



COMPETITORS INFORMATION PACK

TRISTARS CONWY JUNIOR TRIATHLON FESTIVAL

SUNDAY 14th July 2019

LOCATION

- Mold Leisure Centre, Mold Alun Campus, Wrexham Rd, Mold CH7 1HT
- Walk to the leisure centre reception where you will be directed to the registration area.

TIMINGS

RACES

Registration	09.00 am - 11.00 am – To Be Confirmed
Transition Opens	09.00 am
Transition Closes	10.30 am
Race Briefing	10.00 am - To be confirmed (parents and athletes required to attend)
First Wave	10.30 am – see website for start times

IMPORTANT INFORMATION

- Boxes will NOT be provided in transition area – you can use a towel
- Athlete and one parent / helper only are allowed in transition to set up and collect their bike and equipment.
- All athletes and parents are required to attend the pre race briefing.
- The bike course is on grass. Depending on the weather and surface conditions a road bike can be used but you should also consider cyclo cross or mountain bikes if there is rain close to the event.
- Chip Timing will be used in this event.

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, which will be at 15:00. 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 or contact a marshal on the day.

INSTRUCTIONS

YOU WILL NEED TO BRING WITH YOU

- Swimwear, T-Shirt, Shorts or
- Tri-suit
- Trainers
- Bike & Helmet & water bottle

- 8 Safety pins (to pin your numbers) or a tri-belt

REGISTRATION

- Registration will take place in the gymnasium. If you do not register you will not be allowed to compete.
- Here you will be given your race number, which parents should write 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.
- You will also be given stickers for your bike and bike helmet too ensure that the correct equipment is taken from the transition area.
- You **MUST** present your Welsh Triathlon license or pay for a day membership for race insurance.

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, the bike route and 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. Lane 1 is nearest the run out exit, lane 6 is furthest away.
- 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 right crossing the marshalled road, and make your way to the bike transition area.
- PARENTS WILL NOT BE ALLOWED ON POOLSIDE AT ANY TIME.
- Following your swim you must leave your equipment from your swim at your transition area next to your bike. Parents can collect these after you have finished competing and when the marshals tell you it is clear to enter the transition area.
- Tumble turns are allowed at both ends of the pool.

THE BIKE RIDE

- Once you are ready, **with your helmet on and secured correctly**, pick up your bike and walk/run to the exit point.
- YOU WILL NOT BE ALLOWED TO LEAVE THE BIKE AREA UNTIL YOUR HELMET IS ON AND FASTENED SECURELY.
- You will get on your bike at the exit point, making sure your number is clearly displayed on your back.
- If you need help with this, ask the volunteers in the transition area.
- You must mount your bike **after the mount line**.
- The track is grass only on the rugby pitch next to the AstroTurf.
- We will have marshals counting your laps. Please **call out your race number** as you pass these marshals.
- When you have completed your laps, the marshals will direct you to the transition area. Please **dismount before you cross the dismount line**.
- You can push your bike if you get tired, but you are not allowed to have any help from adults in doing so.
- You can overtake on the OUTSIDE OF ANOTHER RIDER ONLY if it is safe.
- Make sure that you have a water bottle on your bike.
- There is **no** water station on the bike course – drinks are available in transition.

THE RUN

- Place your bike on the racks (the marshals will assist younger competitors if they are struggling) and place your helmet in the box provided next to your bike.
- Follow the route out to the run course.
- Please ensure your race number is clearly visible on your front.
- There will be a marshal counting laps, try to **call out your race number** when you pass them.
- You MUST collect a rubber band for each lap that you run. These will be counted at the end of your run.
- The marshal will try and let you know when you are on your final lap.
- At the end of your final lap, as you enter the finishing straight marshals will direct you to 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 (Not this is only a backup to the chip timing if required).

- 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

LAPS/DISTANCES

AGE (AT 31 ST DEC 2018)	SWIM	CYCLE	RUN
Under 8's	2 lengths	1 lap	1 lap
Tristarts - 8 years	2 lengths	1 lap	2 laps
Tristars 1 - 9/10 years	6 lengths	3 laps	4 laps
Tristars 2 - 11/12 years	8 lengths	6 laps	6 laps
Tristars 3 - 13/14 years	12 lengths	10 laps	8 laps
Youths - 15/16 years	16 lengths	10 laps	10 laps
Juniors - 17 to 19 years	16 lengths	10 laps	10 laps

RULES

GENERAL

- Listen to the race officials and always do as they tell you.
- Triathlon is an individual event. 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.
- There must be no cycling whilst on the site of the event, unless an approved helmet is being worn and securely fastened at all times.
- Make sure that your race numbers have been pinned to your top at all four corners and can be clearly seen on your front and back, or you may wear your number on a tri belt if you wish.
- Race numbers 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 damage, 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.

CYCLING

- Cycling safety helmets must be approved by the BSI, ANSI, Snell or equivalent standards authorities must be worn by the competitors.
- Helmets must be fastened before the bike is removed from the allotted space in the transition area, and must remain fastened until the bike is returned to this position.
- Before the race get a parent or bike shop to check that your bike is working and safe.
- During the race competitors are responsible for the repair of their own bikes. Any assistance received other than that provided, or authorised by the organiser will incur a penalty.
- Aero bars (handle bar extensions) must not be fitted to bicycles where cycling takes place on grass, mountain bike bar ends are acceptable.
- No individual support or pacing by vehicle, bicycle or on foot alongside the bike is permitted, except where provided by the organiser.
- Any part of the cycle course can be covered on foot, but the competitor is responsible for pushing their own bike.

RUNNING

- Make sure your race number is clearly visible to all race officials from both directions.
- 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 AREAS

- 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. The organisers and their marshals can only provide assistance.

- Your bicycle and helmet must only be put where you are told. Do not leave kit from the swim (goggles, hat, towel etc) in the way of other competitors.
- Competitors must not interfere with another competitor's equipment in the transition areas.
- NO cycling within the transition areas.
- When you go from swimming to the cycle section, YOUR CYCLE HELMET MUST BE ON AND SECURELY FASTENED BEFORE YOU PICK UP YOUR BIKE.
- When you go from cycling to the run section, YOUR BIKE MUST BE PLACED BACK IN ITS CORRECT POSITION BEFORE YOUR HELMET IS UNFASTENED AND REMOVED.

PRIZES

- For all races for athletes aged 14 years and under trophies will be provided for 1st, 2nd and 3rd finishers for both males and females.
- For the Youth and Junior races trophies will be provided for 1st, 2nd and 3rd finishers for both males and females. In addition there is a cash prize for both races for both males and females. The prizes as a minimum are as follows - £25, £15, £5, £3, £2 and £1 for first to seventh place.

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. You can watch the swim from the pool balcony and through the café windows.
- 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 –
 - o Foul or abusive language
 - o Failing to treat officials with respect
 - o Failing to obey marshals

- o Outside assistance
- o Tampering with the equipment of others
- o 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 infringements will lead to immediate disqualification –
 - o Abusive language
 - o Failing to obey marshals
 - o Nudity
 - o Outside assistance (other than that given by the organisers)
 - o Tampering with the equipment of others
 - o Unsporting impedance
- If a fault is not rectified after a warning the ultimate sanction is disqualification –
 - o Helmet violations on the cycle course
 - o Illegal equipment (swim, cycle, run)
 - o Illegal progress (swim, cycle, run)
 - o Topless
- Time penalties, the time penalties for each age group are as follows –

o 8 years	15s
o 9/10 years	30s
o 11/12 years	40s
o 13/14 years	50s
o 15/16 years	60s
- These penalties will be imposed for –
 - o Helmet violations in the transition area
 - o Number violations (not able to be altered after a warning)
 - o Riding in the transition area

- 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
- Bike section – spectators will be allowed to view the bike route from the AstroTurf side of the rugby pitch and the road – this will give parents a view of the whole of the bike course
- Run Section – spectators can view the run course from outside of the AstroTurf fencing – note that spectators will not be allowed into the AstroTurf area but there is good viewing of the whole course.

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