

Vistra Bloodwise  
  
 Jersey Kids' Triathlon



## YEARS 4 & 5 RACE INFORMATION

SATURDAY 9<sup>TH</sup> JUNE 2018

LES QUENNEVAIS SPORTS AND LEISURE CENTRE

### **RACE DAY CLOTHING & TRANSITION AREAS**

The changeover between sports on triathlon is known as the “transition” and is part of triathlon, which is a continuous event from start to finish. There will be no ‘changing rooms’ during the race and therefore it is not possible to undress - only to add more clothing!

In the Vistra Bloodwise Jersey Kids’ Triathlon there are two separate transition areas, which we call Transition 1 (“T1”) and Transition 2 (“T2”), which are marked in red on the course map on page 3. Volunteer marshals will help any children having difficulty in transition areas (although children should practice and aim to get themselves changed) and it is important that **parents must not enter the transition area during the event to help their child change etc.** The transitions will be explained in the race briefing along with a description of the course prior to each age group’s event.

If an athlete wishes to complete the event in a full swimming costume (girls) or a triathlon race suit (girls and boys) then this is fine. However please remember you will need to attach a race number bib to your clothing for the bike and run sections.

**ARRIVAL** - On arriving at the event, athletes should be wearing their swimming costume underneath some warm layers of clothing. After the race briefing, athletes will be asked to prepare for the swim section by removing their layers.

**SWIM** - All athletes should wear a swimming costume and goggles (a swim cap is optional). Athletes will exit the pool wearing their swimming costume and cap/goggles



**BIKE** - It is necessary for all athletes to have their top covered, either by a swimming suit or a t-shirt on the cycle and run course (British Triathlon Rules). So if you are not wearing a full swimming costume (girls) or tri suit (girls and boys), then you will need to wear a t-shirt with a race number on. This should be left in T1 along with your bike, trainers and helmet before the race. Athletes may also choose to put on socks, shorts or any other clothing, in which case they would place this in T1 along with their other kit. Athletes will finish the bike section by dismounting their bike at the dismount line on the ground and pushing their bike into T2.

Bikes must be roadworthy and all participants must wear helmets.

**RUN** - On entering T2 athletes will leave their bike and helmet and proceed to the run. In most cases a change of shoes or clothing is not required, (a very small number of athletes will be using specialist cycling shoes, in which case they will need to leave their running shoes with the marshals in T2 before the race).

### **REGISTRATION**

Registration opens at 12:00pm for all entrants. Please make your way to the event marquee in the field near the transition areas to register, collect your race bib number and free event t-shirt. Please ensure that you register a good time before your planned race briefing.

### **RACE NUMBERS**

All participants will be given a race number at registration. This should be affixed to the front of their clothing on the cycle and run (safety pins will be provided).

### **YOUR RACE GROUPS**

Depending on the number of entrants, boys and girls may be separated into sub-groups for racing. Please listen out for instructions from the announcer on the day to tell you when to:

- Go to your race briefing
- Rack your bike in the transition area
- Go to the poolside ready to start

### **RACE BRIEFING**

We anticipate that the race briefing for years 4 &5 (girls and boys) will take place at 13.15pm, but due to issues on the day and the number of children taking part this may be earlier or later. Please listen out for the announcer telling you where and when your race briefing will take place. You will be given adequate time to get from the race briefing to the poolside to start your event.

### **BIKE RACKING**

As we have more competitors than can be accommodated in one go, it is important that you do not rack your bike until you are given the signal to do so. We anticipate that boys in school years 4 & 5 will be asked to rack their bikes in T1 at 13.45pm, and girls at around 14.35pm. Please listen to instructions, which will tell you when you should rack your bike.

Bikes, t-shirt, shoes, helmet and any other equipment for the cycle will need to be placed alongside bikes in T1 before the race.

When children have completed their race we ask parents to remove bikes, swim caps/goggles from the transition areas as quickly as possible. Any lost property will be left with the



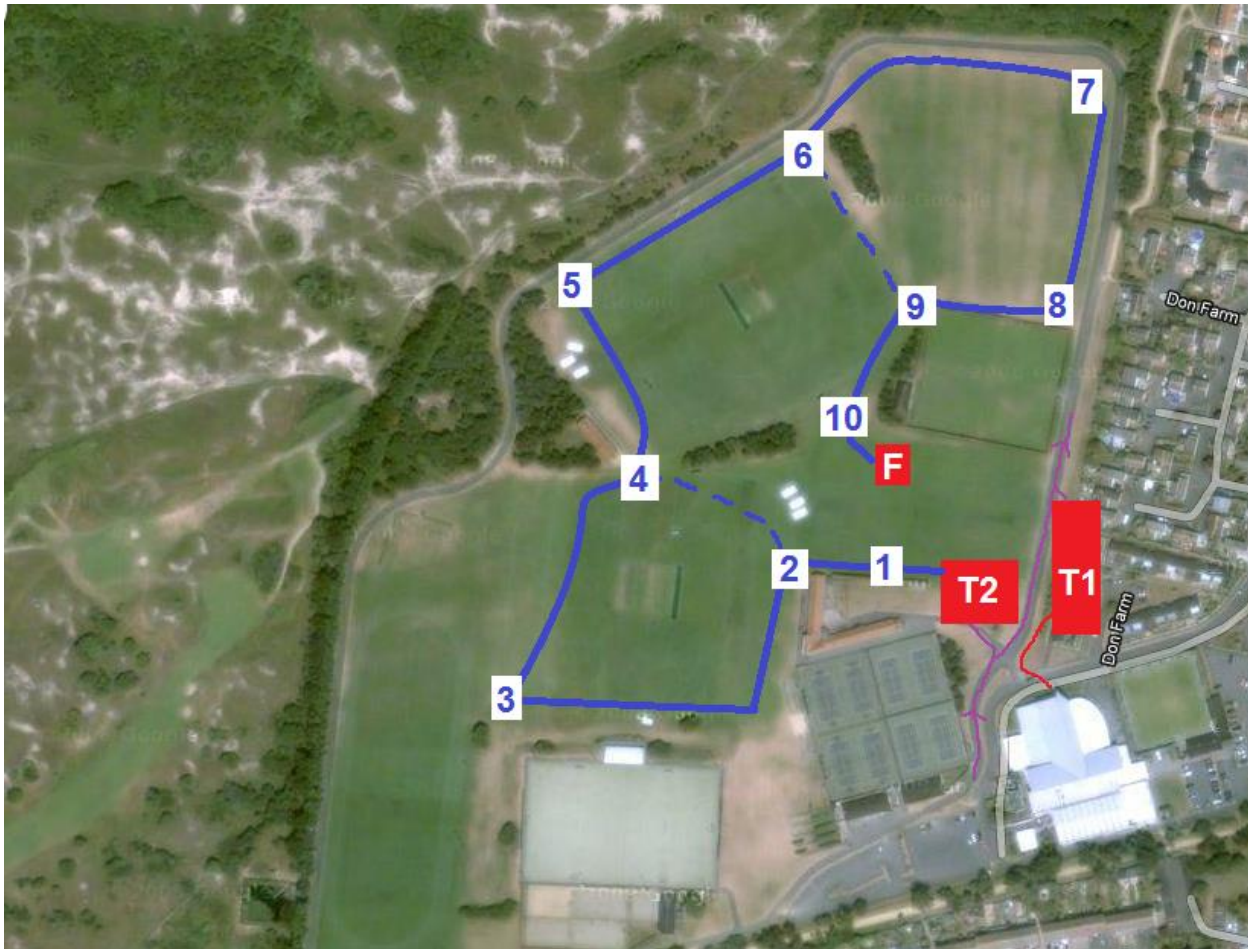
registration team until 5pm, after which it will be taken to the reception at Les Quennevais Sports and Leisure Centre.

### POOLSIDE TIMINGS

We anticipate the boys in years 4 & 5 will be asked to go to poolside at 13.50pm, and the girls in years 4 & 5 will go to poolside at 14.40pm. But please listen out to the announcer on the day for any changes.

### DISTANCES

Your event distances will be; Swim 50m, Cycle 3km, Run 800m. The map below highlights the event course, which is described further below.



**Swim:** The swim will take place within the 25m pool at Les Quennevais. Swim helpers from Jersey Swimming Club will be on hand to help, including helpers in the water.

**T1:** On exiting the pool triathletes will leave the building via the fire exit, descend the stairs (take care - the steps get slippery when wet) and cross the road to the main fields at Les Quennevais (red line above). You will put on your t-shirt, race number, shoes (possibly socks and other clothes) and helmet, before picking up your bike from T1.

**Cycle:** The cycle route is relatively straightforward, being entirely on the tarmac cycle track (two laps in an anti-clockwise direction).

**T2:** You will leave your bike in the second transition area, which is inside the cycle track, beside the playpark. Please ensure you dismount your bike before you reach the grass and enter the transition area.

**Run:** Your run course is approximately 800m and on the map above (blue line) goes:

T2-1-2-3-4-5-6-9-10-Finish

Run marshals will ensure you complete the correct loop.

