



## **COMPETITORS INFORMATION PACK**

### **TRISTARS CONWY AQUATHLON**

**SUNDAY 11<sup>th</sup> SEPTEMBER 2016**

#### **DIRECTIONS**

- Junction / exit 22 for Old Colwyn A55: Eastbound, turn right at bottom of slipway.
- Junction / exit 22 for Old Colwyn A55: Westbound turn left at bottom of slipway.
- At roundabout, take 4<sup>th</sup> exit, towards Colwyn Bay.
- Turn right off Abergele road into new car park.
- Walk down to the indoor event arena reception where you will be directed to the Registration point.
- Registration will be confirmed via our web site – [www.tristarsconwy.org.uk](http://www.tristarsconwy.org.uk).

#### **TIMINGS:**

Registration	08.30 am - 10.00 am – Venue to be confirmed via web site.
Transition Opens	09.00 am
Transition Closes	10.00 am
Race Briefing	09.30 am - (parents and athletes required to attend)
First Wave	10.00 am – See website for start times
Prize Presentation	12:30 pm – Will take place in the Park

#### **IMPORTANT INFORMATION**

- Athlete and one parent / helper only are allowed in transition to set up their equipment.
- All athletes and parents are required to attend the pre race briefing.

#### **PRIZES**

- Competitors will receive a bag at registration containing their race numbers and event merchandise.
- Winner's trophies/medals will be given at the race presentation. Note these times are provisional and depend on numbers of entries and preparation of provisional results.

**If any parents would like to assist on the day, please phone Ullrich Cox on 07889 058102.**

**A course map is included at the back of this pack.**

# **INSTRUCTIONS**

## **YOU WILL NEED TO BRING WITH YOU**

- Swimwear, T-Shirt, Shorts or
- Tri-suit
- Trainers
- 8 Safety pins (to pin your numbers) or a tri-belt

## **REGISTRATION**

- Registration will take place in a venue to be confirmed. If you do not register you will not be allowed to compete.
- Here you will be given your race bag containing your race number.
- You will be marked with your race number on **both arms and both legs**.
- You will need to pin your number to the front and back of your t-shirt, or pin to your tri-belt.

## **RACE BRIEFING**

- All competitors must attend the race briefing.
- Check times for your race briefing.
- You will be told about the route out of the pool into transition and then to the run course.

## **THE SWIM**

- You should be at the pool 15 minutes before your start time.
- You should be ready to go in your swimming costume or tri-suit.
- The pool will be split into 6 lanes.
- If you get into difficulty you may hold onto the wall or lane rope.
- The swim marshals will be counting your lengths and will let you know, **by holding a float underwater as you turn**, to tell you that you have 2 lengths to go. However, it is your responsibility to count your lengths.
- When you have completed your swim, you will climb out of the pool (without using the steps) and walk to the fire exit on poolside, and turn left, and make your way to the transition area.
- PARENTS WILL NOT BE ALLOWED ON POOLSIDE AT ANY TIME. There is a viewing balcony and viewing zone in the centre café.
- Following your swim you must leave your equipment from your swim in transition. Parents can collect these after you have finished competing and when the marshals tell you it is clear to enter the transition area.

## **THE RUN**

- Follow the route towards the athletics stadium.
- Please ensure your race number is clearly visible on your front.
- Remember that you need to run on the inside lane as you will run the correct distance.
- There will be a marshal counting laps, try to **call out your race number** when you pass them.
- The marshal will let you know when you are on your final lap.
- At the end of your final lap, as you enter the finishing straight in front of the grandstand, marshals will direct you to move to the outside of the track (lanes 6, 7 and 8), where there will be cones marking off the finishing area, with timekeepers and recorders at the finishing line.
- Make sure you run through the finish line and ensure that the marshals at the finish have seen your race number, and recorded your time.
- Water will be available by the side of the track, for you during your run, and when you finish.
- Parents and coaches are not allowed on the inside of the track

## LENGTHS/DISTANCES

Age group is based on the age at 31<sup>st</sup> December 2016.

CATEGORY	SWIM Lengths	RUN Laps
UNDER 8'S	2	1
8 YEARS	2	1
9 AND 10 YEARS	6	3
11 AND 12 YEARS	10	4
13 AND 14 YEARS	16	7
15 AND 16 YEARS	16	7

## GOODY BAGS

- These will be handed out at registration and will contain race numbers and event merchandise.

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## RULES

### GENERAL

- Listen to the race officials and always do as they tell you.
- Triathlon is an individual event, any teamwork which provides an advantage over other competitors is forbidden. Only race officials are allowed to help you during the race.
- You must be wearing a minimum of a swimsuit, T-shirt/vest or tri-suit and trainers during the cycle and run sections.
- Make sure that your race number has been pinned to your top at all four corners and can be clearly seen on your front or you may wear your number on a tri belt if you wish.
- Race number must be written on both arms and legs.
- If there is anything you don't understand then please ASK.
- Medical personnel have absolute authority to remove a competitor who in their opinion is physically incapable of continuing without sustaining physical harm, in the short term or long term, or loss of life.

### SWIMMING

- Swim in the direction you are told and try not to get in anyone else's way.
- If you need to stop, you may do so by holding onto the wall or the lane rope, but the clock will continue.
- You are not allowed to walk.
- No diving is allowed.

### RUNNING

- Make sure your race number is clearly visible to all race officials.
- Suitable footwear must be worn – NO BARE FEET PERMITTED.
- Please make sure that laces are securely fastened. If a marshal sees that your laces are open they may ask you to stop and tie them.
- No individual support or pacing by vehicle, bicycle or on foot alongside the runner is permitted, except where provided by the organiser.
- Parents and coaches are not allowed on the inside of the track coaching their children.
- All competitors must wear a t-shirt, vest or tri-suit. Shorts or swimming suit and footwear, and have race numbers visible.
- Competitors must follow the directions and instructions of race officials.

### TRANSITION AREA

- In order to avoid accidents, safeguard equipment and protect competitor's personal possessions, athletes must not bring helpers, friends or family members into any

transition area when the race is in progress. Assistance can only be provided by the organisers.

- Competitors must not interfere with another competitor's equipment in the transition areas.

### **NOTE TO PARENTS/GUARDIANS/ACCOMPANYING ADULTS**

- Once all swimmers in your child's age group have completed their swim, we ask that you collect your child's belongings from the transition area to allow clear access for subsequent groups.
- Parents are not allowed to help their children at any time.
- Parents/guardians/accompanying adults cannot go on poolside.
- Parents/guardians/accompanying adults must carry out instructions from officials.
- It is parents/guardians/accompanying adult's responsibility to ensure that the competitor's equipment is suitable and fit for its intended purpose.
- Parents/guardians/ accompanying adults must conduct themselves in a proper manner and not bring the sport in to disrepute.
- Infringement of the following will result in disqualification of the competitor –
  - Foul or abusive language
  - Failing to treat officials with respect
  - Failing to obey marshals
  - Outside assistance
  - Tampering with the equipment of others
  - Unsporting impedance

### **PENALTIES**

- Competitors may only be penalised by the race referee. This can be based on advice from race officials.
- Penalties may be issued or disqualifications given at any time up to the announcement of the final results.
- The following penalties will be imposed for infringements –
  - Abusive language
  - Failing to obey marshals
  - Nudity
  - Outside assistance (other than that given by the organisers)
  - Tampering with the equipment of others
  - Unsporting impedance
- If a fault is not rectified after a warning the ultimate sanction is disqualification –
  - Illegal equipment (swim, run)
  - Illegal progress (swim, run)
  - Topless
- Time penalties, the time penalties for each age group are as follows –
  - Under 8's, 8 years 15s
  - 9/10 years 30s
  - 11/12 years 40s
  - 13/14 years 50s
  - 15/16 years 60s
- These penalties will be imposed for –
  - Number violations (not able to be altered after a warning)
- Going off course can result in disqualification unless the competitor returns to the point at which they left the course, or a point on the course prior to it, and then completes the course.

### **APPEALS**

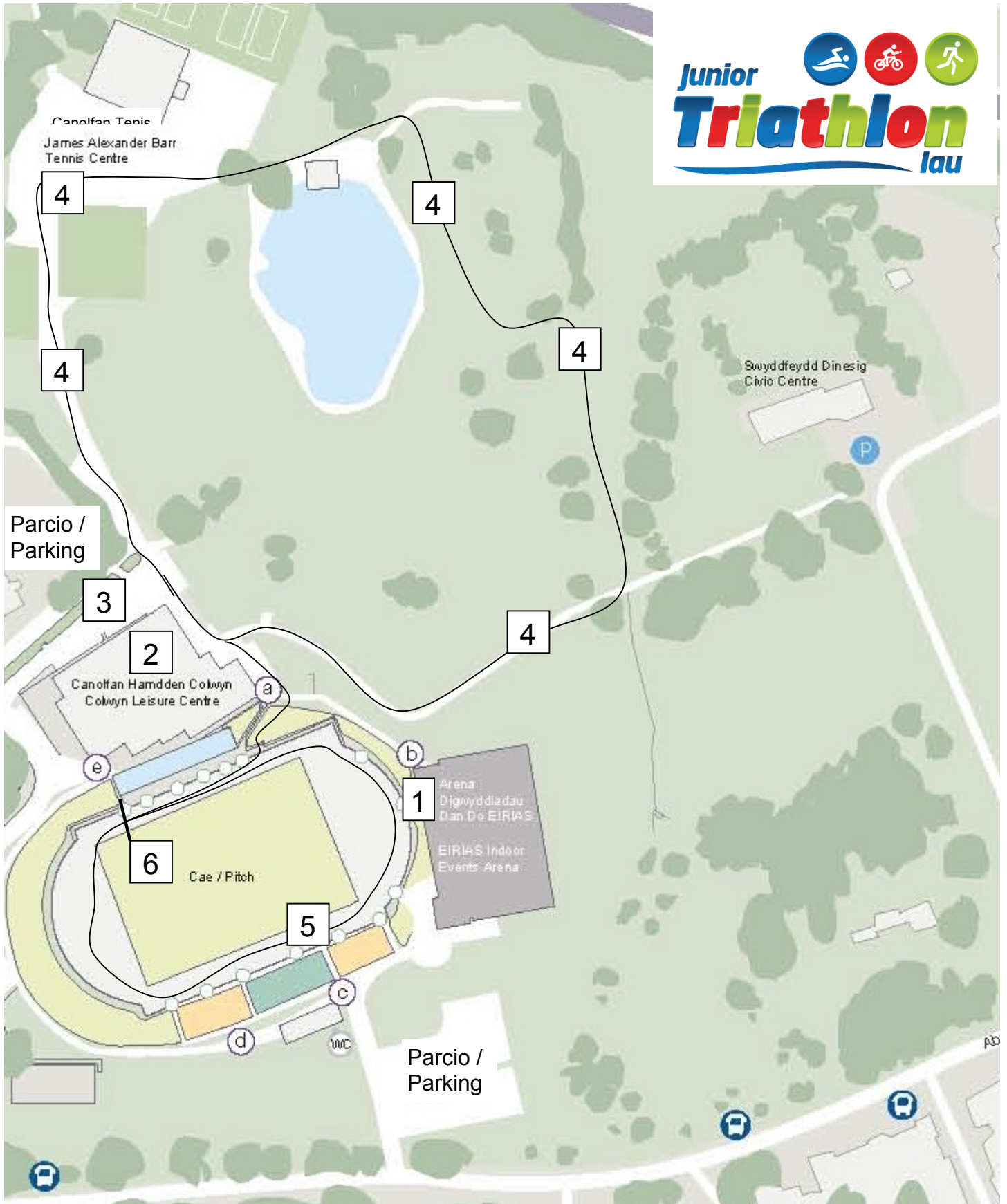
- Appeals can be made against fellow competitors, other parties involved in the race organisation.
- An appeal is a request for a review of a decision made by a referee.

- Appeals cannot be made against judgement calls by officials. Judgement calls include, but are not limited to dangerous riding and unsporting conduct.
- Appeals must be made in writing within one hour of a penalty being notified.
- The race jury shall consist of the race referee, race organiser and one other responsible member of the association.

## **SPECTATORS**

- Swim Section – spectators can view the swim from the balcony or the cafe area
- Run Section – spectators must go through the leisure centre to gain access to the grandstand for the run section. No spectators will be allowed on the transition route from the bike to the run section.

**Please ensure that both yourself and any adult accompanying you have read and are aware of the rules as set out above.**



1. Cofrestru Ystafell Conwy / Registration Conwy Suite
2. Pwll Nofio/Swimming pool
3. Ardal drawsnewid / Transition area
4. Llwybr Beicio / Cycle Route
5. Llwybr Rhedeg / Run Route
6. Llinell Derfyn / Finish Line