



Final race day information

Thank you for entering your child into this year's children's triathlon organised by The Leighton Buzzard Triathlon Club on Saturday 7th July.

Key items:

Registration is open from 10:00 in the Sports Pavilion, which is to the rear of Cedars Upper School. Registration and transition will be open throughout the event so if your child is racing in the TS2, TS3 or youth category you do not have to arrive before 12 but do arrive in time for the second race briefing which will take place at approximately 13:30

Venue: Cedars Upper School/Tiddenfoot Leisure Centre, Linlade, Beds LU7 2AF

Race briefing

A general race briefing will be held adjacent to transition area for competitors and parents at 11:45, and again at approximately 13:30 following presentation of Tri Star Starts and Tri Star 1 podium prizes

A Swim briefing will be given to competitors pool side prior to each age group wave setting out swim rules and etiquette .

The timing chip will be attached to each competitor pool side using a Velcro strap which fits around the competitors ankle.

First Wave will be Tristar Starts at 12:00. Swimmers will be started in order of swim speed, fastest first.

Successive waves will be Tristar 1, then Tristar 2, followed by Tristar 3 and then Youth

Note as in previous year's we will pause the event after the first two waves at which point we will hold a prize giving ceremony for the Tristar Starts and Tristar 1 age groups. We will then hold a second race briefing and get the rest of the race underway

Lap table:

	Tristart	TS1	TS2	TS3	Youth
Swim	2	4	8	12	12
Cycle	1	2	5	7	8
Run	1	2	3	4	5

A water point will be available on the run leg as the competitor exits transition and on each subsequent lap, and bottled water will be given to each finisher.

All athletes who complete the race will receive a custom finishers medal and a Leighton Buzzard Triathlon/Dorvics Cycles water bottle. Trophies will be awarded for the first three girls and first three boys in each age category.



Note: The long range forecast suggest the current hot weather will continue through the weekend, The event is held on a school playing field so shade is minimal, thus if you have a gazebo or event shelter, you might like to consider bringing it along, and don't forget the sunscreen, preferably a water proof product that will still have some effectiveness after the children exit the pool

Registration is in the sports pavilion adjacent to the sports fields, toilets are also contained within this pavilion. We encourage your child to come changed for the event, but if inconvenient to do so, then changing facilities are available in the swimming pool changing area which has privacy cubicles. Note, no secure storage is available in the sports pavilion. If you need secure storage for any items, please use the lockers in the pool side changing room. You will need a £1, which is returned when you re-open the locker.

Registration and Race numbers:

At registration each competitor shall be given :

A race number which can be either attached to a T shirt or a race belt, (safety pins will be provided) to be displayed during the cycle and run legs of the race. For those using a race belt, the numbers will be pre-hole drilled. Race number should be visible on the back of the competitor during the cycle leg and on the front of the competitor during the run leg.

A race number which shall be attached to the competitors cycle

A race number for the parent to keep, so you can retrieve your child from the finish holding area

Your one day British Triathlon race licence (if not a BTF member).

To retrieve your cycle from the transition area, you will need to show your race number, which corresponds with the race number attached to the cycle.

Please note at registration the competitors race number will be written on their hand, this is to ensure the correct chip number is attached to their ankle pool side and also the number of cycle and run legs that are needed to be completed.

Refreshments:

We will have mobile catering vans adjacent to the race who sell Pizza's, hot dogs and a selection of hot and cold drinks, a café also exists within the front lobby of the leisure centre which sells hot drinks, cakes and sandwiches

Parking.

The main parking area is to the rear and south side of Tiddenfoot Leisure Centre/Cedars Upper School, when this is full you may park in the Tiddenfoot Leisure centre, or road side on the surrounding roads. Car parking marshals will be on site to direct you. If you are very local to the event, you may like to consider walking to the event or having someone drop you, child and bike off to ease parking congestion

Sponsors: We are pleased to mention the following are sponsoring the event, and are thankful for their support which helps keep our costs and thus race entry fees low:



Dorvics are our local cycle shop in Leighton Buzzard and offer a great service. We are very pleased that they have agreed to sponsor our event for a second year.

Location:

- how to get there. Race HQ is in The sports pavilion to the rear of Tiddenfoot Leisure Centre, Mentmore Road, Linslade, Beds LU7 2AF We strongly advise NOT coming through Leighton Buzzard town centre, but if you are travelling from the S or East, follow the A505 to its junction with the A418 (SP Aylesbury) and then turn right towards Linslade. At the bottom of the hill go under the railway bridge, then take the first right. Drive to the end of the road, (300m) turn right again and Tiddenfoot Leisure centre is 300m on the LHS

Start time: The official race start time is 12:00. Note for safety reasons we will only start the next swim wave after the completion of the previous cycle leg, to ensure we do not have children of wildly different sizes racing along side each other at the same time on their cycles.

Age Group	Approximate wave start time
Tristar Start	12:00
Tristar 1	12:30
Tristar 2	13:45
Tristar 3	14:35
Youth	15:30

Please note these are only estimates based on swim times given and estimated cycle times. Once the previous swim wave has finished, we will call the next age group to enter the pool for the fitting of their timing chips and swim briefing.

Photographs.

To comply with British Triathlon regulations, if you wish to take photographs during the event, you must fill in and return to us at registration, the attached photo registration form. Additional forms will be available at registration, but it will be faster if you can pre-complete it.

Note, no photographs are allowed in the swimming pool

Please do not post on social media any photographs that identify another competitor (I.e. their race number is visible) as consent may not have been given for publication of that image. If you do so, and we, LB Triathlon Club as race organiser, receive a complaint we will ask that you remove the image, or that portion of the image that identifies another competitor.

Pre-race cycle checks

The cycle used on the cycle leg must have working brakes and be otherwise sound and in good working condition and tyres inflated to the correct pressures. Remember if the cycle fails in any way during the cycling leg, no outside assistance is allowed to fix the problem. So please check your child's cycles brakes are fully functioning and the chain and gears are all in good order, and tyres are pumped up to the correct pressure prior to the event. Triathlon rules state that the ends of your handlebars must not have any metal showing, if your child's cycle has metal visible at this point either fit correct handle bar bungs or cover with good quality tape of sufficient layers so the bar cannot puncture the skin if it is fallen on, or it lands on the participant. The cycling is ALL on grass school playing fields and will include some tight turns which will test the child's general cycling ability and braking and acceleration.

Please note, so as not to hinder any other competitors you will not be able to collect your cycle and other items from transition until the last competitor of the Tristar 1 age group has completed their cycle leg for the first part of the race or Youth category for the second part of the race, unless by special arrangement with the transition manager who has sole discretion as to whether to allow removal of a cycle at that time.

Note: To take the cycle into transition, and to retrieve it at the end of the race, it must have the cycle race number sticker attached to the cycle, this must correspond with the competitors race

number which a marshal will check as the cycle is taken into transition prior to the race, and retrieved from transition at the end of the race.

NOTE: ONLY competitors (NOT parents or carers) and race officials are allowed and transition.

Race officials will be on hand in transition to assist in getting bikes on and off the racking for the TS-S and TS-1 age groups

Drafting and Pacing:

Triathlon is an individual sport, a competitor must not receive any assistance, other than verbal encouragement, from any other competitor or spectator. On the bike leg this means that a competitor cannot gain an advantage by drafting (riding in the slip stream) behind another cyclist. Triathlon rules state that the exclusion zone for drafting is 10m, which is about 5 cycle lengths. If a competitor wishes to overtake a cyclist in front, they should do so as quickly as possible, and the overtaken cyclist should then drop back so that they are outside of the 10m exclusion zone. Any competitor seen drafting will be given a verbal warning and if the offence is not corrected, will be given a 10 second stop-go penalty.

On the run leg parents must not pace an athlete by running alongside the track. If any parent is caught doing so the athlete can face disqualification

Results are available in real time on a large screen at the timing HQ and also can be printed out by entering the competitors race number. They are also available during the race on-line at: eventchiptiming.com

First aid. First Aid cover for the event is being provided by There2care.

The sport of Triathlon

We realise that for some, this will be their first ever event, so, please take some time to read the following notes concerning Triathlon. For those of you who have raced Triathlons before, you may already know most of these rules, but please do read the following paragraphs as it does contain race specific information.

The race is run under the rules of Triathlon England, which defines the following.

A Triathlete cannot receive any outside support during the race, this includes the time spent in transition where you are changing clothing items from one sport to another, example being putting on your running shoes, or cycle helmet, nor if you get a puncture whilst cycling. – we realise that as the cycling is on school playing fields that this would be unlikely. If your child is struggling to put on a T shirt over the top of a wet swim suit you can offer encouragement from outside of the transition area, but cannot go into transition to assist.

There is no diving into the pool at the start of the swim leg, and no running down the side of the pool when exiting the swim. The swim exit point will be via steps which are adjacent to the swimming pool exit door. The athlete will wear a timing chip attached via a Velcro strap to their

ankle. For younger competitors help will be at hand from DBS cleared LBTri club officials to make sure this strap is properly fitted. This timing chip has to be worn throughout the duration of the race otherwise the athlete will not get a race time recorded. At the end of the race, immediately after the finish line, the timing chip will be removed by a LBTri race official

Transition.

The Transition area is a fenced off area, where the athlete leaves his/her cycle, running shoes and, if needed T shirt with race number attached (or race number attached to a race belt), cycle helmet, a towel is also useful to dry off feet prior to putting shoes on and to give a quick dry to your body before trying to put on a T shirt. For those of you new to the sport the following YouTube clip could be useful <https://m.youtube.com/watch?v=VdykH5e4q5M> After depositing these items in transition, the only entry and exit points are those designated for use during the race itself. There is no spectator entry allowed in this area during the race, this includes when the athlete is taking their cycle and clothing into transition before the race starts, so please make your child aware that they need to lay out their shoes and clothes needed during the race in an orderly manner as when they get out of the pool, they will be in race mode and need to get changed as quick as they can. We will have assistance on hand in transition to help give advice to nervous first time triathletes and you can of course offer your advice from outside the transition area, as you will only be a few metres away.

Depending on the weather, it may be advisable to bring a spare T shirt (or waterproof layer if rain is forecast) for your child(s) to wear prior to them going into the swimming pool

It is important for the competitor to remember where they racked their cycle, even in a small event such as ours it is easy to forget its exact location and waste valuable seconds locating it

A cycle helmet must be worn on the cycle leg, when the athlete gets to his/her bike when getting out of the swimming pool and entering transition, then the first thing they must do is place their helmet on their head and fasten the strap, only then may they touch their bike. Similarly when coming back into transition following the cycle leg, the athlete must first rack their bike, and only then may they remove their helmet. There is NO riding of the bike in the transition area, you must run with your bike until past a bike mount line, which is outside of transition, where a marshal will instruct you that you can mount the bike. Similarly when finishing the bike leg, the athlete must get off the bike before the bike dismount line and then run with the bike back to their bike racking location.

Depending on age category the Race has multiple laps in each of the 3 disciplines, each athlete will start the race by the pool side at a point adjacent to their start point. Athletes will be started at approximately 20-30 second intervals, and will swim up the right side of their lane, turn around at the end of the pool, and come back down the other side, i.e. they keep to their right. When they get to the starting end of the pool, they will either get out of the pool (for Tristar Starts who do 2 lengths) or duck under the rope to their right and proceed up the next lane, again keeping to their right. Numbers of lengths for each age group are shown in the table below. Only breast stroke or front crawl are allowed. Although we will be starting athletes in order of their predicted swim times, inevitably swimmers can get held up by slower swimmers, the best advice is to try and overtake at the end of a lane, not in the middle of it, and if you are the slower swimmer about to be overtaken, wait momentarily at the end of the lane and let the faster swimmer go through.

For the cycle and running legs, for all age groups above Tristar Starts multiple laps are required, it is up to the athlete to count each lap themselves to make sure they have completed the required number of laps, we would encourage parents to familiarise themselves with the number of laps required for the cycling and running and inform the athlete as they pass the spectator zones how many laps they have completed or that they are now on their last lap. If an athlete has been found not to have completed the required number of laps, by virtue of an un-realistic time for a particular leg they will not be eligible for an age group winners prize.

The decision of The Race Director and the TE Technical official present on the day in such matters is final.

Happy Racing

Chris Leech,

Leighton Buzzard Triathlon Club

Race Director



This form should be completed by anyone taking photographs or recording images at the event

Photographer Name:	
Participant Name	
Address:	
Telephone	

I wish to take photographs or record images at this event, and I

- agree to abide by the Event Organisers' guidelines and confirm that the photographs or recorded images will only be used appropriately.
- agree and understand that no photographs are allowed in the pool or transition areas at any time.
- Agree that any photograph taken that identifies another competitor by race number may not be published on social media unless specific permission is given by the parent of that competitor

Signature:

Date:

Please complete and return to the Event Organiser.

Bracelet issued, tick.