



PETERBOROUGH AREA SCHOOLS TRIATHLON

Saturday 29th June 2019

Final Race Information

Welcome

Welcome to the Peterborough Schools Triathlon 2019. The event is held at the Stanground Academy Sports Centre, Peterborough Road, Stanground, Peterborough, PE7 3BY.



The event is a series of races, with trophies for top 3 boy / girl finishers in each age group, and medals for all finishers. However the main purposes of the event are to serve as an introduction to the sport of Triathlon and to be enjoyable.

Parking

There is parking available at the front of the Academy. Please follow the directions of the parking marshals on the day.

Registration

All competitors will need to register to pick up your race pack on the day. Race registration will take place inside the Academy Sports Centre (follow signs). Please ensure that before registering you know your race number. These will be displayed at/near the registration area.

Your race pack will contain 2 x race number, 1 x bike sticker, 1 x helmet sticker. Please keep your race numbers safe, they are required for entry into transition. Timing chips will be issued poolside and collected back in after you have crossed the finish line. If for any reason you do not finish the event, please ensure your timing chip is returned. There will be a charge for lost/non returned chips.



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Registration Times:

Category	Age at 31/12/19	Registration Opens Time	Registration Closes Time	Race Briefing Start Time	Race Start Time
Tri star 3 / Youth	13,14,15,16	12:30	13:10	13:20	14:00
Tri Start	7 & 8	12:30	13:30	13:40	14:30
Tri star 1	9 & 10	12:30	14:00	14:10	15:00
Tri star 2	11 & 12	12:30	14:30	14:40	15:30

Race Numbers and Medical Information

You will be given two race numbers. Please wear one on your front, and one on your back pinning all 4 sides if wearing a T shirt.

If you are using a number belt use one race number and wear it on your back for the bike and your front for the run.

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition, please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also.

Transition Area

The Transition Area is a semi-secured area for competitors only, where you will leave your bike whilst you are swimming and running, and your running shoes whilst you are swimming and cycling.

Before you start the race, you will need to set up your transition and organise all of the kit you will need during the race.

The transition area will be only open at the following times as it has to be controlled whilst races are in progress, and it is not big enough for all the bikes we have entered so we will need to clear and rack bikes throughout the afternoon.

Category	Age at 31/12/19	Transition Opens Time	Transition Closes Time	Race Start Time
Tri star 3 / Youth	13,14,15,16	12:35	13:15	14:00
Tri Start	7 & 8	12:35	13:35	14:30
Tri star 1	9 & 10	12:35	14:05	15:00
Tri star 2	11 & 12	12:35	14:35	15:30

To get into Transition you must show your race number at ALL times. You will also be asked to show both your race number & bike number when taking your bike out. There may be queues during peak times. Parents will not be allowed in transition. Experienced marshals will be on hand to help. Make sure that your child practices finding their bike— it isn't easy. We will have marshals to help all competitors with racking and un racking their bikes during the race.





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A check on the roadworthiness of your bike will be made as you go into Transition. In the case of problems, mechanics from a local bike shop will be available to assist with minor adjustments and repairs (a charge may apply).

Please collect your bike and other kit from Transition **promptly** after finishing. If you do not we may have to move it for you to a holding area (between the pool exit and transition). Please be aware that there will be others racing **take care not to get in their way** and follow marshal's instructions at all times.

Please note that there are some important rules about Transition, you and your bike – they must be obeyed!!

- You **must not** ride your bike in transition
- Your t-shirt/number belt, shoes and helmet **must** be put on in transition after the swim.
- Before you touch your bike your helmet **must** be securely fastened on your head
- **Do not mount** (get on) your bike until the mount sign telling you to do so
- When you have finished the bike section you **must** get off it at the dismount sign
- You **must not** undo your helmet until you have racked your bike in the same place you left it
- If you are riding your bike – **before or after** the race e.g. warming up or to/from the car you **must** wear an approved cycle helmet

Race Briefing:

It is here that you will be briefed on the course and notified of any safety issues or changes to the race. You must attend the briefing, it will be held close to transition entrance at the times indicated.

Swim

The pool is 25 metres long. You must not must not run along the poolside.

Start times correspond to your age group from your entry form so you will be with competitors of a similar age. We will be setting you off individually with 20 seconds between each competitor.

Category	Age at 31/12/19	Race Start Time	Swim Distance	No. of Lengths
Tri star 3 / Youth	13,14,15,16	14:00	150m	6
Tri Start	7 & 8	14:30	25m	1
Tri star 1	9 & 10	15:00	50m	2
Tri star 2	11 & 12	15:30	100m	4

- You **MUST** arrive on poolside 15 minutes before your race start time – we cannot wait for you.
- You are not allowed to do butterfly or backstroke.
- You must start in the water - there is to be no diving
- Tumble turns are allowed





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- **You are still responsible for counting the number of lengths!**

Only competitors are allowed on the poolside. Unfortunately, the poolside area is not large enough for parents / carers to spectate. Please respect this rule and stay off the poolside.

Bike

The bike ride will take place on a fully taped/marked course within the Academy grounds at the rear of the sports centre. The bike course is entirely off road and on grass (all easily ride-able but may be slippery when wet). We recommend treaded tyres (mountain bike or cyclo cross bike) but you are welcome to use a road bike with slick tyres if you choose to. If there has been a heavy dew the course may be slippery. If there has been heavy rain the course will likely become muddy this may make it difficult on slick tyres.

Please make sure you know where the mount and dismount lines are so you know when you can get on and off your bike and take special care where riders are joining and leaving the course. **You must count your bike laps** unfortunately not completing enough laps will likely mean **disqualification – marshals cannot count your laps** please don't ask them!!

Category	Age at 31/12/19	Bike Distance	No. of Bike Laps
Tri star 3 / Youth	13,14,15,16	2000m	4
Tri Start	7 & 8	500m	1
Tri star 1	9 & 10	1000m	2
Tri star 2	11 & 12	1500m	3

Run

The run will also take place on a fully taped/marked course within the Academy grounds to the rear of the sports centre. A marshal will be handing out elastic bands to Youth and Tristar3 competitors to help them to count laps. For those doing three laps or less we think you are all clever enough to do without!

Category	Age at 31/12/19	Run Distance	No. of Run Laps
Tri star 3 / Youth	13,14,15,16	1200m	4
Tri Start	7 & 8	300m	1
Tri star 1	9 & 10	600m	2
Tri star 2	11 & 12	900m	3

Results

Results will be posted as soon as possible after the end of each race. You will have 15 minutes after the posting of the results to lodge any appeals. Please do not try to rush the results service. You will be able to find your own time out directly after the finish at the timing tent.





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Presentations

We will have presentations shortly after each race has finished. Please try and stay (or return) if you can. Please note that winners' trophies will not be posted out to entrants.

Photography

As this is a Children's event all spectators are asked to sign a photographer's register if they wish to take photos of the competitors. Upon signing the register, you will be issued with a sticker, which you **must** display.

Refreshments and food

Water drinks will be available on the run course and at the finish, and some fruit will also be available at the finish. A catering van will be in the grounds of the Academy selling snacks and hot drinks.

Racing in the Heat

The weather forecast for 29th June in Peterborough is that it will be Hot. The link below gives some tips about how to prepare for racing in hot weather.

<https://www.britishtriathlon.org/britain/documents/gb-teams/talent/competition/racing-in-the-heat-v2.pdf>

Other General Information

- There will be an opportunity for competitors to have a practice on the run or bike course **but only between 12:30 and 13:10 (before racing starts)**.
- All competitors must attend a race briefing prior to racing
- Toilets are inside the Academy Sports Centre.
- There will be water drinks available as you run round the run course– if thirsty sip a small mouthful of water **do not drink lots**, you will probably just end up feeling sick or getting a stitch, if hot throw water over your head.
- If you are putting your race number on a t-shirt make sure you don't pin the front to the back!
- If you are going to use a number belt, you must still wear a t-shirt or a tri-suit.
- Smile and enjoy yourself!

Parents / Spectators

- The course has been designed to be spectator friendly – the course is taped for the athletes safety so you can **only cross** the courses at **designated crossing points**. If you are at a crossing point and instructed by a marshal to wait then you **must** wait.
- Please be patient and appreciate the fact that all the volunteers here today have given up their time willingly and for free.
- Please move round the course encouraging your child – in fact please encourage all competitors!
- In encouraging your child you **must not under any circumstances run alongside your child, this is considered pacing and he/she may be disqualified**.
- If you have any questions about the race then you can ask these at the race briefing. You can also ask any questions to the registration team while your child is collecting their numbers etc. If this is your child's first triathlon don't hesitate to ask for any clarifications.





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- If you need to help your child to get changed before the event there are changing rooms available in the Academy sports centre.
- If your child is a member of British Triathlon they will have to show their membership card. If you forget to bring it you will have to purchase a day licence for £1. To ensure the safety of this event all children participating must be covered by the day licence.
- We do **strongly recommend** you arrive either before the event starts to ride around the bike course (the course will be open from 12.30-13:10 to practice)

Check List

Swim Kit

- ☐ Goggles, Costume, Swim hat (if you have one, if not we will have a supply of swim hats)

Bike Kit

- ☐ Small Towel - to wipe your feet on before putting on your trainers
- ☐ Box or bag for all your race kit
- ☐ Water bottle
- ☐ Talc – for your running shoes [your feet will be wet when trying to put them on!]
- ☐ Bike
 - ✓ This must be in a roadworthy condition - the brakes must work properly - it is your responsibility to ensure that your bike is in good order - it will be checked!
 - ✓ Handlebars must be plugged – don't worry we will have a supply of plugs available
 - ✓ No tri-bars are allowed
- ☐ An approved helmet – the chin strap must not be loose

Run kit

- ☐ Running shoes – elastic laces or lace locks for quicker transitions. **Race tip** – don't try to rush getting your kit on. Take your time and practice before the race.
- ☐ Spare shoes (your trainers will need to stay in transition)
- ☐ Hat for hot weather

Other

- ☐ Shower kit
- ☐ Sandwiches or lunch
- ☐ Suncream – don't apply to forehead pre race it can sweat out and drip into eyes!
- ☐ A water bottle to leave in transition for a small drink before or during, (if you have a bottle cage on your bike) the bike section
- ☐ Warm / wet weather gear
- ☐ Number belts
- ☐ Safety pins – We will have a supply of safety pins available
- ☐ T-shirt if not using a number belt

Remember to do when you get there

- ☐ Register
- ☐ Ride, walk or jog the course so you know where you are going
- ☐ Pin your race number onto your t-shirt or race belt and your stickers onto your bike helmet and bike
- ☐ Set up transition
- ☐ Check you know you can find your bike and where swim in, bike out, bike in and run out are (take care doing this if people are racing!)





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- ☐ Attend the briefing
- ☐ Write your laps on the back of your hand to help you remember
 - e.g. a Tristar 2 would write 4-3-3
- ☐ Stay in the shade and stay hydrated
- ☐ Warm up
- ☐ Arrive at the start in good time
- ☐ Enjoy the race!





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