



ATHLETE GUIDE

16 SEPTEMBER 2018



1. GENERAL INFORMATION

British Triathlon would like to extend a warm welcome to all competitors, coaches, team managers and spectators to Mallory Park. New for 2018 is the Accenture British Triathlon Mixed Relay. We're expecting an exciting day of racing to really end the 2018 season on a high!

Key Timings Overview

Start Time	End Time	Activity
07:00		Venue & registration area open
07:15	09:00	Transition open - Youth & Junior
07:45	08:00	Bike Familiarisation
08:45		Youth & Junior Mixed Relay Wave 1 to Swim Start
09:00		Youth & Junior Mixed Relay Wave 1 RACE START
10:45		Youth & Junior Mixed Relay Wave 2 to Swim Start
11:00		Youth & Junior Mixed Relay Wave 2 RACE START
11:00	12:30	Transition open - TriStar
13:30	14:00	Youth & Junior Mixed Relay presentations
13:00		TriStar Mixed Relay Wave 1 to Swim Start
13:15		TriStar Mixed Relay Wave 1 RACE START
14:25		TriStar Mixed Relay Wave 1 to Swim Start
14:40		TriStar Mixed Relay Wave 2 RACE START
16:30	17:00	TriStar Mixed Relay presentations
16:30		Transition Closes

2. VENUE

2.1 VENUE

The race venue is located at Mallory Park Circuit, Church Road, Kirkby Mallory, Leicestershire, LE9 7QE. Please note that dogs are not allowed in the Race Circuit or in the car park at any time.

2.2 MAIN EVENT SITE

There will be space in the main event site for teams to set up gazebos (see Appendix A). Gazebos will not be allowed to be set up without weights for the gazebo, and the maximum size of gazebo is 3x3. Please note that the event staff may ask for these to be taken down in certain weather conditions.

2.3 CAMPING

Camping is available at the venue at £10 per pitch per night. It will be available from 6pm on Friday 14 September. If you would like to camp please email chris@cyclingsmallory.com to arrange.

2.4 TOILETS AND CHANGING FACILITIES

Toilets are available in the white block at the end of transition. There will be no designated changing facilities on site.

2.5 MEDICAL SERVICES

First Aid and Emergency Medical services will be available at the venue on **Sunday 16** before and during competition hours.

A medical tent will be provided on site at the finish area.

2.6 HOSPITALS

The nearest hospital to the venue is Leicester Royal Infirmary, Infirmary Square, Leicester LE1 5WW

2.7 BIKE MECHANIC

British Bike Hire will be offering bike mechanic services next to the finish line.

2.7 CATERING SERVICES

Catering services will be available within the Inner paddock area, serving drinks and a selection of hot /cold food.

3. TRANSPORT/CAR PARKING

The event is taking place at Mallory Park, Church Road, Kirkby Mallory, LE9 7QE. Travel information can be found on the venue website [here](#).

Free parking is available in Mallory Park for all competitors. A £3 per day charge will apply for cars not carrying competitors, this will need to be paid to venue staff on entry by **cash only**. Please follow the signs and marshals who will direct you down to the car park. From here, access to the venue is via a footbridge across the main track. Please remember that many of our marshals are volunteering at this event so please be polite and respectful towards them.

3.1 ACCESSIBLE PARKING

Limited accessible parking will also be available closer to the course. If you require a disabled parking space, please contact majorevents@britishtriathlon.org prior to the event before 5pm Wednesday 12 September. You will need show your Blue Badge to gain access to this on event day.

3.2 REGIONAL TEAMS

If you require coach or minibus parking then please email majorevents@britishtriathlon.org with your request, indicating the vehicle(s) you require space for, before 5pm Wednesday 12 September.

4. REGISTRATION AND RACE BRIEFING

Registration will take place in the main Mallory park building throughout the day for **Sunday racing only**. Registration opens for all at 07:00, we recommend registering 90 minutes before your race start to ensure that you have enough time to get ready. Please be aware that you may need extra time in addition to this if you are having your bike check for gear restrictions. If at any point registration get particularly busy then a priority system will be used based on race order. Please make sure you know what team you will be racing in.

4.1 JUNIORS & YOUTH

Athletes must register in person. **All athletes** must present a valid and in-date race license at the time of registration to receive registration packs.

4.2 IRCs

Team managers must register for their athletes. To complete registration team managers will need to present all their athlete's valid race licences, and a signed consent form for each athlete. No registration packs will be issued for a region until all their athletes have provided both race licences and consent forms. Team managers will receive the race packs for their whole team once registered.

Consent forms can be downloaded [here](#) and must be signed by the legal guardian of each athlete. Athletes cannot register themselves!

4.3 RACE PACKS

Race packs will include the following items:

Race	Items
IRCs	Race Number, Helmet Sticker, Swim Cap, Timing Chip, Numbered Wristbands, Team Manager Accreditation
Youth Elite	Race Number, Helmet Sticker, Swim Cap, Timing Chip, Numbered Wristbands
Junior Elite	Race Number, Bike/Helmet Stickers, Swim Cap, Timing Chip, Numbered Wristbands

4.4 ACCREDITATION

Accreditation will be issued at registration to Team Managers as part of their region's registration pack.

Coaches wishing to be issued accreditation must email majorevents@britishtriathlon.org by **Wednesday 12 September**. These accreditations will be able to be collected at registration.

5. GEAR RESTRICTIONS

The top 3 finishers of each race (IRC / Youths) must have their bike checked after the race to ensure they comply with gear restriction rules. There will also be random bike checks conducted throughout the day.

Please see the British Triathlon website page [here](#) for full information on gear restrictions.

Please note: NO ACCESS to the main race venue is permitted on Friday 14 September or Saturday 15 September outside of competition hours due to site build. Any team or athlete(s) who chose to ignore this will be disqualified.

6. MERCHANDISE

Event specific t-shirts will be available to purchase at registration for £10.



6.1 Pre-Purchased T-Shirts

Youth & Junior athletes who have pre-purchased an event t-shirt will be able to collect their t-shirts when they collect their race packs at registration.

Team managers who have pre-ordered event t-shirts for their teams will be able to collect their t-shirts when they collect their team's race packs at registration. Team managers will also be able to collect any t-shirts pre-ordered by their team when they collect their race packs at registration.

7. FAMILIARISATION

Bike familiarisation will take place at 07:45. Please make sure you also study the routes using the course guides and maps provided, especially the bike course due to its technical nature.

Please note: Team Managers must complete the bike familiarisation with TriStar 2 and 3.

8. TRANSITION CHECK IN

Transition check in will take place on race day only.

The transition area is located in the main event site (Appendix A). Transition check in is located at the top end of transition, opposite the building used for registration.

IRC Team Managers are allowed to accompany their athletes into transition by presenting their accreditation.

8.1 ENTERING TRANSITION CHECK-IN

On entering the Transition Area, athletes must have the following items:

- Bike - with correct bike sticker
- Helmet - must be worn and fastened as you enter transition
- Race number
- Numbered Wristband

Transition check in is available throughout the day, times vary depending on age group. You will only be able to enter transition during the times shown in the table below. Transition does not open for TriStar's until 11:00. You should allow plenty of time to get set up as this area will be live when racing is underway, so you won't be allowed access outside of these times. Please be courteous to others and listen to the marshal's instructions.

All athletes will have their helmets, bike, and race numbers checked by a technical official on entering the transition area.

We therefore ask all competitors to be wearing their helmets and have their race number clearly showing as they enter the transition area. All helmets must be stickered up with the correct stickers distributed in the race packs during registration.

Bikes will be checked for draft legal compliance at the transition check in. Please arrive at transition check-in as early as possible to allow time to make any modifications if bikes do not conform to ITU rules.

Transition Check in and Out Times - Sunday 16 September

Age Group	Check In Opens	Check Out Closes
Youth & Junior	07:15	16:30
Tri Star	11:00	16:30

A-frame racking will be used for transition. Athletes are asked to set up their transition space so that it does not infringe on any other competitor's space besides them. All athletes will be racked according to age group category with race numbers clearly marked on the racking.

9 COMPETITION

9.1 COMPETITION SCHEDULE

Start Time	Race Category	Race No.
09:00	Youth & Junior Mixed Relay Wave 1	1
11:00	Youth & Junior Mixed Relay Wave 2	2
13:15	TriStar Mixed Relay Wave 1	3
14:40	TriStar Mixed Relay Wave 2	4

Each leg will have a different swim hat colour, this is to aid with the changeover process.

Leg	Swim Hat Colour
A	Orange
B	Red
C	Green
D	Pink

9.2 COMPETITION RULES

All races within the British Triathlon U20's Festival will be run under ITU competition rules which can be found [here](#).

IRC, Youth & Junior Competitors are asked to pay particular attention to bike legality rules for draft legal races.

For all information on draft legal bike setup, please visit the guide available on the British Triathlon website [here](#).

Any lapped athlete will be asked to withdraw from the event by a technical official.

9.3 UNIFORM

Uniform rules will be in place as a guide for all races but not enforced. However, any athlete with a front fastening tri suit **must** secure the zip with a safety pin to ensure it does not come undone during the race.

Race swim caps and bike helmet stickers will be issued.

9.4 RACE DISTANCES

Race	Swim	Bike	Run
Youth & Junior Mixed Team Relay	315m (1 lap)	5.8km (2 laps)	1.4km (1 laps)
TriStar Mixed Team Relay	150m (1 laps)	2.9km (1 laps)	1.1km (1 laps)

NB: Distance may be subject to change

9.5 RESULTS

Results Base will be providing live timing during the event. Results will be available after each race, they will be posted up in the registration building.

You must hand in your timing chip to a member of staff. Unreturned timing chips will incur a fee of £50 each.

9.6 PROTESTS AND APPEALS

Standard procedures will be followed according to the ITU Competition Rules. The race referee will post penalties at the timing area. For either a protest or an appeal, ITU rules will be followed, the appeal or protest has to be submitted to the Race referee. Full ITU protest and appeal rules can be found in the ITU rules at www.triathlon.org

10. COURSE DETAILS

Start

The swim start area can be accessed at the bottom of transition, please follow the instructions of the marshals and officials. Access to the swim start is via a crossing point by registration, please ensure you have enough time to get across in time for your start. This crossing point will be used by all athletes and spectators and you may have to wait to cross the course.

All athletes must be at the start area 15 minutes prior to their start time for a short race briefing. First leg (A) relay athletes will then go into the water ready for the race start. All other legs (B/C/D) will stay at swim assembly until a staff member asks you to move into the changeover zone.

All race starts will be a deep water start and there is no access to the water before the race. First leg (A) athletes only will be allowed into the water 5 minutes before the race

start time. The race referee with assistance from the technical officials will start each race with an air horn.

SWIM COURSE

The swim course for each race is clearly outlined on the course maps (Appendix B).

All swim courses will be a clockwise direction. You should keep yellow swim buoys on your right and red on your left.

The swim exit is the ramp that will enter the water via and will be clearly marked. Athletes will then run all the way along the barriered channel into transition.

An official water temperature will be taken by the chief swim official on the day and placed on the event notice board outside the registration area. Where water temperature may affect wetsuit use, the final decision will be taken one hour before each race start. Athletes will be updated of any changes to the use of wetsuits. This will be announced as well as displayed in the registration area.

Race	Distance	Laps
Youth & Junior	315m	1
TriStar	150m	1

BIKE COURSE

Please see course maps (Appendix B) for detailed bike routes. Each lap is technical and contains undulating sections. Athletes will leave transition and head towards the mount line, marked with **green** tape and manned by officials with red flags. Please note that the initial section of the bike course is quite narrow, but this will be fully barriered routes.

Race	Distance	Laps
Youth & Junior	5.8km	2
TriStar	2.9km	1

The dismount line will be marked with **red tape** and managed by technical officials.

Athletes must dismount their bike before the dismount line. If an athlete incurs a time penalty it must be taken on the run course. **The penalty box will be in place towards the end of the run lap. Only accredited coaches and team manager's will have access to the Penalty Box area.**

If you are lapped during the race you must fall back and cannot draft with lapping athletes. If you withdraw from the race during this stage, you must tell a marshal or Technical Official your race number and hand in your timing chip.

Wheel Station

There will not be a wheel station available.

RUN COURSE

Please see course maps (Appendix B) for detailed run routes.

Athletes will exit transition and then follow the run course which is marked by cones as it partly runs parallel to the bike course in the opposite direction.

The course joins the lakeside path by turning left out of the inner paddock. The run is a flat course that uses the lakeside path and is a looped run route. At the end of the lap, there will be signs straight ahead for laps or left to the finish.

Athletes are responsible for counting their own laps.

Race	Distance	Laps
Youth & Junior	1.4km	1
TriStar	1.1km	1

If you withdraw from the race during this stage, you must tell a marshal or Technical Official your race number and hand in your timing chip.

Aid Station

There will be 1 aid station situated on the run course approximately 150m into the lap, this will consist of water only.

CHANGE OVER ZONE

The change over zone will be located opposite bike out. 2nd 3rd and 4th leg (A/B/C/D) athletes will need to wait in the swim assembly area until a member of staff asks you to move into the changeover zone. When you are called into the changeover zone you will wait until your preceding athlete tags you and then you can start your leg of the race by making your way into the water. The 4th leg (D) athlete only will run through the changeover zone and into the finish chute, all other athletes will finish their leg in the changeover zone. Water will be available in this area.

PENALTY BOX

The penalty box will be located towards the end of the run lap, roughly 150m from the finish. Athletes doing more than 1 lap will have the choice of entering this on any of their laps.

If an athlete has a penalty it is their responsibility to stop and serve that penalty. Race numbers will be clearly noted on the penalty box board. Failure to serve a penalty will result in disqualification.

If you need to serve a penalty the official will; sound a whistle, show a yellow card, call your number, and advise you of the penalty, if you are shown a red card you may be disqualified.

FINISH AREA

There will be water and fruit available at the finish line. Please take care in this area and avoid congestion by waiting for team members outside of the finish chute. Staff will be available to help if you need refreshments from this area, please ask before entering.

CAUTION

If you hear 3 sharp whistles and red flags waved this indicates to take caution and you should pay extra care and slow down.

POST RACE PROCEDURES

There is a gazebo placed at the finish area for immediate post-race recovery (water and fruit etc. available). There is medical provision at the finish if required. First Aid is available through out the event.

11. PRESENTATIONS/MEDAL PRESENTATIONS

The presentation area will be situated outside the main Mallory park building that will also house registration. Please make sure you are there **10 minutes prior** to presentations commencing.

Time	Presentation
13:30 - 14:00	Youth & Junior Mixed Relay Presentations
16:30 - 17:00	IRC Mixed Relay Presentations

If an athlete is unable to attend their presentation their award will be posted to them after the event.

Only those selected for the first wave of racing in the Youth & Junior category will be eligible for the Mixed Relay medals.

12 PARENTAL CONDUCT

Parents, guardians or accompanying adults must conduct themselves in a proper manner; failure to do so may result in disqualification of the competitor. As per rule 23.6 of the British Triathlon Rule Book misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening or abusive language
- Failure to obey marshals / official's instruction
- Tampering with equipment of others
- Unsporting impedance

All individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

13 EVENT PHOTOGRAPHY POLICY

British Triathlon photography policy will be in place for athletes under the age of 18. All athletes are required to complete a British Triathlon Parental/Carer and Young Person Consent Form for the Use of Photographs and Recorded Images. This can be downloaded [here](#).

It is essential that you bring this form with you to registration. If we do not receive the form it will be taken that you approve for your child to be photographed or recorded at the event, and as such used for promotional purposes following the event.

REGISTERING YOUR CAMERA

Members of the public or attendees to this event who intend to use photographic or video equipment are required to register their details with the event organiser.

Photo registration will be conducted inside the registration area.

Any individual found to be taking photographic or video images without having registered may be challenged and asked to stop immediately.

EVENT PHOTOGRAPY OPT OUT

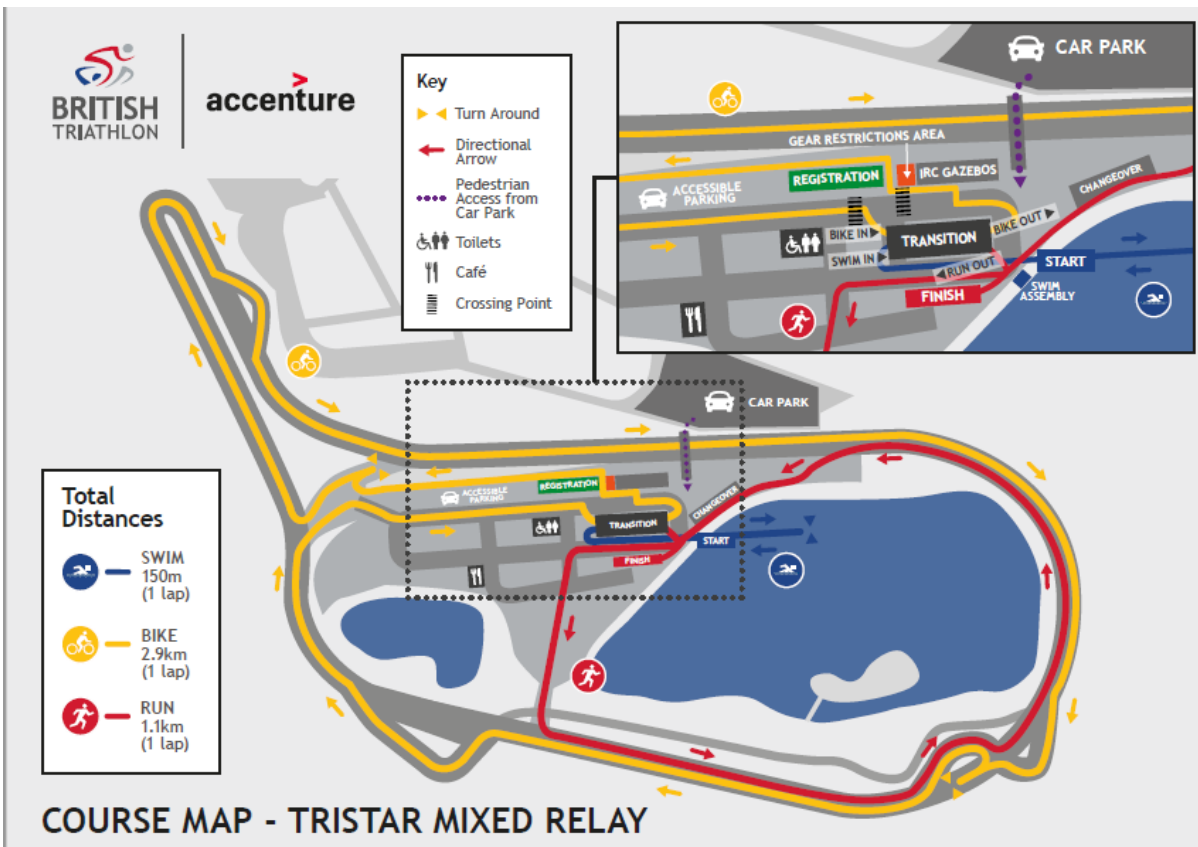
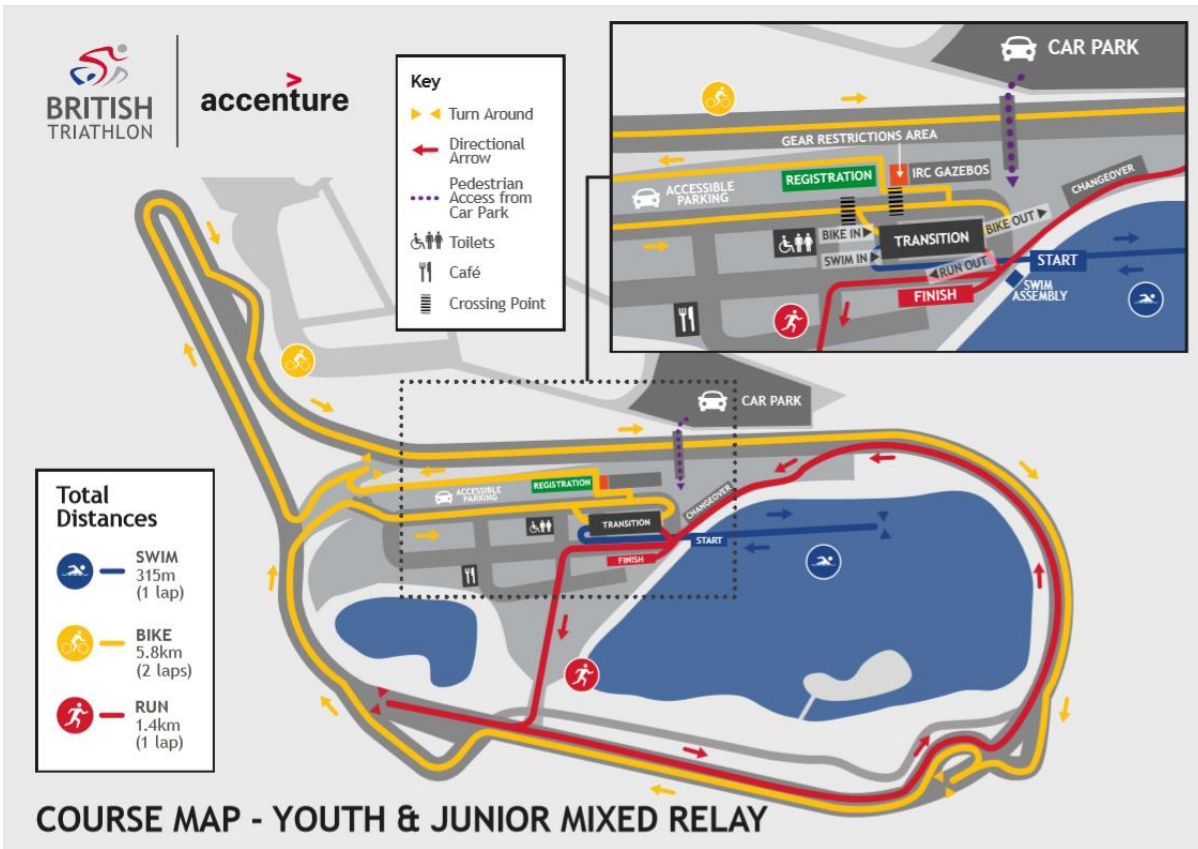
If a parent wishes to NOT have their child photographed at the event, they will need to fill out and sign the photography non-permission / opt out form and will then be given a wristband so they can be identified by event photographers. All team managers would have been sent one of these via email and the form will also be made available at registration.

For parents who wish to take their own photos at the event then they will be required to fill out the photography registration form in accordance with the event photography policy as outlined above.

Appendix A - Site Map:



Appendix B - Course Map:





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MALLORY PARK

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