

Stradbroke Junior Aquathlon

Sunday 21st May 2023



Final Event Information



Making Multi-Sport Fun!

Email: info@canbuttri.co.uk

Web: www.canbuttri.co.uk

INTRODUCTION

Thank you for entering the Junior Aquathlon. Please take time to read through this briefing as it contains important details you need to know.

KEY TIMINGS

11:45am - 12:30pm

Registration & race pack collection
(Community Centre)

12:00pm - 12:45pm

Transition open for competitors
(Outside Swim & Fitness Centre)

12:45pm

Race briefing for all competitors
(In front of Transition)

13:00pm

Race starts - first competitor
(Poolside, Swim & Fitness Centre)

14:15pm (Approximately)

Prize presentations
(Playing Field)

LOCATION

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

PARKING

There is no parking available at Stradbroke Swim & Fitness Centre, however, we have plenty of space opposite the event site at: -

Stradbroke High School, Wilby Road,
Stradbroke IP21 5JN

Please note the following: -

- The car park will be clearly signed.
- The School car park will not be supervised (please park sensibly).
- You will be parking at your own risk.
- There is no access to school itself.
- Please 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 takes place in the Community Centre adjacent to the Swim & Fitness Centre. This will be signed.

Triathlon England members need to show their license before receiving your race pack. If you are unable to produce an in-date license you will need to pay a £1 day license fee for insurance purposes (£6 for Youth). .

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

You will be given a packet including: -

- Race number
- Timing chip

You will be told your start time.

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

All personal/medical details should be completed on the back of the race number.

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

Pins will be available at registration.

The timing chip must be secured around one ankle. **Take special care not to lose this before starting and it must be returned at the finish otherwise the timing company will charge you for this!**

TRANSITION AREA

After registering make your way to the transition area to set out your equipment (shoes, race belt, clothing).

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

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

Competitors should familiarize themselves with the layout of transition, run exit, directions etc. prior to the start, although our friendly team will be there to help once things get going.

EVENT FORMAT

The aquathlon involves a swim and a run with distance varying by age group.

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

Only competitors, event team and Centre staff are allowed on poolside

due to limited space- no spectators please.

The event will start at 13:00pm.

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

The start order in each group is based on estimated swim times given when entering, with the fastest swimmers going off first.

Swim: Entrants will start at 30-second intervals. They will swim anti-clockwise completing 2 lengths in each lane (dipping under lane ropes to work their way across the pool where needed). You do not need a swim hat, but can wear one if you like.

Transition: Please be careful when getting out of the pool as the floor is likely to be wet and you might feel unsteady. Make your way outside to transition. Before leaving transition again you need to: -

- Have shoes on for the run.
- Make sure your top half is covered (if not using a trisuit).
- Front zips on trisuits are done up.
- Have your number showing on your front

Run: This uses a narrow twisty running track around the outside of the playing field and a section of grass. This could be slippery/muddy if we have a lot of rain beforehand, but is usually fine.

RACE DISTANCES

The distances/laps are shown below: -

Cat	Swim	Run
Tristart	40m (2)	500m (1)
T1	120 (6)	1.5km (3)
T2/3/Youth	160m (8)	2km (4)

Rules

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

A British Triathlon Technical Official will be on hand to help ensure everything runs smoothly.

SPECTATORS

Feel free to cheer and encourage all the competitors, but please: -

- Do not use abusive or discriminatory language towards anyone
- Do not enter the 'field of play'.
- Do not try to run with your child (including down the finish chute)

If you have a issue then please speak to a marshal or the Race Director and we will do our best to resolve things.

CHANGING FACILITIES

Changing rooms will be available in the Leisure Centre.

Access to the wetside changing rooms will be restricted to children competing in the event and leisure centre staff only from 12:00pm onwards.

If your child requires assistance the accessible changing room and the dryside changing will be available, but this will be open to the public. All changing rooms have toilets and showers.

BAGS

We are not operating a bag drop. 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 YOUR KIT

Transition will be open for you to collect your kit after all the competitors have completed the swim section. The race referee will decide when transition opens again.

RACE RESULTS

Results will be available as soon as possible once the last competitor has finished. 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 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.

Presentations 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 stick around 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 want photographs/video of your child to be taken.

Anyone wishing to take personal photographs/video at the event will be required to obtain a Photography

Permit from the registration desk..

Please do not post photographs/video 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 in Stradbroke and in Thetford Forest. See our calendar here:

www.canbuttri.co.uk/events/

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

**Have a great
race!!**