



# STRADBROKE JUNIOR AQUATHLON

SUNDAY 15<sup>TH</sup> May 2022

## RACE INFORMATION



Thank you for entering our event. Please take the time to read through the race information below as it contains important details you need to be aware of.

### KEY EVENT TIMINGS

- 11:45am - 12:30pm:** Registration and race pack collection  
(Community Centre adjacent to Swim & Fitness Centre)
- 12:00pm - 12:45pm:** Transition open for competitors to setup equipment  
(Outside Swim & Fitness Centre)
- 12:45pm:** Race Briefing for all competitors (Mandatory)  
(In front of Swim & Fitness Centre)
- 13:00pm:** Race starts with first competitor entering water  
(Pool, Swim & Fitness Centre)
- 14:15pm (Approximately):** Prize presentations  
(Playing Field or if weather poor Community Centre)

### LOCATION

Stradbroke Swim & Fitness Centre, Wilby Road, Stradbroke, IP21 5JN.

### CAR PARKING

There is no free parking at Stradbroke Swim & Fitness Centre on event day. There is however plenty of parking opposite the Swim & Fitness Centre at: -

Stradbroke High School, Wilby Road, Stradbroke IP21 5JN

Please note the following: -

- The School car park will not be supervised
- You will be parking at your own risk
- There is no access to the school buildings
- Please also be careful when crossing the road to get to the Leisure Centre – there may still be cyclists passing from the earlier triathlon event.

## REGISTRATION

Registration will take place in the Community Centre adjacent to the Leisure Centre. Signs will be posted directing you.

For Triathlon England members, you will need to show your race license before receiving your race pack. If you are unable to produce your license you will need to pay a £1 day license fee in cash for insurance purposes.

For those who purchased a Triathlon England day license when entering, we will have a record of this.

You will be given a race pack that will include: -

- Race number
- Timing chip

You will be told your start time.

Your number will also be written on your right arm for identification purposes.

Personal details should be completed on the back of the race number.

The race number needs to be worn on your front for the run section of the race (either using a number belt or pinned on a T-shirt put on after the swim in transition).

The timing chip must be secured around one ankle. **Please note: you must not lose the timing chip before starting and it needs to be returned after finishing otherwise the timing company will charge you a fee for this!**

## TRANSITION AREA

After collecting your race pack at registration please make your way to the transition area to set out your equipment (shoes, race belt, clothing etc.). Transition will be situated between the Community Centre and the Swim & Fitness Centre.

Set up in plenty of time and only leave in transition what you require for the race.

**Please note:** Only competitors and marshals will be allowed in the transition area.

Marshals will be available to help, however competitors should familiarize themselves with the layout of transition, run exit, directions etc. prior to the start.

## EVENT FORMAT

**Please be at poolside at least 10 minutes before you allotted start time.**

**Due to the limited space available only competitors, event and Leisure Centre staff are allowed on poolside - no spectators please.**

Make sure your timing chip is securely fastened around one ankle.

The event will commence at 13:00pm

Tristar Start entrants will compete first, followed by Tristar 1, 2, 3 and Youth groups with a short gap between each category.

The start order in each group will be based on competitors estimated swim time provided when entering, with the fastest swimmers going off first.

**Swim:** Entrants will start at 30-second intervals, completing 2 lengths in each lane (dipping under lane ropes to work their way across the pool where needed).

**Transition:** Please be careful on exiting the water as your balance may be impaired and the floor is likely to be wet. Make your way outside to transition and prepare for the run section. Shoes must be worn for the run. Please do not leave transition without covering your top half and your race number must be displayed to the front.

**Run:** The run route is on a narrow running track following the boundary of the playing field and on a section of grass. Please note that wet weather leading up to the race or on event day could make the course slippery/muddy.

The race distances are as follows: -

	<b>Swim</b>	<b>Run</b>
Tristar Start:	40m (2 lengths)	500m (1 lap)
Tristar 1:	120m (6 lengths)	1500m (3 laps)
Tristar 2, 3 & Youth:	160m (8 lengths)	2000m (4 laps)

It is the sole responsibility of the competitor to complete the required number of lengths/laps. There will be a timing mat at the lap point.

**Please note: Spectators will not be able to run with their child (including in the finish chute).**

The race will be held in accordance with British Triathlon Federation rules and is fully permitted by the Governing Body for the sport.

## **CHANGING FACILITIES**

Changing rooms will be available both wetside and dryside in the Leisure Centre.

In compliance with safeguarding regulations, access to the wetside changing rooms will be restricted to children competing in the event and leisure centre staff only from 12:00pm onwards.

We recommend your child uses the wetside changing rooms. However, if your child requires your help getting changed the accessible changing room and the dryside changing rooms will be available but access will be open to the public. All changing rooms have toilets and showers.

There will not be a bag drop in operation, please plan carefully where you will store items not required during the event. Lockers are available within the changing areas and require a £1 coin.

## **REFRESHMENTS**

There will be water available at the finish.

Other refreshments can be purchased on site from various stalls or in the Swim & Fitness Centre.

## **COLLECTING KIT FROM TRANSITION**

Transition will be open for you to collect your kit after all the competitors have completed the swim section.

## **RACE RESULTS**

Over-all results will be available as soon as possible once the last competitor has completed the course. This will be in the form of over-all time and finishing position before the prize presentations.

Full results with split times will be available via our website [www.canbuttri.co.uk](http://www.canbuttri.co.uk) and a link posted on our Facebook page shortly after the event.

## **PRIZES**

All finishers will receive a medal as they cross the line.

The top 3 male and female in each age group will receive a trophy.

Presentation of trophies will take place as soon as possible after the results are completed. If you think you may have won a prize for your category, please stay for the presentations or nominate a friend to collect it for you. Prizes must be collected on the day and cannot be posted.

## PHOTOGRAPHY/VIDEO

Diss Event Photography will be taking official photographs at the event. These will be available to view online a day or so after the event at their website <http://www.diss-eventphotography.co.uk/>

Please speak to Diss Event Photography if you do not wish photographs/video to be taken of your child.

**Anyone wishing to take his or her own photographs of this event will be required to obtain a photography permit on the day from registration.**

**Please do not post photographs to social media of any children (other than your own) unless you have the permission of the family involved.**

## SOCIAL MEDIA

For up to date posts about all our events please follow us on Facebook at

<https://www.facebook.com/Can-But-Tri-1935212143454463>

## OTHER EVENTS

We offer a range of other events suitable for both adults and juniors including monthly GO TRI aquathlons in Stradbroke and off-road duathlons at High Lodge, Thetford Forest. See our calendar here: [www.canbuttri.co.uk/events/](http://www.canbuttri.co.uk/events/)

**We very much hope you enjoy the event**

**Have a great race!!**