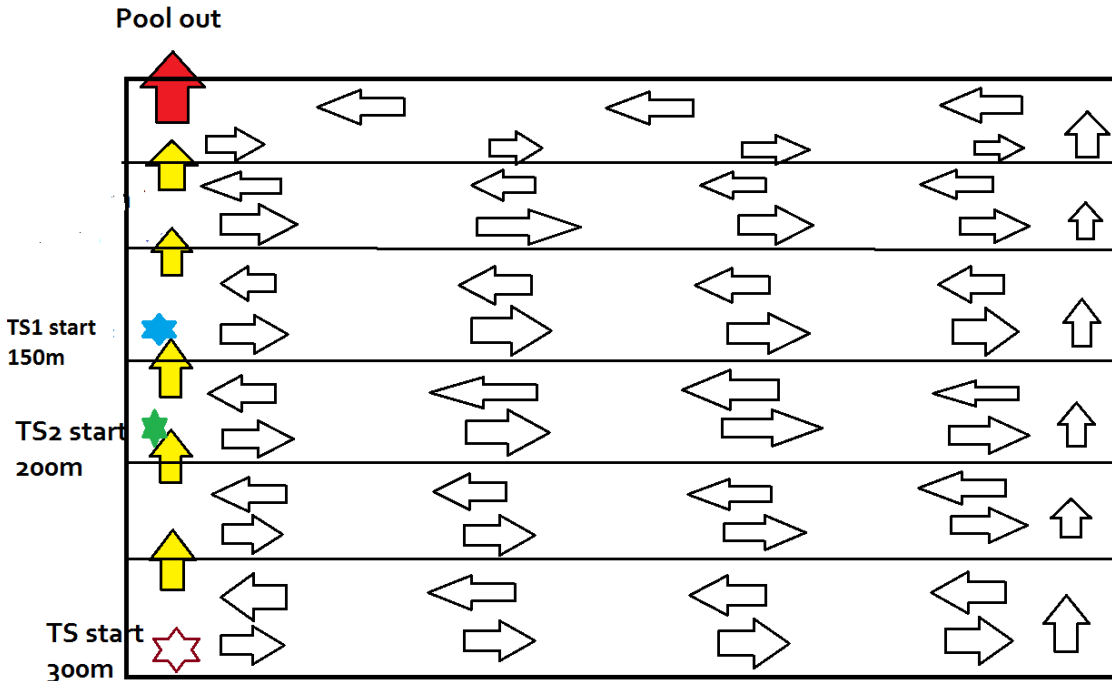
Order of starting from **10.05am**: Youth 15-16yrs – ORANGE, Tristars 3 13-14yrs – WHITE, Tristars 2 11-12yrs- GREEN, Tristars 1 9-10yrs – BLUE, Novice 2 11-14yrs – YELLOW, Novice 1 8-10yrs – RED.


Swim distances reduced (British Triathlon guideline to lack of training over recent months)

	Nov 1 + Tristart	Nov 2	TS1	TS 2	TS 3	Youth
Swim	25m(1)	50m(2)	100m(4)	150m(6)	200m(8)	300m(12)
Cycle	665m(1)	1200m(2)	2000m(3)	4000m(6)	6000m(9)	6000m(9)
Run	600m(1)	1200m(2)	1200m(2)	1800m(3)	2400m(4)	2400m(4)
Colour	RED	YELLOW	BLUE	GREEN	WHITE	ORANGE

- The children will be divided into groups of their colour start (Colour of wrist band) and will start in the water INDIVIDUALLY. 30 /40 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.

Kidstri Swim starts Tristars 1,2 3
Novice events swim in lanes as normal



 = Change lane, go under rope

- 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 TUMBLEURNS (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.

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- Exit via the fire exit at the deep end.
- Run to the cycle transition area along marked path turning right into the track area and to cycle transition. Enter via 'SWIM IN'
- Find your cycle and leave your YELLOW swim bag at your cycle racking/ laying place.
- **Footwear must be worn between swim and cycle transition.**
- **Video on how 'snake-style' swim works on the [link](#)**

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 the correct number of laps (competitors must count their own -with parent help)**
- YOU MUST KEEP 2M FROM THE CYCLIST IN FRONT (Covid-19 protocol)
- Overtaking wide 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.
- 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.**
- **YOU MUST KEEP 2M FROM THE RUNNER IN FRONT unless you are overtaking.**
- **Note there will not be a water station (unless a hot day) so competitors to supply own water supply (any disposable bottle must be put in the bins around the course and not discarded.**
- On completion of correct number of laps take route to the finish line.



YOUR SPACE (keep 2m apart)

FINISH

- The finish awaits the competitor and a Participation Medal and the roar of the crowd.

TIMING

- No Timing 'CHIP' as this is a Participation event and to reduce covid-19 risk.
- Only overall times in results (Start of Swim to Finish of Run)
- Cycle lap checks will be carried out.

CHILD WELFARE – measures in place.

- Welfare Officer – Jacqui Smith (red hi-vis – Welfare Officer – 07873 441005) – Based Registration / finish area
- Children changing – No Changing facilities- please arrive changed & 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.

RESULTS

- The correct number of cycle and run laps must be completed.
- Results will be listed in surname race number order.
- INTERIM RESULTS will be posted on the website <http://www.kidstri.co.uk/kidstri/results.php> hopefully by 7pm
- Any comments regarding the results please email info@kidstri.co.uk
- Results will be declared final on THURSDAY at MIDDAY.

TOILETS

- These will be in the Leisure Centre – please wear a face covering when entering the leisure centre. You will need to access via the front leisure centre entrance and give details for 'Track & Trace'.

FIRST AID

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

PUBLIC ADDRESS

- Commentary through the event will start at 10.05am, please listen out for announcements that may affect the race especially your call to start.

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CHARITY RAFFLE

No Charity raffle due to Covid-19 protocols

COLLECTING EQUIPMENT AFTER RACE

- Competitor to collect equipment asap after the race.
- Competitor may collect cycle and helmet via the non-racing entrance, under marshal control.
- Leave via non-racing EXIT, security check will be carried out so show your helmet/cycle labels.
- YELLOW Swim bag to be emptied, take all contents, and leave bag in the marked bins by EXIT for reuse.

SPECTATORS (covid-19 protocol)

- Ensure you set up your camp-out area a minimum of 3m away from the course tape, and 2m away from others.
- Standing only spectators are allowed by the edge of course tape AND keep social distance from all other non-family persons.
- Please no loud shouting towards spectator areas.
- Face covering to be worn in the cycle transition area and when entering the leisure centre to use the toilet. (adults & children 11yrs+)
- No viewing of the swim from inside the leisure centre.



YOUR SPACE (keep 2m apart)

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.co.uk or check out the novice information on the link below

<http://www.kidstri.uk/kidstri/noviceinfo.php>