



Leeds and Bradford Triathlon Club
Junior Aquathlon
Saturday 3rd June 2023

The Edge Sports Centre, University of Leeds, Leeds, LS2 9DA

Sponsored by Morley Glass



Competitor Information

This document provides details about the Leeds Bradford Triathlon Club Junior Aquathlon 2023.

The event is organised under British Triathlon rules and is part of the Yorkshire regional triathlon series.

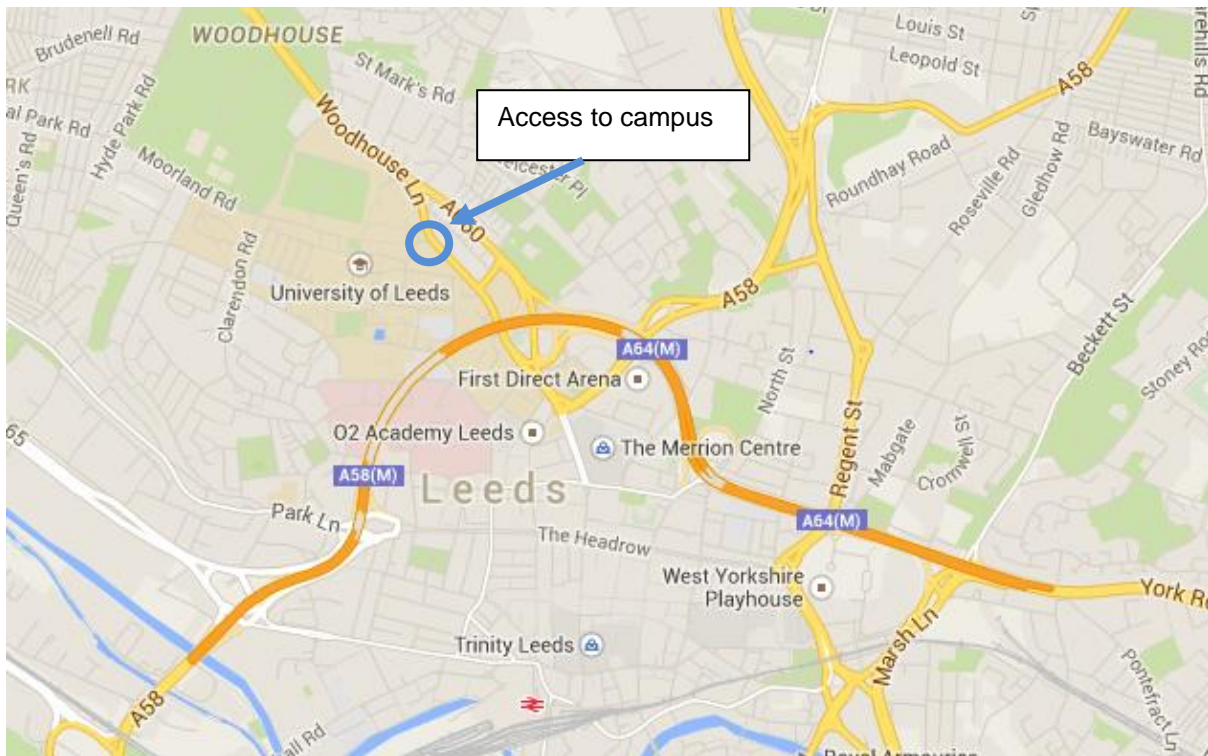
The whole event is organised and run by volunteers in their spare time. Please show your appreciation on the day.

The aquathlon is a continuous race, starting with a swim then immediately followed by a run. The swim is in a 25m pool and the run on a traffic free course around the University Campus.

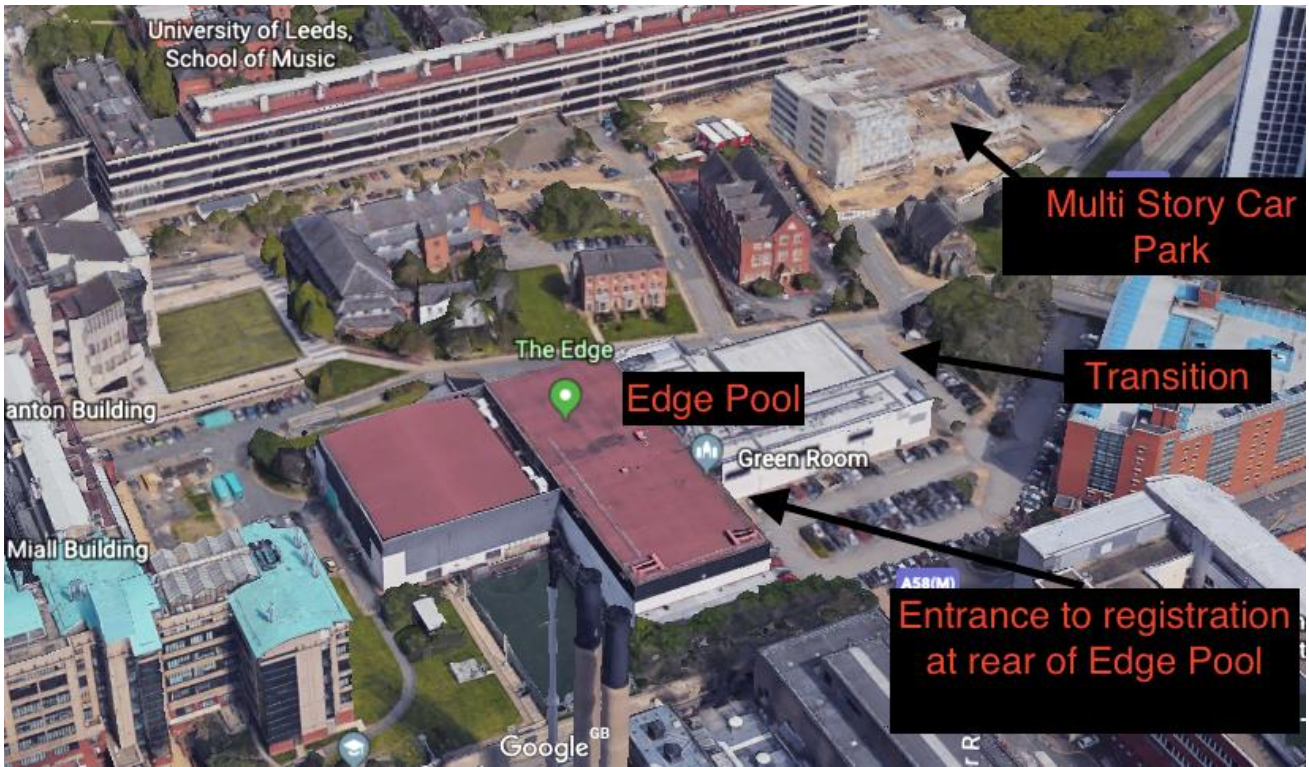
Age Group- <u>age at 31 Dec 2023,</u> <u>NOT age on day of race.</u>	Lengths to swim (25m per length)	Run Laps (600m per lap)
8 Years (Tristar Start)	2	1
9-10 years (Tristar 1)	6	2
11-12 years (Tristar 2)	10	3
13-14 years (Tristar 3)	16	5
15-16 years (Youth)	16	5
17-18 years (Junior)	16	5

Directions: The University of Leeds is located close to the city centre. Access to the campus is via Woodhouse Lane (A660). The closest postcode to the sports centre is **LS2 9DA**, but this actually takes you to Clarendon Way, which is within 50m of the venue, so please look at the map (or follow **what3words switch.prime.ally**), and allow a few extra minutes for the journey. New parking arrangements are in place at the campus **PLEASE USE THE MULTI STOREY CARPARK ON CAMPUS**. Parking charges apply using a number plate recognition system. A code to reduce the cost of parking is available at Edge Pool swim reception. **Payment on exit by card only.**

GENERAL LOCATION



Car Park - Turn off Woodhouse Lane into Cavendish Rd, past the security hut, follow the road as it bears left, then right. The new multi storey car park is on the right hand side approximately 200m from the swimming pool (**what3words switch.prime.ally**).



Time plan - No access to the sports centre before 13.00 and by the entrance through the car park (passing transition) and round the back of the pool

13:00	Registration opens
14:30	Registration closes
14:40	Race briefing
15:00	first wave

Category	Year of Birth	Swim distance	No. of waves	Estimate First Swim Wave
Tristart	2015	2L 50m	1	15:00
Tri1	2013-2014	6L 150m	2	15:10
Tri2	2011-2012	10L 250m	3	15:22
Tri3	2009-2010	16L 400m	3	15:45
Youth/ Junior	2007-2008	16L 400m	2	16:15

17:15 Presentation Ceremony (approximate time)

Registration: This will take place in one of the squash courts at the Edge. Please note that registration will open from 13.00 – there will be no access to the building before that time. Please do not access the sports centre until registration opens and access via the rear of the building. On entering registration you will be directed to the registration desk of your surname. You will collect your race number and timing chip.

On the wall outside the squash courts will be lists of competitors and which wave you will be swimming in, it is your responsibility to see which wave you are in and be at the pool 10 minutes before that wave is due to start. Registration will close at 14:30.

If you have any questions or worries please ask one of the marshals.

At registration you must:

- **Collect your race number, timing chip and safety pins (race belts are permitted)**
- **Get your right hand marked with your race number**
- **Show your Triathlon England licence if you are a member**
- **You will have been emailed your Day licence if you are not a member (you do not need to print this off and bring it along to the race)**
- **Complete anything omitted on the entry form and initial that the data held is correct.**
- **If you do not want your child's picture to appear in local or related triathlon press please state this at registration.**
- **State any medical conditions/medication that a competitor has/is taking also write any essential medial information on the rear of your number.**

Race number must be attached, in all four corners, to the front of the vest/T-shirt that the competitor will be wearing during the run. Safety pins will be provided. Alternatively use of a number belt is allowed. We need to see your race number as you cross the finish line to ensure we register your finishing time correctly.

Race Briefing: The briefing will take place at 14:40 adjacent to the finish line tent outside. All competitors and parents/accompanying adult(s) **must** attend. Further details about the race and any queries that you may have will be answered during the briefing. We promise not to keep you for too long!

Changing Rooms and Toilets: The main toilets and changing rooms are located adjacent to the swimming pool and give direct access to the pool. **These facilities are for athletes only.** There are further toilets for non-competitors within the sports centre which are clearly signposted. Please do not leave items unattended in any of these areas since we cannot accept responsibility for any loss. Please ensure that the changing rooms are left in a tidy state.

Rules: The event will be held in accordance with British Triathlon rules. A copy of these rules can be obtained from the web-site (www.britishtriathlon.org). ***Some of these rules are emphasised in italics within this information.*** The event referee will be wearing a British Triathlon jacket or gilet and will be able to answer any further questions you may have on the day. The referee will also enforce any penalties/hear any appeals.



Photography/ videos: Any Parent/supporter who wishes to take photographs or video any parts of the event must register (at registration) and wear a numbered sticker. Anyone not wearing a sticker should not be taking pictures. (This is in compliance with the BTF child protection policy).

Transition Area: Before the first race begins all athletes will be required to put their running gear in the transition area. The transition area will be marshalled and cordoned off. ***Once the first race starts only competitors who are racing will be allowed in the transition area.*** Tristart and Tri1 athletes will be able to collect their kit from transition as soon as the last Tri1 wave has finished.

There are age group sections in transition but no numbered places so please look out for your age group area, or ask a marshal - they are there to help you and ensure you have a great day out!

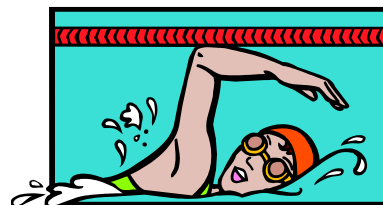
Trainers/T-shirts and a towel (towel is competitors preference) are usually placed in the transition area. Some competitors also place a drinks bottle for a quick sip in the area. **DO NOT** mark your space, if you do then any marking will be removed.

Competitors will need to listen to announcements e.g. when they are required to go to the swimming pool to be put into wave order, ensure you are in the pool area 10 mins before your anticipated swim wave start. For this reason once racing starts it is advisable for competitors to stay in the spectating areas around the transition/ pool area.

Parents / Supporters. We are hoping that everyone will be well supported but we must insist that all spectators obey directions by marshals and stay off the race course. ***Spectators must not help competitors as this will result in competitors gaining a penalty or being disqualified (this includes running alongside them).*** Clearly defined spectator areas that give excellent viewing of the whole course have been created. Please stay in them.

The Race

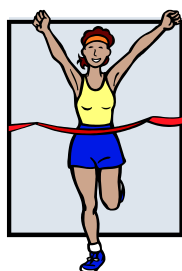
Swim: The pool is 25m long, has eight lanes and is indoors. There will be lane ropes. You should ensure that you are around the transition/ pool spectating areas so that you can hear calls for your age category to be put into race order. The first race will be the Tristart (8 years old at the end of the year).



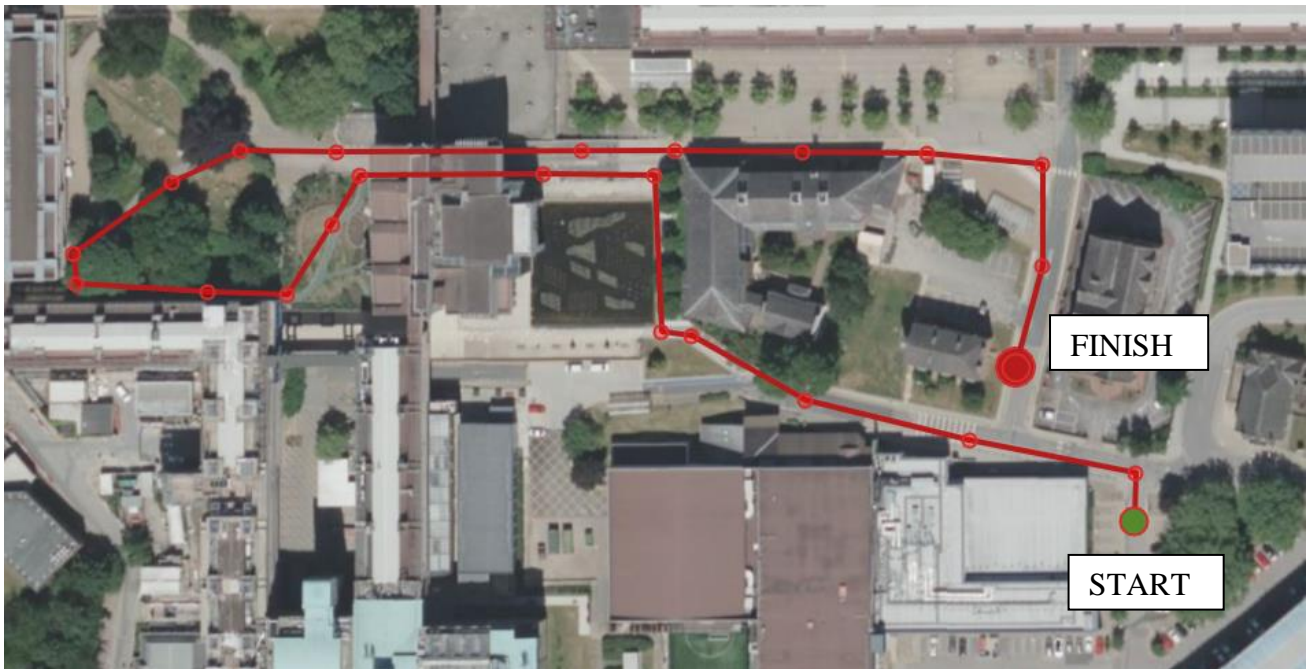
The marshals at the pool will check your race number and direct you to your lane. Do not get into the water until directed to do so. You will start in the water (***no diving is permitted***) at the same time as up to 15 other swimmers if you are in a full wave of 16, with a maximum of 2 swimmers per lane.

You will be told which side of the lane to swim up and down for the whole of your swim race. Lap counters will tell you when you have two lengths to go by placing a sign in front of you as you approach. The starter will remind you of the number of lengths you need to do. It is strongly advisable to count how many lengths you have done yourself – it is your responsibility to count lengths. Tumble turns will be permitted.

At the end of the swim you will climb out of the pool, turn right (as directed) heading to the transition area where your trainers are. Remember even the time it takes you to get out of the pool and changed into your running gear is recorded. For this reason, and especially if it is hot, many girls run in their swimming costumes and boys do the full event in a tri-suit (which covers their upper body for the run). ***Make sure your race number on the front of your t-shirt/trisuit is clearly visible and your number on your arm can be seen.***



Run section: The run course is around part of the University Campus and is all on tarmac/paved surfaces. You will be required to complete the number of laps for your race category, each lap being 600m. Try to keep going as long as you can, if you can't, stop and walk. There will be a drinks station out on the course. When you have completed your laps run through the finish line with a smile on your face. Water is also available at the finish line.



Map of run course, with start from transition in green and finish in red.

Age Group	Run Laps
8 Years (Tristar Start)	1
9-10 years (Tristar 1)	2
11-12 years (Tristar 2)	3
13-14 years (Tristar 3)	5
15-16 years (Youth)	5
17-18 years (Junior)	5

Please note that you must take a wristband when you start each lap. This means that you will finish with the same amount of wristbands as laps you have run. So for a 5 lap race you must finish with 5 wristbands. If this sound complicated please don't worry, as there will be a marshal taking note of the number of laps you complete as a check. Tristar athletes are only completing 1 lap so do not need to take a band.

During The Race: There are University catering facilities inside the Edge (vending machines, card payment only).

Finish Line: The finish line is clearly marked. Please check the marshals can see your number as you cross the finish line. Remember there is more than 1 wave for each category so you are racing against all competitors in your age group - not just against those in your wave. Beating all other competitors in your wave may not mean you win the age category - you will have to wait to see how other waves raced!

Presentation. The presentation for all age groups will take place as soon as the results are ready, hopefully at around 17.15 outside the main reception area. There will be prizes for the first three boys & girls in each category. Please stay and support your fellow competitors.

Results: The results will be e mailed out to all competitors shortly after the event. They will also be available on the club Website <http://www.lbt.org.uk/> on the Monday evening. Results will also be available on the chip timing company website <https://timemyrace.co.uk/results/>

Parent's Bit

Extensive planning has gone into this event to ensure that it will be a safe and enjoyable day. Please could you help with the following:

- In accordance with British Triathlon guidelines on Child Protection, any person wishing to take Photographs or video any part of the event must register at Registration. You will be given some identification, which you must wear at all times whilst using a camera. Anyone found taking photographs who is not registered will be asked to leave the grounds.
- If you do not wish for your child to appear in the local press or in Triathlon related press including the regional website please state this at registration.
- As parents you agree to abide by the British Triathlon Child Protection Guidelines (<http://www.britishtriathlon.org/about/childprotection/>) and understand that any behaviour that contravenes these rules could lead to your exclusion from attending further British Triathlon sanctioned events.
- In recent years there have been some issues with over zealous parents. This is not helpful to the athletes, nor is it helpful to the marshals or the team that have spent months organising the event. In the event that you have a complaint please report it in writing and send it by email to lbtaquathlon@gmail.com
- PARENTS SHOUTING AT MARSHALS OR RACE OFFICIALS WILL NOT BE TOLERATED AND YOU RISK YOUR CHILD BEING DISQUALIFIED. SUCH BEHAVIOUR IS UNACCEPTABLE.

We thank you for your support and look forward to seeing you on Saturday 3rd June.

Top Tips For New Triathlete's

1. Your last meal should be at least two hours before your start time, but keep sipping water right up until the start to ensure that you don't become dehydrated.
2. Make sure you arrive in good time and familiarise yourself with the course. Make sure you know exactly where to go.
3. If you have any questions, ask them at the race briefing, or ask one of the marshals.
4. Only wear the clothes that you need, putting more on will take extra time. If it is warm all you need is your swimming costume, a vest/T-shirt and a pair of trainers. Do not use any new or unfamiliar kit; stick with the equipment that you are happy with.
5. Try a little talcum powder in your shoes; this helps them go on easier. Also, remember to loosen off your laces before the event so that you can get your feet in easily. Most triathletes use elastic laces, or lace locks.
6. Try to warm up before the event. Have a little jog and a stretch, this will help you go faster without damaging your muscles.
7. On the run, make sure your numbers are visible to the lap counters so they know who you are, also, shout your number as you pass them.
8. Pace yourself! – try to keep running; even jogging is faster than walking.
9. Once you have finished wrap up warm and have something to eat and drink.
10. Most of all – have fun and tell your friends of your achievement.