

Tri-Force Juniors Children's Triathlon 18th June 2023

Dear All

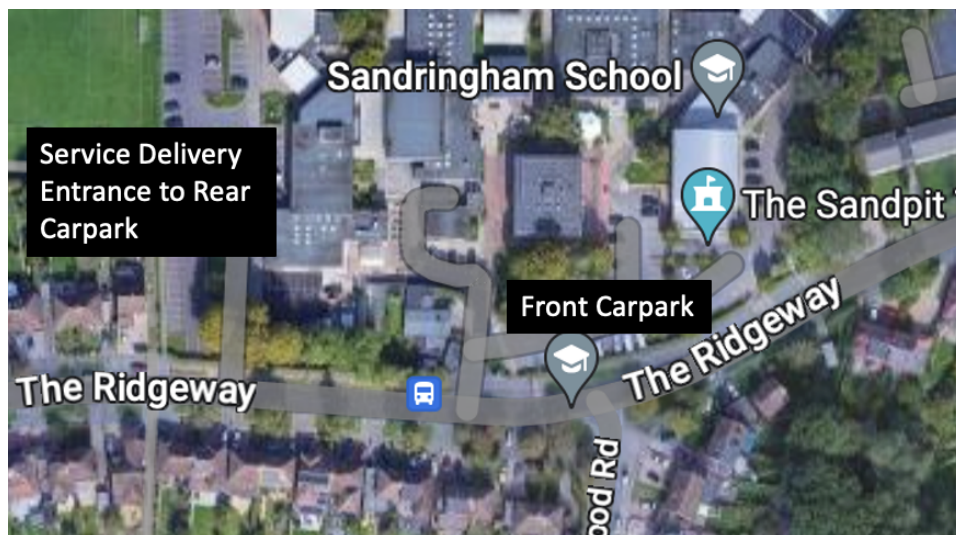
Thank you for entering our children's triathlon race. We would be grateful if both competitors and their supporters could read through these race details, so that the event runs smoothly.

Anticipated Schedule

11:00 Registration Open
11:20 Transition Open
12:30 Registration Closes
12:45 Transition Closes
13:00 Race Briefing
13:30 Race Starts
15:45 Prize Giving with Spot Prizes

Approx. Running Order Race Start Times

From:
13:30 Youth Open and Youth Girls
13:45 Tristars 3 Girls and Tristars 3 Open
14:20 Tristars 2 Girls and Tristars 2 Open
14:40 Tristars 1 Open and Tristars 1 Girls
15:00 Tristars Starts Open and Tristars Starts Girls



Address

Sandringham School Academy Trust
The Ridgeway
St Albans
Hertfordshire
AL4 9NX

No Dogs Allowed

Travelling/ Parking

Please allow enough time for travelling, parking and registering. You may wish to check for roadworks on your route by using <https://roadworks.org/>

Tri-Force Juniors Children's Triathlon 18 June 2023



There are two car parks; one at the front of the school and one at the rear (labelled service/delivery entrance on The Ridgeway). **We would encourage you to use the rear car park (service/ delivery entrance)** as the car park is beside the field where the race will be taking place. There will be marshals on the service/ delivery entrance gate to direct you to your parking space. Once the car parks are full, please use local roads.

Catering

There will be several food and drink vans around the field:

- Coffee - <https://reallyawesomcoffee.co.uk/>
- Pizza Van - www.ruffwoodpizza.co.uk
- Ice-cream - <http://www.novielloosices.co.uk/>

Water Fountains

There are a number of water fountains around the school grounds that can be used by all:

- by entrance to changing rooms
- in sports hall foyer
- by the school field

Essential Kit & Equipment

- **Trisuit or swimming costume**
- **Swim hat is compulsory for all** plus goggles if required.
- **Number belts** are highly recommended, but T-shirts attaching the race number with safety pins can be used as well.
- **Approved cycle helmets are compulsory** (e.g. ANSI Z90.4, EN1078 or SNELL B90)
- **Bicycles must be in a roadworthy condition.** Please check your bicycle before race day; bike checks will be carried out as you enter transition and any unsafe bikes will not be allowed in transition. Please ensure the end of your bike handle bars have an end plug or are taped.
- **Torsos must be covered** for the bike and run by either a trisuit, vest/t-shirt or full torso swimsuit.
- **Appropriate footwear** must be worn for both the bike and run sections. Barefoot running and running spikes are NOT allowed. Please bring **spare footwear** to wear before the race as your running shoes will be in transition and the tarmac surface may be hot.
- **No banned equipment** to be worn during the race – including phones, headphones or video recording devices.

Registration

Registration Opens: 11.00am in the foyer to the Sports Hall. We will close at 12.30 from which any latecomers will be unable to enter. We have extended the registration time to help reduce overcrowding.

If you are a British Triathlon home nation member, you will need to provide either your digital membership cards shown on smartphone or a screenshot of your valid membership. You will then be provided with a £1 refund for your race day licence.

Your registration pack will include:

1. One race number, which should be attached to a race belt.
2. Number sticker. Please fix it on the front of your helmet.
3. A race number, which should be attached to your bike handlebars with cable ties.
4. Timing chip with an ankle strap (This must be strapped to your LEFT ankle)
5. Your estimated race start time – please be at the pool changed & ready to race 15 minutes before.

Volunteers will be on hand to write your race number on your arm and leg. Please ensure this is completed before leaving registration.

If you arrive early, you can have a look at the course but you cannot ride bikes on the course before the start.

Photography & Video

This event is run in accordance with the British Triathlon child protection policy. We ask that any parent who does not wish their child to be photographed, collects an **orange wristband** for their child at registration. This must be worn by the child at all times. We remind parents that no photography is permitted in the swimming pool and changing rooms.

First Aid / Medication

First Aid will be on site to provide emergency cover and there will be a lifeguard within the pool area. If medication such as inhalers may be required, competitors are advised to leave one in transition and either take when in transition or carry it with them.

Spectators

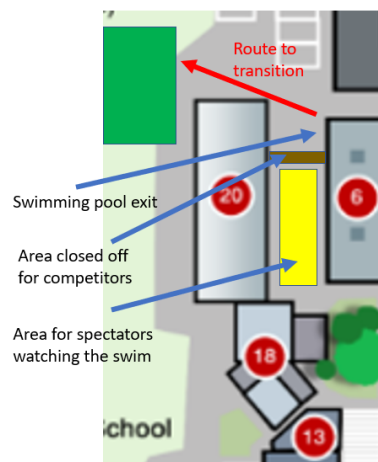
We ask that spectators act responsibly, use the open space available to keep everyone safe and avoid crowding round busy areas like registration and the finish line.

Toilets for spectators are within the Sports Hall



Please note there is no access to the swimming pool (building 6) for supporters. However, spectators may view from the outside of the swimming block (please proceed via the passageway between block 18 and 13). The swimming pool exit area will only be accessible to those racing.

Transition, cycling and running phases can be watched from the playing fields. Please keep behind tape or barriers at all times and do not enter any part of the race track.



Tri-Force Juniors Children's Triathlon 18 June 2023

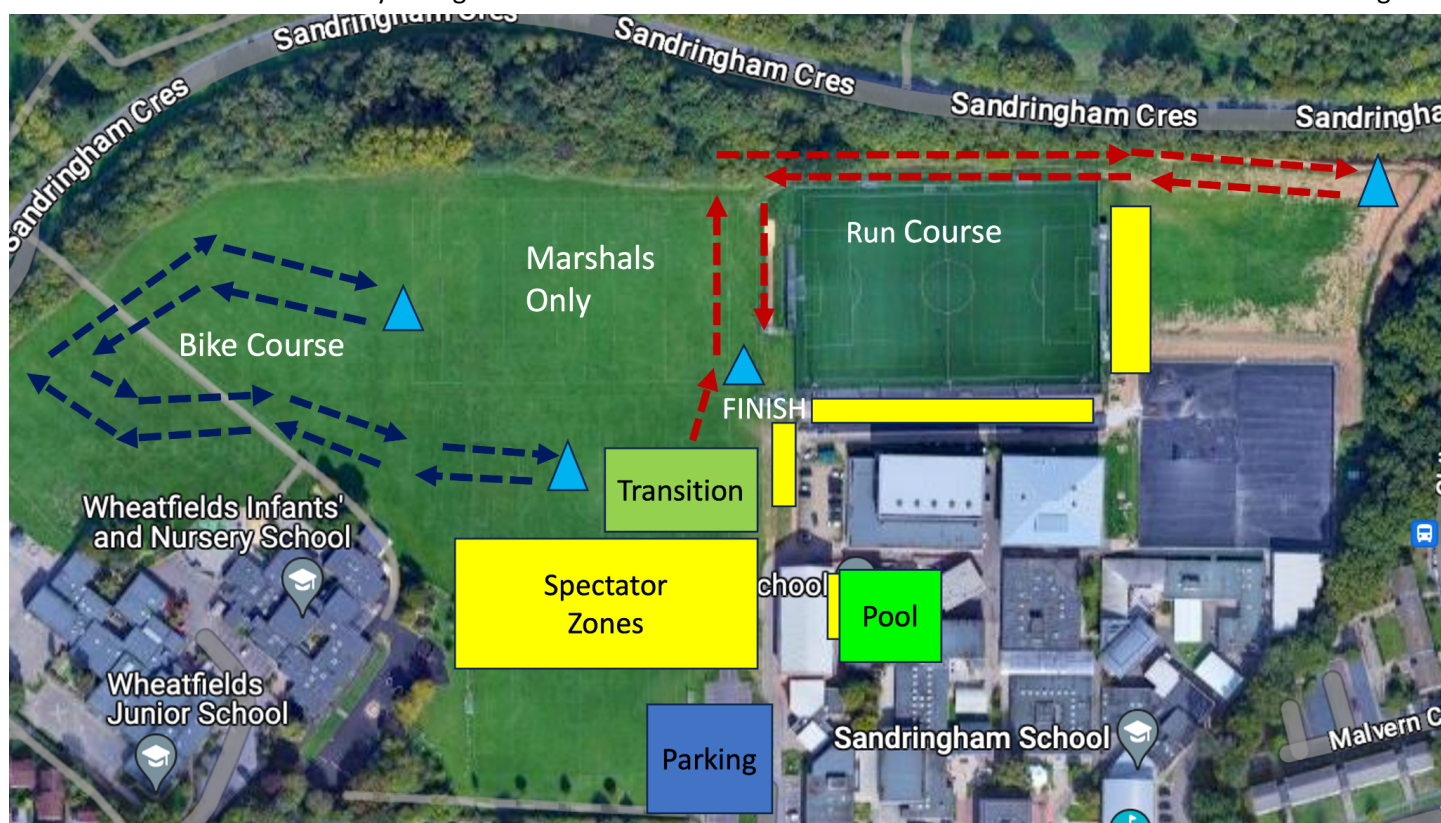
The Race Distances

	Swim	Bike	Run
Tristars Start 8 years	2 lengths 50m	1 circuit 1000 m	1 lap 600 m
Tristars 1 9-10 years	6 lengths 150m	2 circuits 2000 m	2 laps 1200 m
Tristars 2 11-12 years	8 lengths 200m	3 circuits 3000 m	3 laps 1800 m
Tristars 3 13-14 years	12 lengths 300m	4 circuits 4000 m	4 laps 2400 m
Youth 15-16 years	16 lengths 400m	5 circuits 5000 m	5 laps 3000 m

Please note that all ages quoted are as at 31 December 2023

Course Layout

The course is shown below. Any changes to the course due to weather conditions will be notified in the race briefing.



Race Briefing

Will take place on the field next to the Tri-Force Juniors Tent. 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.

Tri-Force Juniors Children's Triathlon 18 June 2023



British Triathlon Licensed Event

A BTF official will be officiating on the day. Competitors and supporters are required to abide by the BTF Competition Rules which are available on the BTF website: [Competition Rules – British Triathlon](#)

This race is **NON-DRAFTING**. A 10-metre zone must be maintained between cyclists. 20 seconds are allowed for one competitor to pass through the draft zone of another.

The Tri-Force Juniors Race Director is Rav Dighe. If you need to contact Tri-Force Juniors prior to the race please use the contact details below.

Email: tfjcomms@gmail.com **Mobile:** 07595 755 491

Transition

To enter the transition area you must be wearing your helmet securely, and the stickers in your registration pack must be on your bike and helmet. After the race you will need to show your race number and this will be matched to the sticker on your bike by a marshal before you are allowed to remove your bike from transition.

If this is your first multi-sport race, then it is good practice to familiarise yourself with the ways in and out of the transition area by walking through transition. There will be marshals in the transition area to help if you are not familiar with setting up arrangements for your bike, helmet, shoes etc...

Only competitors and officials may enter transition - NO parents are allowed in the transition area at any time.

Racking will be provided for all age groups and will be marked up with race numbers. Please ensure your belongings are neatly put beside your bike and do not obstruct the next bike. No bags are to be left in transition.

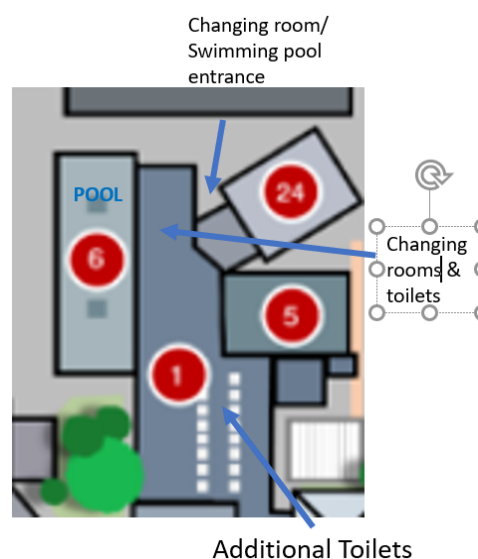
Swimming

The entrance to the swimming pool is between building 6 and 24. Competitors may use the toilets within the swimming pool changing room, Sports Hall or there are additional toilets in building 1 through the double doors.

Please note that

- Swim-hats are compulsory.
- No diving is allowed.
- Tumble turns are permitted.

[Please be in the swimming pool changing rooms 15 minutes before your estimated swim start time.](#)



Swimmers will be called from the changing rooms to poolside at the appropriate times. Please familiarise yourself with the number of required lengths for your age group.

Tri-Force Juniors Children's Triathlon 18 June 2023



- Youth and Tristars 3 will swim in waves of up to 8 people keeping to their designated side of their lane.
- Tristars 2 and Tristars 1 will be a snake swim going up one side of the lane, back the other side of the lane, under the lane rope and repeat this across the remaining two lanes according to the required number of lengths.
- Tristars Start will swim 2 lengths in one lane, going up one side and back down the other.
- If you need to overtake the person in front of you, you must first tap their feet and overtake only if safe to do so or wait to the end of the lane before passing them. The swimmer in front that has their feet touched should wait at the end of the pool to let the faster swimmer go past.

At the end of your swim, please take all your equipment (hat/goggles etc) to transition . If you need to wear glasses after the swim, please give them to a marshal in the swimming pool area before you get in the water then collect them from a marshal after you get out of the pool and before you exit the building. Please do not run on poolside as the surface could be slippery.

Bike Course

When you reach transition, run along the correct row to your bike (do not duck under the racking). Put on and **fasten your bike helmet BEFORE you touch your bike**. If you are wearing a race belt, it must be worn with the **number to the rear** for the bike section or you need a top with the number pinned to the rear. Competitors must push their bicycle to the 'bike out' gate. Competitors must **mount their bicycles after the mount line**. Failure to follow this rule may incur a time penalty.

The bike course takes place on the grass playing field and will be a 1km loop. The course will be marked out by flags. Please familiarise yourself with the number of required laps. To assist the Marshals, please ensure your race number is clearly visible (either on your t shirt or race belt)

When you have finished your circuits of the bike course you will return to the transition area. Competitors **must dismount their bicycles before the dismount line**. You must **not unfasten your helmet** until you have replaced your bike in your allotted racking position on the racking. If you need help please ask a marshal! Your **bike and equipment** must not impede other competitors so please place them down **tidily**. Run along the row to the end before heading for the **RUN OUT sign**.

Run Course

The run course takes place mainly on a grass playing field. The course is a 600m out-and-back course (with a turnaround point after 300m). The course will be marked out by cones. Please familiarise yourself with the number of required laps. To assist the Marshals, please ensure your race number is clearly visible (either on your t-shirt or race belt).

The run can be watched from the field behind the sports centre (building 21). Please keep behind tape or barriers at all times and do not enter any part of the race track.



Tri-Force Juniors Children's Triathlon 18 June 2023



Finish

Please take off your timing chip and place it in the collection boxes provided at the finish line. Everyone will receive a finisher's medal.

After the race

After finishing, please collect your bike and belongings promptly from transition once it is declared 'open'. Listen out for announcements to hear when certain age groups may enter the transition zone. You will need to show your race number to the marshal in order to collect your belongings.

Results

Race times are calculated by our timing partner, EventChipTiming. Your provisional time will be uploaded to their website [All Races \(eventchiptiming.com\)](http://AllRaces(eventchiptiming.com))

Competitors should raise any queries with the Race Director and or BTF Official, only when all competitors have finished. Queries should be made by the competitor, who may be accompanied by their supporter. Please do not approach the timing company with any questions.

Presentation

There will be trophies for the top three finishers in each age group, male and female. We will also have some spot prizes.

Final word

We hope you are excited to be a part of this event. A big thank you to our race sponsors:

[TAD Communications](#), [Aloha Tri](#) and [Crowdfuence](#).

We would also like to thank all our volunteers and the British Triathlon official.

Have fun and enjoy your race!