



(Assisted by KidstriUK)

Race Information

RACE INSTRUCTIONS - PLEASE DOWNLOAD AND STORE ON YOUR MOBILE DEVICE FOR REFERENCE AT THE EVENT.

Age Groups	Novice 1 (8-10 yrs)	Novice 2 (11-14 yrs)	TriStar Start (8yrs)	TriStar 1 (9-10 yrs)	TriStar 2 (11-12 yrs)	TriStar 3 (13-14 yrs)	Youth (15-16 yrs)
SWIM	1 length (25m)	2 lengths (50m)	2 lengths (50m)	6 lengths (150m)	8 lengths (200m)	12 lengths (300m)	16 lengths (400m)
BIKE	1 short lap (665m)	2 short laps (1.3km)	1 short lap (665m)	2 long laps (2.0km)	4 long laps (4.0km)	6 long laps (6.0km)	6 long laps (6.0km)
RUN	1 lap (600m)	2 laps (1.2km)	1 lap (600m)	2 laps (1.2km)	3 laps (1.8km)	4 laps (2.4km)	4 laps (2.4km)
Race Coloured Race Band	RED	YELLOW	PURPLE	BLUE	GREEN	WHITE	ORANGE

Categories based on end of year age on 31st December (not age on race day)

VENUE

Westbourne House School,
Coach Rd,
Chichester
PO20 2BH

EVENT TIMETABLE

ALL Competitors register before racing.

09.00 Registration opens for ALL

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

10.15 Race briefing for ALL. Then escort Youth / TS3 to poolside.

10.15 Course closes for walking around.

10.30 Race Start for Youth & TS3

All other age group races follow these two older age groups.

BEFORE RACE DAY

- Download to your device or print off your 'Registration Ticket' and bring with you. (Instructions on the website – link emailed to you.)
- This will speed up your passage through registration.

Chichester Triathlon – 29th May

RACE INFORMATION

- You will receive a link to 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 (please see the map) and follow the event signs.
- Locate registration on the field with your competitor and the 'Registration Ticket'

REGISTRATION

OPENS 09.00hrs -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' attach to the LEFT ankle – PLEASE DO NOT LOOSE.

WHAT TO DO NEXT

- Get 'body marked' with the race number -on arm and calf.
- Open you RACE PACK and the read instructions
- Attach all labels to cycle and helmet
- Parents to wear PHOTOS labels if taking pics/video
- 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 10.15hrs

CHANGING

- Some changing facilities are available at the pool, parents/carers responsibility- for supervision.
- We would ask that all Youth/TS3 competitors are changed and ready before the briefing.

FAMILY PICNIC / CAMPING OUT

- Please ensure you are not set up within 3 metres of the edge of the course, this is standing area only.

RACE BRIEFING

- Cycle / Run course and Transition will be closed at 10.10hrs
- Race briefing at 10.15hrs for all.

THE RACE

- Competitors called in race groups to assembly area in descending numbered order, then a short brief and timing chip check.
- Then they will be escorted by the 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 just outside the pool area. *This area must be kept clear by spectators.*
- This is where the training shoes will be placed, together with the t-shirt and towel etc.
- As the run to the cycle transition is on rough pathway, shoes MUST be worn - no exceptions.

SWIM SECTION

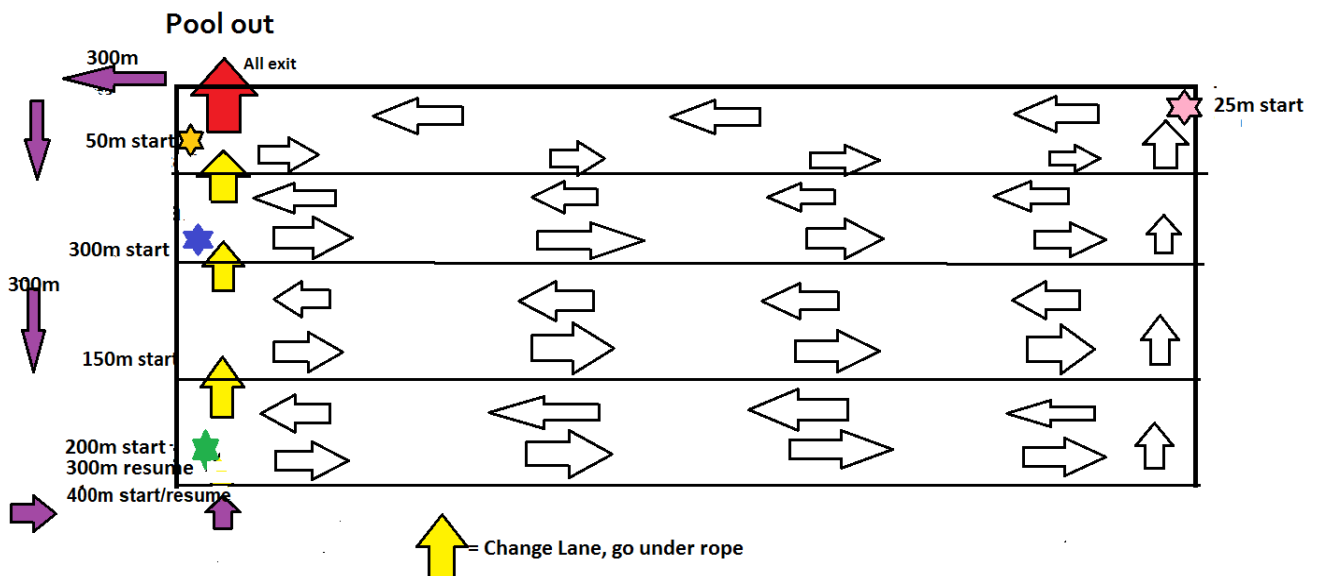
- Order of starting from 10.30hrs:

Youth	15-16yrs	-	ORANGE	400m (16 lengths)
Tristar 3	13-14yrs	-	WHITE	300m (12 lengths)
Tristar 2	11-12yrs	-	GREEN	200m (8 lengths)
Tristar 1	9-10yrs	-	BLUE	150m (6 lengths)
Novice 2	11-14yrs	-	YELLOW	50m (2 lengths)
TriSTART	8yrs	-	PURPLE	50m (2 lengths)
Novice 1	8-10yrs	-	RED	25m (1 length)

- 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.
- Faster swimmers start first (based on submitted estimated swim times)
- Youth – these athletes will start at the 200m starting point, swim 8 lengths, exit by the red arrow and then jump back in at the 200m starting point to complete another 8 lengths. They will then exit at the red arrow again to exit the swimming pool.

Kidstri Snake Swim starting in 4 lane pool

Distances: Novice 25m, 50m, Tristar 150m, 200m, 300m Youth 400m
 [300m = 100m> exit> walk to 200m entry point> enter (no diving)> swim 200m]



Chichester Triathlon – 29th May

RACE INFORMATION

- Swim start - shallow end
- Keeping right in the lane and 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 a tumble-turn then a warning will first be given)
- Please note - viewing the swim is only possible from outside, no inside viewing.

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.
- Drop Yellow bag at the marshal point
- Run to the cycle transition area along marked path
- Enter via 'SWIM IN'
- Footwear must be worn between swim and cycle transition.

CYCLE SECTION

- This is a lapping course on the grass (map on next page):

-	Short lap (yellow on map)	=	665m		
-	Large lap (orange on map)	=	1km		
-	Youth	15-16yrs	-	ORANGE	6km (6 large laps)
-	Tristar 3	13-14yrs	-	WHITE	6km (6 large laps)
-	Tristar 2	11-12yrs	-	GREEN	4km (4 large laps)
-	Tristar 1	9-10yrs	-	BLUE	2km (2 large laps)
-	TriSTART	8yrs	-	PURPLE	665m (1 short lap)
-	Novice 2	11-14yrs	-	YELLOW	1.3km (2 short laps)
-	Novice 1	8-10yrs	-	RED	665m (1 short lap)
- On reaching your cycle FIRST put on your cycle Helmet
- Push cycle (not ride) to the 'Bike Out'.
- If using a 'Tri-Belt' ensure your number is facing the BACK for the cycle section.
- Mount in the marked box.
- 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'. Therefore 600m = 1 lap.
- The run route is shown in pink in the map.
- If using a 'Tri-Belt' the bib number should be facing the FRONT for the run.
- Count and complete the correct number of laps.
- Water station on run course – used cups must be placed in the bins on the run course, not just discarded.
- On completion of correct number of laps, take route to the finish line.

- Youth	15-16yrs	- ORANGE	2.4km (4 laps)
- Tristar 3	13-14yrs	- WHITE	2.4km (4 laps)
- Tristar 2	11-12yrs	- GREEN	1.8km (3 laps)
- Tristar 1	9-10yrs	- BLUE	2.4km (2 laps)
- TriSTART	8yrs	- PURPLE	600m (1 laps)
- Novice 2	11-14yrs	- YELLOW	1.2km (2 laps)
- Novice 1	8-10yrs	- RED	600m (1 laps)

FINISH

- The finish awaits the competitor and a drink, fruit, and the roar of the crowd.
- Collect your medal from the table
- Timing chip to be removed by competitor and placed in collection bin on finish area exit

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

- Changing is available in the swimming pool area – please note these are public areas and parents/carers are responsible.
- The event Welfare Officer (Linda Roberts) is based at the Registration / Finish area and wearing the red hi-vis marked 'Welfare'. If you have any issues, please speak to Linda or the Race Director (Nicky McCulloch) in the first instance. Please contact Linda, if needed, on 07980 915 805 (during the event only)
- Children changing – Parent/ carer supervision responsibility.
- 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, and sign for, a GOLD coloured wrist band (NO PICS), from registration, to be worn by the competitor.
- All are asked not take pictures of children wearing the 'GOLD' wristband.
- Toilets are positioned at the swimming pool.
- 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 over enthusiastic in supporting your own young person.
- Other information on Safeguarding is on the event poster at registration and around the venue.

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 for 1st, 2nd, 3rd, will be presented with winner's trophies after each category race.
- INTERIM RESULTS will be posted on the Chichester Triathlon website, hopefully by 7pm. There will be no full results posted at the venue & individual results are not possible, sorry.
<https://chichestertriathlonclub.co.uk/ctc-member-attended-events/>
- Any comments regarding the results please email the race organiser cwtctristars@gmail.com
- Results will be declared final on Sunday at 7pm.

FIRST AID

- Supplied by Chichester Triathlon Club 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 (INCLUDING FROM THE 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

- Competitor 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 the non-racing exit bin ready for reuse.

WEATHER CONDITIONS

- 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.

ANY QUESTIONS? Please email cwtctrstars@gmail.com