



Saturday 19th September 2015: 11am - 4pm

Salt Ayre Sports Centre
Doris Henderson Way
Salt Ayre Lane
Lancaster LA1 5JS

FINAL RACE BRIEFING DOCUMENT

Triathlon England North West Region Junior Club Championships 2015

Thank you for downloading the FINAL RACE Briefing Document for the Triathlon England North West Region Junior Club Championship Triathlon organised by the Triathlon England North West and managed by many of the North West Regions Junior Triathlon Clubs. Particular thanks go to Bolton Tri Club [who are officiating the run course], COLT, [who are officiating the swimming pool], Mersey Tri [who are officiating the bike course, Carlisle Tri Juniors [who are manning registration and have purchased the goody bags] plus members of other clubs and the Triathlon England North West Committee who will also be helping on the day.

Please read these notes carefully. We have tried to put as much information as possible into them to avoid lengthy race briefings. If there are any queries not dealt with by these notes, you can either make enquires on the day at registration desk or contact the race organiser Rolf Cooley on 07922 030359 or at rolf.cooley@talktalk.net

Before getting into the main content of the RACE Pack I'd like to draw your attention to four areas that our race officials will be watching closely on race day. Failure to comply with the four areas below could bring a race penalty.

1. **Drafting on the bike.** This race is a non-drafting race which in simple terms means that you can't ride round the bike course closely following the rider in-front all the way as this is giving you an advantage. More details about the drafting rule can be found in Appendix 1 of this document.
2. **Mounting and dismounting** in the correct place. Competitors should mount their bikes AFTER the mount line. They should dismount their bike BEFORE the dis-mount line.
3. **Bike Helmet rules.** Competitors must have their helmet on their heads and done up BEFORE they touch their bike. The helmet must remain on their head and done up until the bike is racked at the end of the bike section.
4. **Competitor and Spectator behaviour.** The Triathlon England North West Committee are determined to create a safe, friendly, enjoyable and respectful environment at all it's Series races. Poor behaviour by spectators or competitors will not be tolerated and will result in the competitor being disqualified. Any behaviour that may fall into this category should be reported to the Lead Race Referee, Fiona Myers, on race day. Please also see section 13 "Rules" of this document and note rule 12.

Please make sure all competitors and spectators make themselves familiar with the rules of this race [Section 13, Rules in this document] and the above 4 rules in particular.

On to the race:

IMPORTANT - Please bring with you on race day a plastic container, box or bag that can be used to put your swim equipment that is left in the pool after the swim has been completed. This should be labelled with your name so you can identify it after the race.

This event will take place between 11am and 4pm on Saturday 19th September 2015 at Salt Ayre Sports Centre, Lancaster. The event will consist of a swim in an 8 lane 25m indoor heated pool followed by a cycle and run on the adjacent cycling and running tracks with an off-track run for Tristar 3, Tristar Youth and Juniors. Competitors will put on their trainers and T shirt/race belt at the pool side and then run approx. 200m to the transition area to collect their bikes and helmets. After completing the required number of laps of the cycle course, competitors will leave their bikes back in the transition area and proceed to the run course. The event is continuous and competitor's times will be based on the difference between their swim start and the time when they cross the run finish line. Transition times are therefore included.

This race is the last event on the North West Junior Series so not only are individual Series points up for grabs, but entrants also have the possibility of scoring points for their Clubs in the Triathlon England North West Junior Club Championships. See Club Championship rules in section 18.

Anyone can enter this event - you do not need to be a member of a Club nor do you need to live in the North West Region to enter this event.

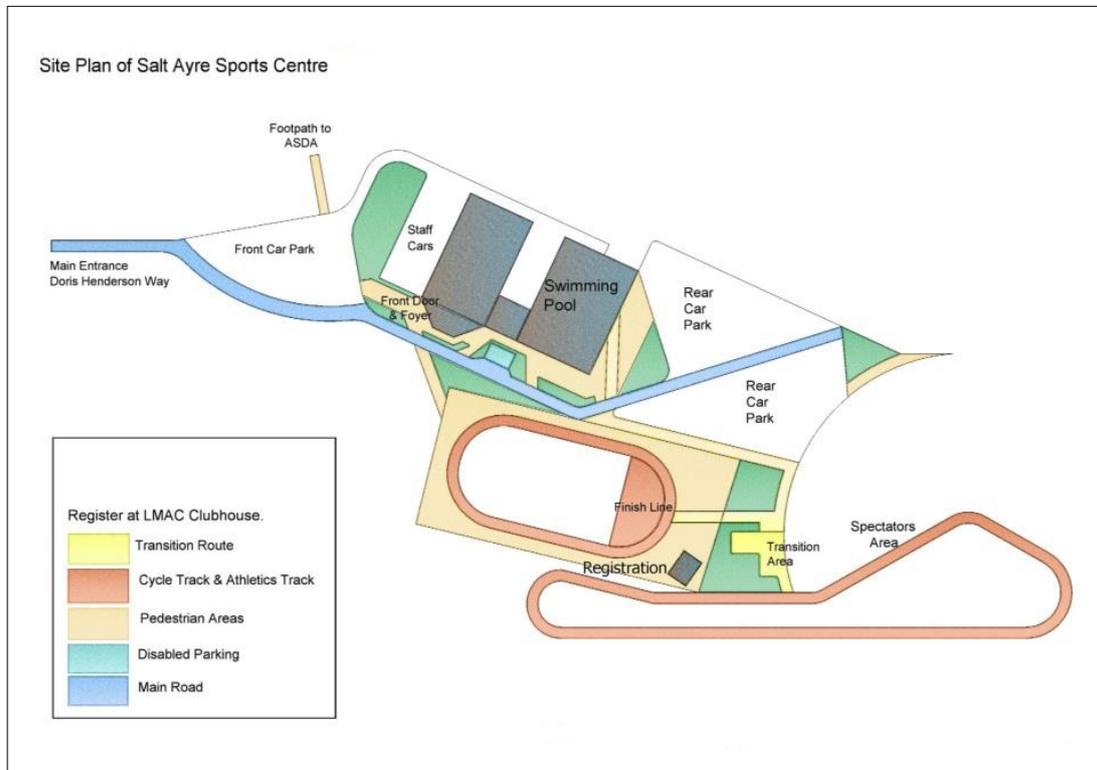
1. Directions:

From either the North or the South, get onto the M6. Exit the M6 at junction 34 and at the end of the slip road turn right on the A683 (Caton Road) towards Lancaster. Follow this road into Lancaster and then follow signs for Morecambe remaining on the A683. (There are signs to the Leisure Centre from here). You go across the river Lune, continue until you reach a roundabout where you turn left on to B5273 (Ovangle Road). Go past ASDA and the next turning on the left is the entrance to the Leisure Centre. Follow this access road to the sports centre and go past the centre itself to Car Park B. There is a short road leading from this car park which leads to the transition area from which access to both the athletics track and the cycle can be gained. Please park in the car-park, not on the access road since this is required by the race organiser's vehicles and is also the emergency access route

You can obtain specific directions from www.multimap.com. Select the “get directions” button and enter your own postcode and the sports centres, which is LA1 5JS.

2. Registration

We will be operating a rolling registration which will be open from 9.30am. Registration will close at 2.10pm or when all competitors have registered, whichever is the sooner. This system will allow competitors to turn



up to their event in a “just in time” manner.

COMPETITORS MUST REGISTER AT LEAST 1 HOUR BEFORE THEIR RACE.

COMPETITORS BIKES SHOULD BE RACKED AT LEAST 30 MINUTES BEFORE THEIR RACE BRIEFING.

Registration will take place in the athletic huts next to the run track. The map above shows the location of the registration building.

BTF members must present a current valid race licences. Failure to do this will mean that a £1 charge will be made to cover a day licence. Please don't argue with registration staff if you have forgotten your license, you will need to pay £1 for your day licence. Everyone that is not a member of the BTF should have received an e-day licence via e-mail with the FINAL Race Document.

Your race envelope will contain:

- 2 race numbers. If use a race belt you will only need one of them.
- 1 laminated race number for your bike
- 3 cable ties to attached the bike number to your bike
- A small sticky label number is to be attached to the front your helmet

You will be asked to have your race number written on your RIGHT arm and LEFT leg. When queuing for this please have your arm and leg ready so this can be done quickly to avoid queuing.

Safety pins to attach your numbers will be available in registration.

If you are using a race belt please make sure your number is clearly visible and on the back for the bike and on the front during the run.

If you wish to take photographs or videos of the race please register your intention to do so in registration and clearly wear the sticker provided. People using recording equipment and not displaying a sticker will be challenged by the race officials.

When arriving at registration this is the order of events that should be followed:

- Stand in the queue relevant for your SURNAME to collect your race envelope and timing chip. There will initially be 3 queues covering SURNAMES A to E, F to M and N to Z.
- Collect safety pins if you need them.
- Get numbers on your arm and leg.
- Sign to take photos or video of the event and taker sticker.

3. Transition:

We will operate a split transition where competitors put their trainers and race belt (or t-shirt) on at poolside after the swim and then run to the bike transition where they will put their helmet on and proceed with their bike to the cycle track. Some competitors may choose to run bare foot to the bike transition area if they are using cleats. The 200m route between pool and bike transition is tarmac through the car park and stone paving slabs. You will take this option at your own risk.

Transition will open at 10.15am for waves 1 & 2.

Transition will open at 10.30am for waves 3 to 10.

Transition will open at 1.00pm for waves 11 to 15. [T3 and Youth]

Competitors in waves 1 to 6 MUST collect their bikes by 12.30pm as the racking will be used for the T3 and Youth racing.

Marshals will show you where to place your bike and will check your bike for safety. If your bike is deemed unsafe you will not be allowed to compete and are not entitled to a refund. It is your responsibility to ensure that your bike is properly maintained. The manager of the transition area will be an experienced cyclist who is fully briefed on the risk assessment associated with the event. His decision is final in the case of disagreement over the safety of a competitor's bike.

We are aiming to have all the racking numbered, so you MUST rack your bike in the position where your number is shown. After the bike leg has been completed, your bike must be returned to the same place.

Parents and guardians will not be allowed into transition during the race and **ONLY** one parent of Tristar Start & T1 competitors will be permitted to accompany their children in transition prior to the races starting.

4. Weather, Clothing & Safety:

The bike section will be on the dedicated Salt Ayre Cycle Racing circuit. Under very wet conditions this track cannot be used and the event would be either cancelled or the organisers would offer competitors an Aquathlon. In the case of clothing, parents should use their own discretion but the organisers will not allow competitors to mount their bike if there is any loose clothing (eg. untied shoe laces that could cause an accident). In the case of the run, competitors should note that the exit to transition is on concrete. The organisers hence strongly advise against the use of spikes for the run. For the run to bike transition, competitors MUST put their helmet on and fasten the chin strap before touching the bike. Once they have taken their bike off the rack, (marshals will assist the younger competitors) competitors must push their bike to the mount line. No scooting is allowed. Take great care when joining the track, cyclists may be approaching at speed to your left as you leave the coned area. Drafting is not allowed.

5. Race Briefing:

There will be a short race briefing before each swim wave which will be specific for that wave. The schedule we plan to follow on race day is shown below.

Wave	Event	Poolside briefing	Start Time	Swim		Bike		Run (not including the 200m from pool to bike transition)	
				Distance	Lengths	Distance	Laps	Distance	Laps
1	Super Sprint (mixed)	11.00	11:10	50m	2	1,300m	1	400m	1
2	Tristar Start (mixed)	11:10	11:20	50m	2	1,300m	1	400m	1
3	Tristar 1 girls	11:20	11:30	150m	6	3,900m	3	1,200m	3
4	Tristar 1 girls + Sprint girls	11:35	11.45	150m	6	3,900m	3	1,200m	3
5	Tristar 1 boys	11.50	12:00	150m	6	3,900m	3	1,200m	3
6	Tristar 1 boys	12.05	12.15	150m	6	3,900m	3	1,200m	3
7	Tristar 2 girls	12.20	12.30	200m	8	5,200m	4	1,600m	4
8	Tristar 2 girls	12.35	12.45	200m	8	5,200m	4	1,600m	4
9	Tristar 2 boys	13.05	13.15	200m	8	5,200m	4	1,600m	4
10	Tristar 2 boys	13.20	13.30	200m	8	5,200m	4	1,600m	4
11	Tristar 3 mixed	13.35	13.45	300m	12	7,800m	6	2,400m	out and back
12	Tristar 3 girls	13.55	14.05	300m	12	7,800m	6	2,400m	out and back
13	Tristar 3 boys	14.15	14.25	300m	12	7,800m	6	2,400m	out and back
14	Youth girls	14.35	14.45	400m	16	9,100m	7	3,000m	out and back
15	Youth boys	15.00	15.15	400m	16	9,100m	7	3,000m	out and back

6. The race

All participants will start in the pool and complete the required number of lengths. There will be one or two competitors per lane so that means that participants can swim next to each other keeping their side of the lane at all times.

On completion of the required number of lengths, competitors then climb out of the pool and walk to their poolside transition area, put their trainers [optional if shoes are on their bikes] and race belt on, take their swim cap and goggles off. When all competitors have left the pool the marshals will put each competitor's equipment into their container vessel [the one you brought with you] that they have left in their transition area, and then place the container outside the pool exit for collection after the race. The container should be clearly labelled with the competitor's name. On exit from the pool competitors will run to bike transition. After collecting their bike [and helmet first], competitors push their bike to the cycle track where a mount line will be marked. A coned acceleration lane will be provided to allow cyclists to get up to speed before merging with any existing riders.

Note that any existing riders will be on your left and may well be going at significant speed, which you should take account.

At the end of your cycle laps you should move to the outside of the track and enter the coned deceleration lane. At the end of the deceleration lane, is the dismount line. After dismounting you should push your bike back to the transition area. You will then continue back to the running track (or the out and back course for Tristar 3 & Youth), and complete the distance required for your event.

7. After the Race:

On completion of the race please go back to transition and exchange your race number for your bike and helmet using your race number to identify yourself. Your race number that's written on your body will not do. Without your race number you will not be allowed to remove any equipment from transition.

Ensure that the marshal removes your bike race number before you leave transition.

Your goggles, towel and swimming cap will be outside the pool area next to the pool exit in the container you left in the poolside transition area.

8. Route Maps:

As most of the race is on an athletic track and dedicated cycling track, the routes are fairly straight forward. The route maps at the back of this document so hopefully the route will be clear.

8. Sprint and Supersprint Events

These events are not part of the NW series or part of the NW Club Championships. Participants will be of different ages. For newcomers they are an enjoyable introduction to multi-sport events.

10. Photography

Anyone wishing to take photographs or video must fill out a form at registration giving their details. You will then be given a sticker, which must be worn during the event.

11. Personnel

There will be a safety officer and first-aiders on site. Marshal's will be recognizable by the yellow tabards – in case of emergency – please see any of these.

12. Parental Consent and Insurance

We have conducted a full risk assessment of the event to minimize any safety risks. However we need to remind you that you have signed the parental consent section of the entry form which states '***I declare that the competitor is fit to compete, and will abide by the rules of BTF and of the organisers terms and conditions. I accept that the organisers and their friends and associates are not liable for any loss, damage, claim, injury (including fatal) or expense that may arise in consequence or participation in this event.***' Please notify the Race Organiser of any health problems or disabilities that we need to be aware of.

BTF members must present a current valid race licences to confirm their personal accident insurance. Failure to do this will mean that a £1 charge will be made to cover a day licence. Those who are not members of the BTF will receive an e-day licence with the FINAL Race Briefing Pack, which will give them the same insurance cover for this event only. The cost of this has been included in your race entry fee.

13. Rules

1. Only freestyle and breast stroke are allowed whilst swimming.
2. There will be no diving from the poolside. All competitors will start in the water.
3. You are responsible for your kit. Please ensure your bicycle is in sound mechanical condition.
4. Parents can encourage but must not distract any children. There have been instances in the past where "over enthusiastic" parents/relatives/carers have caused distress to their children and/or alarmed other children and parents. Remember that the overriding aim of these events is for the competitors to enjoy themselves, have a positive experience and continue to participate in sport.
5. It is the responsibility of the competitors to count their own swim lengths and their own bike and run laps. Marshals are there to direct competitors round the course. During the swim when there are two lengths to go a coloured float will be put into the water that should be visible to the competitor. ***Marshals will do their best to aid competitors to count their lengths and laps but will not be responsible if the competitor gets their lap count or number of lengths wrong.***
6. You may walk as quickly as you like when on poolside but no running will be allowed.
7. In line with British Triathlon rules boys are not allowed to cycle or run in just swimming trunks, a T-shirt, vest or tri-suit must be worn. However girls can do the event in a swim costume if they wish. Tri-suits must remain fully zipped up whilst competing.
8. You will be given a number and safety pins for your t-shirt/race belt. If you are using a race belt, your number should be displayed at the back during the cycle and at the front during the run. If you are not using a race belt, please use the numbers provided pinned to the front and back of your T-shirt.

9. You will be given one sticker for your helmet. Please stick this on the front of your helmet. These will assist the marshals who will be counting your cycle laps and help to reunite you with your equipment after the event.
10. In addition, you will be provided with a bike number plate which should be attached to your handlebars (the number facing forwards) using the zip ties provided. When you have attached you number please check that it is clearly visible from the front as it will be used to count bike laps. If you wrap the number tightly round your handlebars it will not be visible and you may be given a time penalty. The marshals in the transition will provide and assistance as necessary. Note that the transition marshals will remove the numbers from your bike whilst you are completing the second run section. If a number is still attached to the front of your bike when you come to collect it, please speak to a marshal who will remove it for you.
11. Marshals and other helpers have volunteered to assist with the smooth running of the event. They are not there to be verbally abused. Any such abuse by either a competitor or parent/carer of a competitor will result in the disqualification of the competitor by the organisers. The organisers will enforce the BTF rule reproduced in 12 below:
12. **Failure by a competitor/accompanying adult/parent/guardian to carry out instructions from officials, or failure to conduct him or herself in a proper manner may lead to disqualification of the competitor and/or disciplinary action against the competitor by the appropriate Home Nation Association or British Triathlon. Misconduct by a competitor/accompanying adult/parent/guardian may include but is not limited to:**
 - **Threatening, abusive or insulting words of conduct**
 - **Failure to obey marshals'/officials' instructions**
 - **Handing water bottles or any other equipment to, or collecting them from, competitors**
 - **Tampering with the equipment of others**
 - **Unsporting impedance**
13. HELMETS ARE COMPULSORY FOR THE CYCLE RIDE. They must fit properly and be of an approved type (British Standard BS EN 1078:1997). When entering the transition for the first time, competitors must not touch their bike until their helmet is fastened. On returning to transition, competitors must not remove or unclip their helmet until they have put their bike down. NO HELMET = NO RACE
14. 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) The centres of both wheels must be past the mount line before you mount your cycle. See appendix 1 below for an illustration of this rule.
15. No part of your bike must cross the dismount line before you have dismounted your bike.
16. The whole of your bike must have crossed the mount line before you mount your bike.
17. Scooting or riding is not permitted in the transition area at any time during the event.
18. Tristar 3 and Youths are permitted to use aero bars as rule 33.4c of the BTA rule book
19. You are strongly advised to wear gloves/mitts whilst on the cycling. Whilst this is not mandatory, it is a sensible precaution to minimise any injury which may occur in the event of a mishap.
20. Please collect your bike and helmet from the transition area after your event has finished by showing your race number to the marshals.
21. Competitors are not allowed any outside assistance throughout the event. This includes pacing competitors alongside the course, provision of drinks and any form of assistance in transition. If any competitor is having real difficulties a race official or the race referee will provide an appropriate level of help.
22. Only competitors and race officials are allowed on the course once the races have started other than using designated crossing points.
23. Once races have started only competitors are allowed in transition. To collect your bike from transition you must show the transition marshals your race number. One parents or guardian of Tristar Start and T1 competitors are permitted to accompany their children in transition prior to the races starting.

14. Penalties

If marshals cannot see your race number or bike number plate you may be given a 1 minute time penalty and if your number is not visible to the timekeepers you will not be given a time for the race. A lap checker will record your number on each lap of the cycle and run. If the records show that you have not completed enough laps then you will not be given a time for the event. If you mistakenly do too many laps your times will stand and will not be adjusted. Remember it the competitor's responsibility to count their own laps and competitors and parents should not ask the lap checkers or distract them in any way.

15. Timing

The event will be chip timed. With timing points on the swim entry to transition, the entry / exit from the bike transition area and the finish line. This will provide competitors with a time for their swim + time to transition, T1, their bike time, T2 and their run time. Five times in total.

16. At the end of your race

All competitors will receive a goody bag and medal. Results will be posted on the North West Junior Series web page as soon as possible after the event . Results will be available on:

<https://tenw.niftyentries.com/Results/NW-Junior-Club-Champs-2015>

within minutes of a competitor finishing.

If for any reason you are unable to complete the event please let one of the marshals know. Also, don't forget to collect you goody bag from the finish area.

A small ticket machine will be available at the finish so a competitor can type in their race number and get a printout of their race times.

17. Hints and Tips

Ensure you have your goggles.

Elastic shoe laces are a good idea if you have them.

Put talc inside your trainers and t-shirt, this makes it easier to put them on when you are wet.

Take a small towel to stand on in pool transition while putting on your t-shirt. Your feet will be partly dry and it will be easier to get your trainers on.

If it is your first triathlon you could practice your transition by getting into the bath at home in your swimming costume – then get out and try putting on your t-shirt and trainers.

18. Club Championship Rules

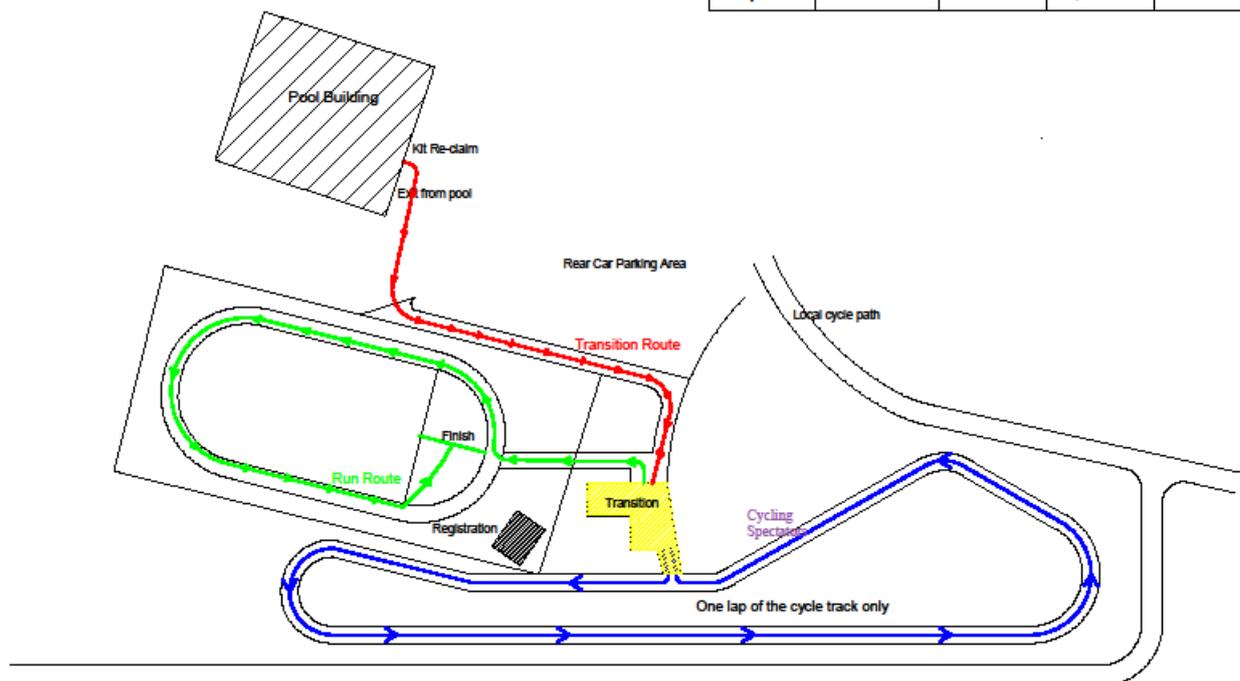
- Clubs must register their intention to participate, be affiliated to Triathlon England and be based in the North West Region. Clubs that do not meet this criteria must contact the North West Regions Children's Chair to discuss entry details. (rolf.cooley@talktalk.net)
- Clubs must submit a team sheet containing the names and age group of their club members that they have competing for their club at least 6 days prior to the event.
- To be eligible to represent a club, individuals must be fully paid up members of that club at least one full month before the Club Championship event.
- Points will be scored for TriStar Start, T1, T2, T3 and Youth age groups in standard distance races
- Only the first 2 competitors for a club in each age group and gender will score points [i.e. will be a points scoring competitor].

- The first competitor in each age group and gender will score 100 points. The second competitor in each age group and gender will score 99 points and so on with each and every subsequent points scoring competitor, scoring one point less than the previous points scoring competitor.
- The maximum scoring competitors for any club will be 10 male and 10 female.
- The best 8 points scoring male competitors will be added together for each club and the best 8 female scoring competitors for each club will be added together. If a club does not have 8 males or 8 females their score must be calculated by adding all their points scoring competitors per gender together. The club with the highest male score and highest female score will be the winners.
- Where clubs are tied on points at the end of the Championship then the highest placed individual will determine which club finishes higher. i.e. if two clubs are tied on points and if the first clubs highest placed individual is 3rd and a second clubs highest placed individual is 6th the former club will be placed higher.
- There will be trophies for the winning Female Club and the winning Male Club which will be presented at the North West Presentation Evening.

Route Maps

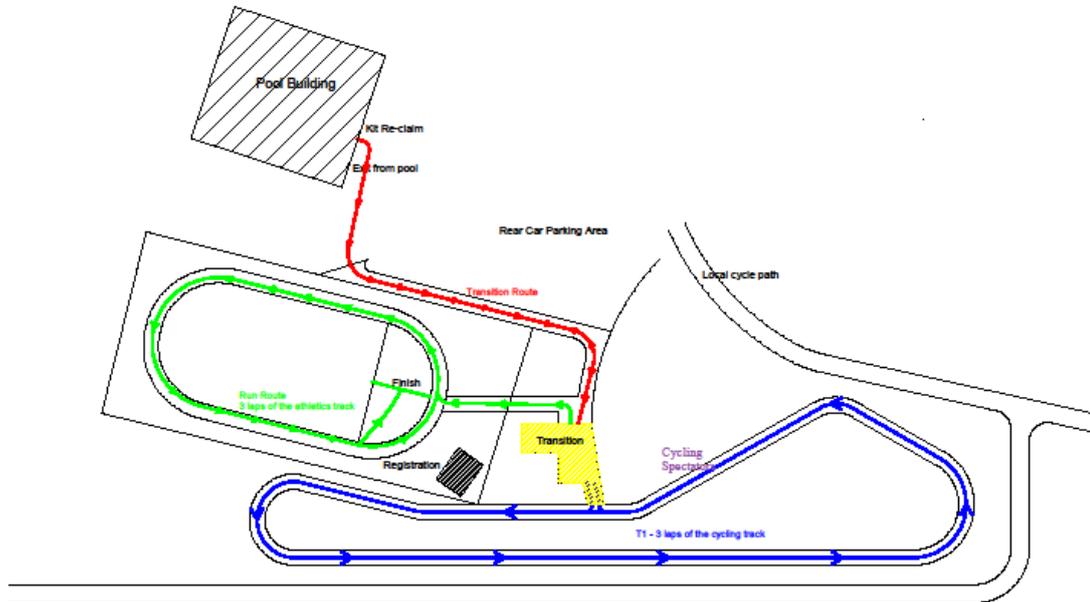
Tristart & Supersprint Routes

Category	Age	Swim	Bike	Run
Tristart	8	50m	1,300m	400m
S/sprint	9 - 16	50m	1,300m	400m



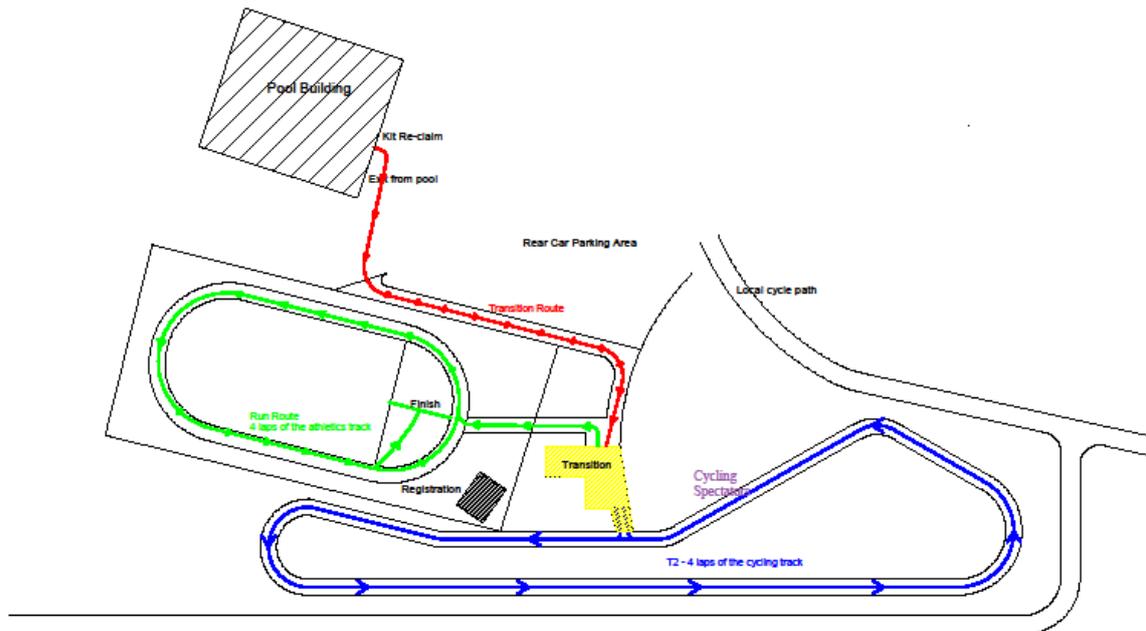
Tristar 1, Sprint & Parents Routes

Category	Age	Swim	Bike	Run
Tristar 1	9 or 10	150m	3,900m	1,200m
Sprint	11 - 16	150m	3,900m	1,200m
17+ Parents	17 - 99	150m	3,900m	1,200m



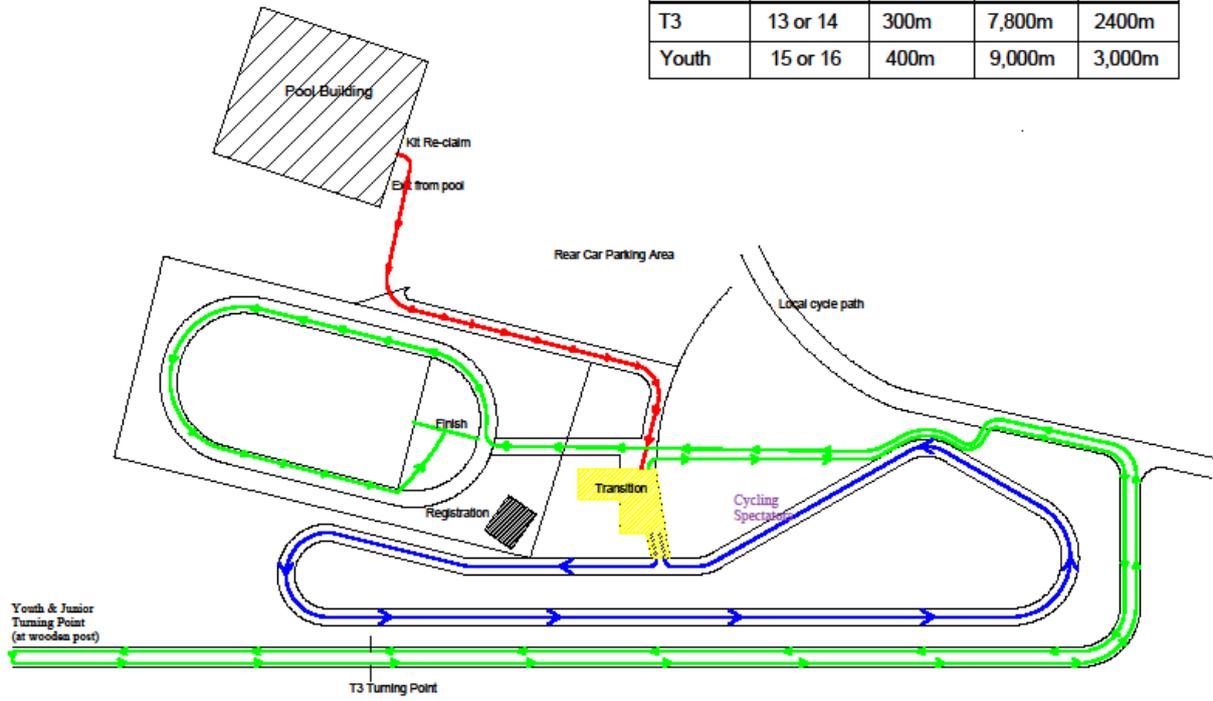
Tristar 2 Routes

Category	Age	Swim	Bike	Run
Tristar 2	11 or 12	200m	5,200m	1,600m



T3, Youth & Junior Routes

Category	Age	Swim	Bike	Run
T3	13 or 14	300m	7,800m	2400m
Youth	15 or 16	400m	9,000m	3,000m



Appendix 1: Drafting Rules for illustration only (road racing UK)

Diagram 1 Distance of Drafting Zone for ALL Competitors

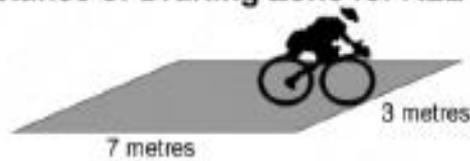


Diagram 2 Drafting



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 re-pass 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.