

Vistra Jersey Kids' Triathlon

SATURDAY 11 JUNE 2022

Les Quennevais Sports and Leisure Centre

SWIM



BIKE



RUN



Years 6, 7 & 8

EVENT INFORMATION PACK

OFFICIAL CHARITY



SUPPORTED BY



We are delighted that the Vistra Jersey Kids Triathlon is taking place on Saturday 11 June! The team have been working on making our sporting event safe and fun for all, all whilst raising money and awareness for Blood Cancer UK – Jersey.



EVENT PACK COLLECTION

Registration opens at 11:00am 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 & free event t-shirt. Please ensure that you register a good time before your planned race briefing.



TRANSITION

- There will be no 'changing rooms' during the event and therefore it is not possible to undress – only to add more clothing!
- There are two separate transition areas; 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**. The transitions will be explained in the event briefing.



HELMET CHECKS

All parents and guardians must have their helmets checked before the event. There will be no helmet check at the event due to time restrictions. Please note that it is the responsibility of every parent and guardian to ensure that their child's helmet fits and is safe for cycling. Please visit one of the bike shops if you need assistance with this.



SPECTATORS

We are delighted to welcome spectators to our event, but please be aware that the car parks get very full (remember to put your yellow disk up).



CATERING & PRIZE GIVING

There will be a couple of food trucks and ice cream van available at the event, as well as the Blood Cancer UK Jersey tent, Face Painting, CREEATE and Jersey Youth Games area for families to enjoy. Prize Giving will take place after



WATER

There will be a large Jersey Water Tank at the event to encourage participants to fill up their own bottles rather than providing plastic bottles.



EVENT DAY CLOTHING

Participants can complete the event in a full swimming costume or a triathlon race suit, however, please remember you will need to attach an event number bib to your clothing for the bike and run sections.

ARRIVAL	Participants should be wearing swimming costume underneath some warm layers of clothing for arrival and the briefing. Please have your bibs ready to show the check in team on arrival.
SWIM	Swimming costume/shorts and goggles (swim cap optional). Participants will exit the pool wearing their swimming costume and cap/goggles and head to Transition 1.
BIKE	<ul style="list-style-type: none"> All participants must have their top half of their body covered, either by a swimming suit or a t-shirt on the cycle and run course. If you are not wearing a full swimming costume or tri suit, then you will need to wear a t-shirt with bib number on. This should be left in T1 along with your bike, trainers, and helmet before you start your swim. Participants 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. Participants 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 helmets are compliant with British Standards.
RUN	On entering T2 participants 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 participants will be using specialist cycling shoes, in which case they will need to leave their running shoes with the marshals in T2 before the event).



YEAR 6, 7, 8 & 9 TIMINGS

	Check In	Briefing	Bike Racking	Poolside
Boys & Girls	11:00	11:45	11:15 – 11:40	11:55

Please listen out for instructions from the announcer on the day.



EVENT BRIEFING

There will be an event briefing on Saturday 11 June at Les Quennevais. Please head to the marquees on the grass area. Please listen out for the announcer telling you where and when your event briefing will take place. You will be given adequate time to get from the event briefing to the poolside to start your event.



BIKE RACKING

- We cannot accommodate all participants bikes in transition at one time, therefore we kindly ask that you do not rack your bikes before the time noted above.
- Bikes, t-shirt, shoes, helmet and any other equipment for the cycle will need to be placed alongside bikes in T1 before the event.
- When children have finished, 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 17:15pm, after which it will be taken to the reception at Les Quennevais.

DISTANCES EXPLAINED

Discipline	Distance	Notes
Swim	100m	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.

Transition 1	On exiting the pool participants 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 (red line above). You will put on your t-shirt, event number, shoes (possibly socks & other clothes) and helmet, before picking up your bike from T1.	
Cycle	4.5km	The cycle route is relatively straightforward, being entirely on the tarmac cycle track (three laps in an anti-clockwise direction).
Transition 2	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	1200m	Your run course is approximately 1200m and on the map below (blue line) goes: <ul style="list-style-type: none"> • T2-1-2-3-4-5-6-7-8-9-10-Finish • Run marshals will ensure you complete the correct loop.

The map below highlights the event course, which is described further below. Please note the run courses may be modified if necessary due to the building of the Skatepark and that any changes will be highlighted at the race briefing and children will be directed by volunteer course marshals.

Years 6, 7 & 8

Years 4 & 5

Years 2 & 3

T2-1-2-3-4-5-6-7-8-9-10-F (with loop between 6 and 7)

T2-1-2-3-4-5-6-7-8-9-10-F (without loop between 6 and 7)

T2-1-2-4-5-9-10-F

