

Blackpool Junior Triathlon incorporating the Triathlon England North West Club Championships

(Part of the Triathlon England North West Junior Triathlon Series)

Sunday 21st September 2014, 11am until 3pm
at Palatine Leisure Centre, St Annes Road, Blackpool, FY4 2AP

Pre Race Information Pack

Parents & Spectators

Parking

Parking is in the Leisure Centre car park.

Arrival Time and Registration

Registration will be open at 9:30 am and close at 1.35pm and operate on a rolling basis allowing competitors to arrive just 1 hour before their race. As there will be a large number of entries, please arrive in plenty of time for registration, bike racking, course familiarisation etc. especially if you have not raced at Blackpool before. Do not attempt to rack your bike until you have registered.

Approximate Race Times

The first wave will start promptly at 11.00am with Tri Star Start, Supersprint, Sprint, T1, T2 and T3. Juniors and Youths

Wave start times will be on display at registration and we will make every effort to adhere to these.

Provisional Timetable – subject to change	
11:00	Tristars Start
11:10	Supersprint
11:20	Sprint & T1 Mixed
11:35	T1 Girls
11:50	T1 Boys
12:05	T2 Girls
12:35	T2 Boys
13:05	T3 Girls
13:35	T3 Boys
14:10	Junior & Youth Girls
14:35	Junior & Youth Boys

The times above are estimated start times for the first wave in an age group and will be subject to change depending on how many competitors we have on the day. The final timings will be detailed in the final briefing pack that will be issued to all entrants on Wednesday 17th September 2014.

Spectator Vantage Points

Swim

There is a large, elevated tiered section of seating at pool side with excellent views of the pool. After the swim, you will be able to come down the stairs and exit the rear of the building through the 2 fire doors. From here make your way to the viewing areas, taking care when crossing the run course. Please familiarize yourself with this route before the event.

Bike

The bike leg is inside high security fencing on a 1km circuit (effectively about 400 or 500m long). There are many vantage points for spectators along this stretch, outside the fencing, but the small section around transition will be secure and there will be NO ACCESS to parents/spectators. ONLY competitors and marshals will be allowed inside the bike race circuit.

Run

The run leg is on the large adjoining school field. The course will be marked off but there are plenty of vantage points and you will be able to collect younger children from the finish line area.

Refreshments

There will be a food van close to the action offering a variety of food, snacks and drinks. There are also vending machines within the reception area of the leisure centre.

Changing Facilities and Toilets

There are ample changing facilities and toilets within the leisure centre.

Competitors

Chip Timing

The race will be chip timed. You will be given your chip at registration. Make sure you put in on correctly and securely. Marshals will be on hand to assist. If you lose your timing chip there will be a charge of £15 levied which must be paid immediately.

Registration

At registration you will be given a race number, timing chip, and number labels for both your bike and helmet.

Transition - Bike Racking - Bike Retrieval

Transition will open at 9.45am. Bikes will be racked in specific areas by age-group and race number to ensure fairness. The transition marshals will let you know your specific location when you come to rack. Your bike should be racked no later than 30 minutes before your race start.

Due to the large number of competitors, and for security, no spectators or parents will be able to access the transition area AT ANY TIME. Marshals will be on hand to assist the children if required.

Bikes and equipment should be removed from transition as soon as possible after your race has finished, but the marshals will ensure that there is no interference to those still racing. For security, your race number will be required to collect your bike.

Depending on competitor entries we may not be able to rack all the bikes at one time. If this is the case details of when bikes can be racked will be issued in the Final Race Briefing Pack on Wednesday 17th September 2014.

The Swim

- Please be at poolside no later than 15 minutes before your start time, ensuring your bike has been racked in transition.
- A briefing will be given to each wave before they start.
- You will be told which lane you are to swim in. We will aim [but can't guarantee at this stage] to have no more than 2 swimmers per lane so you can swim along one side of your lane.
- Tumble turns WILL BE ALLOWED, but care must be taken to avoid the other competitor in your lane.
- Although there are lap counter marshals, it is YOUR responsibility to swim the correct number of lengths.

The Bike

- DO NOT touch your bike until your helmet is on and fastened.
- On collecting your bike, you will leave transition and turn LEFT so that you cycle the course CLOCKWISE. There will be a clearly marked MOUNT line, which you must cross before mounting your bike.
- Please note this is a NON-DRAFTING race. Time penalties will be given if competitors are seen to be drafting. Drafting rules can be found in the rule book here: www.britishtriathlon.org/britain/documents/about/rulebook_2012.pdf and are also explained in appendix 4. (This rule will not be too rigorously enforced for the younger children)
- After completing the required number of laps, you must dismount your bike before the clearly marked DISMOUNT line and push your bike back into transition.
- DO NOT undo or take off your helmet until your bike is back in the racking.
- For competitor safety, time penalties will be issued for helmet violations.
- It is YOUR responsibility to count the correct number of bike laps.
- Marshals will be there to help you in transition if required.

The Run

WATER STATION: There will be a water station located at a point just after the start of the run, which is also where the run laps pass too. Therefore there will be the opportunity to take water at each lap.

- You will leave transition on a clearly marked pathway into the adjoining school field where the run course will be set out.
- There is a small lap (600m) and a large lap (800m) of the field.
- The point at which the two courses diverge will be a clearly marked.
- For Tristart, supersprint, sprint, T1 and T2 races, the longer course will be closed off at the diverging point, to ensure the shorter course is run.
- For the youth, junior and T3 races, the shorter course will be closed off at the diverging point, to ensure the longer course is run. The number of laps required is listed in appendix 1.

The course will be clearly marked out with barrier tape so please be sure you know how many laps of which course you have to run.

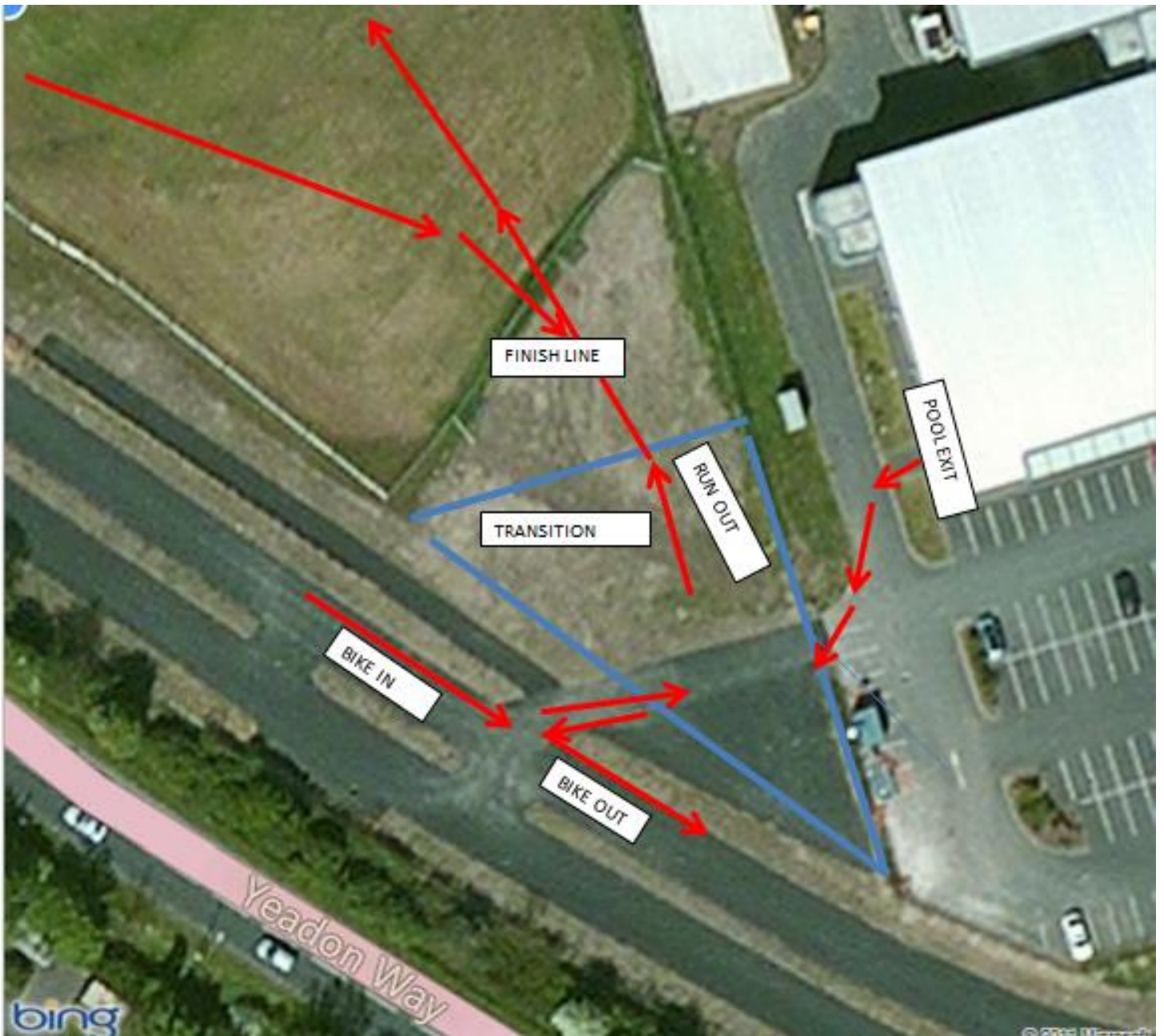
The Finish

At the end you will be given a finishers medal and a drink. A big smile as you cross the line is compulsory! It is vital that you remove your timing chip and hand it to the timing marshals. Well done.... if this is your first Triathlon you are now a Triathlete!

Appendix 1 - Race Distances (Run are approximate distances)

<u>EVENT</u>	<u>AGE</u> (at <u>31/12/14</u>)	<u>SWIM</u>	<u>Lengths</u>	<u>BIKE</u>	<u>Laps</u>	<u>RUN</u>	<u>small laps</u>	<u>large laps</u>
Tristar Start	8 years	50m	2	1km	1	600m	1	
Super Sprint	9 to 16	50m	2	1km	1	600m	1	
Sprint	9 to 16	150m	6	4km	4	1200m	2	
Tristar 1	9 or 10	150m	6	4km	4	1200m	2	
Tristar 2	11 or 12	200m	8	6km	6	1800m	3	
Tristar 3	13 or 14	300m	12	8km	8	2400m		3
Youth	15 or 16	400m	16	10km	10	3200m		4
Junior	17 - 19	400m	16	10km	10	3200m		4

Appendix 2 - Overview of Transition Area



Appendix 3 Schematic Run Course Layout



Appendix 4 Drafting Rules for illustration only (road racing UK)

Diagram 1 Distance of Drafting Zone for ALL Competitors

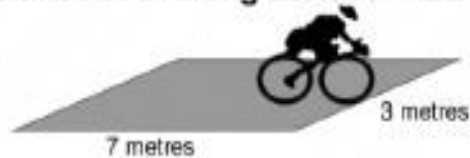


Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to repass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

Diagram 3 Blocking



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

Diagram 4 Drafting and Not Drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.