

Ipswich Junior Triathlon DRAFT info

Framlingham College - IP13 9EY

Saturday 22nd July 2017: Start Wave 09.30 am 8yrs

Use signed event car park, register 7.45 – 8.45am,

Race briefing 9am

Dear Competitor,

Thank you for entering the Ipswich 2017 Junior Triathlon. We hope the following instructions will make the day go smoothly and enjoyably for you. Parents and competitors please read them carefully. The format of the race will be the same as the last few years.

RACE HQ- Framlingham College, Framlingham, Suffolk. **IP139EY**

Ordnance Survey sheet 156 GR 282640

How to get there – DO NOT ARRIVE BEFORE 7.30AM & USE CAR PARK(s) AS SIGNED

PARKING - The SIGNED event car park is north of the main college,

REGISTRATION - The registration this year is in the Pavilion (follow the signs from car park) and will be open on race day **from 7.45 am**. It will close at 8.45am promptly. Anyone who has not registered by then will be assumed to be not competing. If you are unavoidably delayed contact Matt Dye on 07802 795770.

Your wave start time will be on display at registration.

The **approximate** race start times are.

8 year olds start at	09.30am
9 - 10 year olds start at	09.50 am
11 - 12 year olds start at approx.	10.30 am
13 - 14 year olds start at approx	11.20 am
15 - 16 year olds start at approx	12.00 am (all ages end of year)

At registration you will get your precise start time, numbers and pins. Your arm and leg will also be marked with a number to aid identification at the end of the swim and give you 'split times'. There is a **RACE BRIEFING** at 9 am in the pavilion (if wet) or transition area outside depending on the weather, please ensure you attend.

TRANSITION SETUP – max ONE ADULT per competitor, bikes will be checked in/out with the competitor, once into transition for setup, NO bikes coming out until race is over.

COURSE – NO riding the course in advance of the event, you are welcome to walk the course.

CHANGING - There are changing rooms and showers within the Sports Centre. Please do not leave valuables unattended.

RACE NUMBERS - Two race numbers will be provided. Please ensure that the number is securely fixed to the **front & rear** of your top and visible to timekeepers at the start/during/end of the cycle and the run. If you **call out** your number as you pass the timekeepers this will help them too.

Ensure your number is fixed firmly with one pin in each corner and not folded. Number belts are permitted providing numbers remain visible at all times, moved to rear on cycle leg and front on the run.

SWIM SECTION - is in a 5 lane, indoor, heated pool, **20 metres** long. You must wear the assigned coloured swim hat that will be provided on poolside to assist lap counters, if you have your own cap you can wear it underneath the assigned one if you wish. Please report ready with goggles to poolside 10 minutes before your swim start time for allocation of your hat. Swimmers will be set off in waves of upto 5 at set intervals from the **shallow end, no diving**. There should be no more than 2 swimmers per lane at any one time. People poolside will count swim laps and will indicate when there are **2 lengths to go** by displaying a numbered board or signal.

8 year olds swim 2 lengths

9 - 10 year olds swim 6 lengths

11 - 12 year olds swim 10 lengths

13 - 14 year olds swim 14 lengths

15 - 16 year olds swim 20 lengths (all ages are at end of year)

Leave the pool at the shallow end and **WALK** to the doors to the outside steps where the split timers will be sitting, show them your number and call it out when passing. Remember timing starts at the beginning of the swim and ends at the finish of the run. No shoes or clothes to be left inside or outside the pool area. The transition area is a short distance (30m) from the pool exit. (Take care on the wet steps).

TRANSITION T1 - You will have a **numbered chair** on which your bike will be neatly against and with your race gear. Please ensure that you have your **bike neatly** against a chair. Parents please note that Triathlon is an individual sport and **no outside assistance**, however tempting, is permitted. Please do not place the organisers in a position where we have to consider disqualifying anyone in this respect.

Before you bike - You must ensure that your cycle **helmet** is on your head and fastened **before** you remove your bike from transition and it remains fastened until **after** you have replaced your bike. If not, you will be stopped. Get on your bike after the '**mount here**' line.

Strictly no cycling in transition area.

PLEASE REMEMBER - NO HELMET NO RACE.

THERE WILL BE NO HELMET HIRE.

BIKES WILL BE CHECKED IN FOR WORKING BRAKES AND GENERAL CONDITION & SAFETY

NO TRI BARS, BAR ENDS MUST BE PLUGGED

NO EARPHONES

HELMET STRAPS WILL BE CHECKED FOR CORRECT ADJUSTMENT ON COMPETITORS HEADS BEFORE BEING ALLOWED INTO TRANSITION TO SETUP

Cycle course for 8 year olds. – Yellow Flags

The cycle course is **2 laps** of the small flat pitch next to the astroturf the course is marked with **Yellow** markers.

Keep the markers on your **right** hand side at all times.

At the **end of the second lap** head back to transition then get off your bike before the '**dismount here**' line. Wheel your bike up the slope into the transition area.

Cycle course for 9 - 16 year olds. – Orange Flags

The circuit is an undulating 90% grass course with a hard gravel track up hill. It is suitable for mountain bikes or road bikes. If using a road bike in wet conditions it is recommended that you fit cyclocross tyres or 'knobbly' tyres to aid grip and to ensure stopping on the wet grass.

9 - 10 year olds complete 1 lap

11 - 12 year olds complete 2 laps

13 - 14 year olds complete 3 laps.

15 - 16 year olds complete 4 laps

The cycle course is marked with **orange** flags.

Keep these flags on your **right hand** side at all times.

There is barrier tape to keep you on course.

There are arrows to indicate the way and there are marshals.

You head off across the playing fields, between the barrier tape 'funnel' down a dip and bear right. **Down the hill, take care here!** At the bottom of the hill you must cross a **minor country road**. There will be marshals at this point. **To slow you up the marshals will ask you to completely STOP and place one foot on the floor before**

continuing. Cross the road then **clockwise** around the large playing field. Exit the field where you came in. **Again marshals will ask you to STOP and place one foot on the floor.** Go across the road and up the hard cinder track. Bear sharp right at the top **and head behind cricket nets towards start/end of lap.** This is one lap. If you have more than one lap to complete, carry on to the barrier tape funnel again for another lap and do so until you have completed the correct number (this is **YOUR** responsibility to get the right number of laps in), **we will record but not advise.** On completion of the correct number of laps turn **LEFT back to transition**, dismount before the **sign** and push your bike up the slope into transition where it says 'bike in'.

TRANSITION T2 - Please ensure that you rest your bike at a chair **neatly** then unclip helmet, if not you will be sent back to do it properly! Water will be available at transition exit.

RUN SECTION - The run will be held entirely within the school complex and will consist of laps on a course on grass/tracks. The course will be marked with posts & tape, which should be kept to your **LEFT** at all times. **Spikes NOT allowed.**

8 year olds to complete 1 lap

9 - 10 year olds complete 2 laps

11 - 12 year olds complete 4 laps

13 - 14 year olds complete 5 laps.

15 - 16 year olds complete 6 laps.

Head out of transition where there is a sign 'run out' follow the path. When you get to the loop at the **golf course tee** you run **anti-clockwise** upto and around the **green & back**. There are posts and barrier tape to ensure you do not take short cuts! (this is **YOUR** responsibility to get the right number of laps in), we will record but not advise. You will receive a band for each time you pass around the green which you slide up on your arm to show your number of laps, always use the same arm for the bands.

FINISH - On completing the correct number of on the golf course laps (check your arm bands !), head straight to the finish, where you will receive your time will be recorded and number of bands recorded, please make sure both these are complete before leaving the finish area, collect your finishers medal and a drink. Well done on completing your triathlon!

TIMINGS - Your split times will be recorded at the exit from the pool after the swim, at the transition area after the bike and at the finish. To assist the timekeepers please make sure that your race numbers are clearly visible, well pinned on and not folded. Shouting your number as you pass the time keeper will also help. Provisional results will be displayed on the doors of the sports centre as soon as they are available, please be patient

PRIIZE GIVING – Prizes will be presented near the results board as soon as possible after the race; outside if fine, inside if raining. Please be patient. Trophies will be awarded to the first three girls and the first three boys in each age group. There is also a perpetual team trophy for each age group first three (boy or girl) to count towards the team prize.

RESULTS - A provisional set of results will be on display on race day. The results will also be available on the Ipswich Triathlon Club website www.ipswich-tri.org

SPECTATORS – There will be a viewing area for the swim, around transition and the finish. Spectators can see competitors from viewing points on both the run and the cycle without going on the course which will be out of bounds unless you are an official or a Marshall.

PHOTOGRAPHY In compliance with BTA child protection policy if you wish to take photographs of competitors during the event you will be required to wear a badge prominently. The badges will only be available as you register your child. Thank you in advance for this. We are pleased to announce that DE Photo have been appointed as the Professional Sports and Event Photographers for this event. This event, by its very nature, is in the public arena and when entering for the event the participant and their parents acknowledges this fact, which may result in the recording and publication of his/her image. All DE Photo photographers and staff have been CRB checked and the company operates a strict Child Protection Policy and Code of Ethics which can be viewed on their website at <http://www.dephoto.biz/cpp>

MARSHALS - All good events need marshals and this is no exception. If you have a travelling friend or partner who would like to lend a hand please let Matt Dye know ASAP (01728 833266) or volunteer at registration on race day.

DAY LICENCES

If you cannot prove you are a current member of the BTA (British Triathlon Association) you will be asked to fill in a day membership. This allows you to join the BTA for one day and provides you with insurance cover for the race. The day licences will then be forwarded to the BTA. The cost of a day licence is £1 and for those declared unlicenced on the entry you would have already paid this, for those who cannot produce a licence on the day you will have to pay the £1 and complete a form otherwise you will **NOT** be allowed to compete.

REFRESHMENTS We will have some hot & cold refreshments available for purchase on the day. Water is available on the course for competitors

IPSWICH TRIATHLON CLUB - Members & friends of Ipswich Triathlon Club will be marshalling and will be pleased to advise newcomers on the day. Do not hesitate to contact me if you need to know more or have any queries. Matt Dye (01728 833266).

THANKS - To the following people without whom this event would not be possible

Members & friends of Ipswich Triathlon Club for giving their time to support the event by organising, setting up the course, counting laps, marshalling, timekeeping, providing refreshments, general help, and cheering on competitors

Framlingham College Staff (especially the sports & groundstaff)
ALPHA MEDICAL for the Health Services

All the **competitors**, the **BTA Official** and most of all **Parents**

Best Regards,
Matt Dye - Race Director
Simon Palmer –Assistant Race Director