



Tri Sport Epping's Children's Aquathlon 2010

Saturday 24th April 2010

BTF Children's Event Rules Apply

Welcome to Tri Sport Epping's Children's Aquathlon 2010. Thank you for entering this event. We hope you enjoy the race. We would be grateful if both competitors and their parents could read through these race details, so that the event runs smoothly.

Please make sure you arrive in plenty of time, to register at the registration desk. Registration will be open from 8.00am. If you register at this time it will give you plenty of time to prepare for your event. If you arrive earlier than the registration time, that is not a problem, you can take the opportunity to look at the course and get your bearings. If you arrive late you may miss your heat altogether and this may prevent you from competing. First heat is at 9.00am. Each heat will complete the whole swim before the next heat starts their swim.

Anticipated schedule

08.00 – 8.45am	Registration and transition open
08.45am	Race Briefing
09.00am	Race starts
12.00noon	Prize Giving (Provisional)

Directions [map](#)

The full address of Coopers' Company and Coborn school is:-

St. Mary's Lane,
Upminster,
Essex, RM14 3HS

From London, take the A127 towards Southend and leave at the Junction marked Upminster, Cranham. At the top of the slip road, turn right and head towards Upminster on Hall Lane. You will pass Upminster Station on your left and then arrive at a set of lights. Turn left at the set of lights onto B187, St. Mary's Lane. Coopers' School is about half a mile down on the right hand side.

From Southend, follow the A127 to the turn off just before the M25 marked B187, Upminster, Great Warley. At the top of the slip road turn left. Follow this road around to the right at the bend. At the mini roundabout, go straight on. Go under the M25 bridge and the railway bridge. After this bridge, the school is about a quarter of a mile on the left hand side.

Parking.

There will be parking marshals on the gate to direct you to your parking space. Please adhere to the marshal's directions so that we can accommodate everyone.

Registration.

You will be required to register in the main sports hall at the registration desk, between 8.00am-8.45am.

If you do not have a 2010/11 BTF membership card you will be issued with a day license under BTF rule 1.5. This cost has been included in your entry fee. If you are a BTF member *you will need to present your race license*. If you have yet to receive your new card, could you please provide some proof of payment of your membership such as BTF email receipt

You will be given one race number, which should be pinned to your front and be clearly visible on the run. Alternatively, number belts can be used. Your left arm and leg will be marked with your race number. Please make sure you familiarize yourself with all parts of the course, Pool to Transition area and Run course. If you have any questions, please ask at the Pre Race Briefing.

Photography and Video.

This event is run in accordance with the BTF's child protection policy. As such, parents or spectators wishing to take photos or use a video camera **MUST** register at the Video/ Photography registration desk, where you will be issued with an authorizing sticker to be displayed clearly throughout the event. Anyone seen using a video camera or taking photographs without a sticker should be reported immediately to a Race Official.

Race Briefing.

Will take place in the main sports hall at 8.45am. The briefing will be given to all competitors at the same time. Please make sure you attend, as there may be some important changes to the event or course detail. At the briefing you will be advised of the time and area you need to report to (ready to race) for the start of the event. The first heat will start as soon as possible after the Race Briefing.

Transition area.

This area will only be accessible to competitors and officials. **No parents will be allowed in the transition area at any time.** Competitors should set out their kit in transition as soon as they have registered. Transition will close at 8.45am, before the race briefing, after which time no one will be allowed to enter. Competitors should collect their kit as soon as possible after their race. Please report to one of the transition marshals who will guide you through Transition to recover your kit without affecting those competitors still racing.

The Race

Swimming

The pool is a 4 lane 25m indoor pool. Swimmers will be taken from the race report area to poolside. Swimming hats are optional. Swimmers will be placed two per lane, and swim up and down the designated side of the lane. Do not move across the lane or impede other swimmers. All swims will be pool start, no diving is allowed. Swimmers must start with one hand and one foot on the starting wall. A "2 to go" board will be shown when you have 2 lengths remaining to swim. The lane marshal will record your swim time and this will be used for your split time. The number of lengths you swim depends on your age group and is as follows:

8 years	(Tristar Start)	50m	2 lengths
9-10 years	(Tristar 1)	150m	6 lengths
11-12 years	(Tristar 2)	200m	8 lengths
13-14 years	(Tristar 3)	300m	12 lengths
15-16 years	(Youth)	400m	16 lengths

Exit from the pool is via the doors at the far end of the pool. Please do not run on poolside for safety reasons and beware of the concrete steps exiting the pool, as they may be slippery.

Running

The run takes place on the grass playing field at the back of the pool and is a 600m circuit course. The number of laps you need to complete depends on your age group and is as follows:

8 years	(Tristar Start)	600m	1 circuit
9-10 years	(Tristar 1)	1200m	2 circuits
11-12 years	(Tristar 2)	1800m	3 circuits
13-14 years	(Tristar 3)	2400m	4 circuits
15-16 years	(Youth)	3000m	5 circuits

Marshals will be counting laps so ensure your race number is clearly visible on your front at all times. It is, however, your responsibility to make sure you complete the correct number of laps.

General Note

Competitors' chest must be covered on the run sections and footwear must be worn for the run section.

Parents / Supporters are reminded that running alongside competitors (pacing) and handing over drinks is not allowed and may result in disqualification of the competitor.

Finish.

As you cross the finish line your time will be recorded and you will receive your finisher's medal. Well done!

Referee.

A BTF referee will be officiating on the day. Competitors are required to abide by the BTF Children's Competition Rules which are available on the BTF website www.britishtriathlon.org Please be aware that anyone not abiding by the rules will be liable to time penalties and disqualifications. **The referee's decision is final.**

Presentation and Results.

There will be trophies for the top three finishers in each age group, male and female. Provisional results should be available on the day and will be read out at the finish of all age groups racing. The race results will be put on the club website within a few days. If you would like a hard copy of the results, please leave a prepaid envelope with your name and full address at the registration table.

Tri Sport Epping

Is a club dedicated to bringing children and young adults into the sport of triathlon. We provide training, coaching and events for 8 - 16 year olds, as well as adults of all abilities. If you are interested in joining our club, please talk to any of the officials on the day or visit our website.

Last Minute contact details.

If there is a need to contact Tri Sport Epping in the build up to the race please use the email address below. On the day, or for very last minute queries please ring Les Henderson 07824 846015.

Good luck to all competitors - We hope you enjoy the race !

Website: www.trisportpepping.co.uk Race Enquiries: les10@talktalk.net