

ISLAND RACES

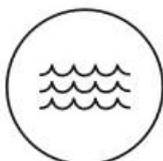
IPSWICH CHILDRENS TRI

20TH MAY 2018

WOOLVERSTONE HALL, SUFFOLK



**BRITISH
TRIATHLON**



ISLANDRACES.COM

W E L C O M E

WELCOME

Thank you for choosing Island Races and entering the 2018 Ipswich Childrens Triathlon. This is our first Ipswich Childrens Triathlon, in fact, our first Childrens event! We are looking forward to meeting you all.

There will be plenty of helpers to advise and guide you on the day but this information pack is designed to help you prepare in advance. Please take the time to read through this race information.

Island Races stages Duathlons, Triathlons, Open Water Swims, SUP Races and much more.

No matter your ability Island Races welcomes you to our events.

We look forward to seeing you on race day.

Most importantly, on behalf of all the Island Races team we hope you have an enjoyable day and have fun!

Good luck,

Josh & Abbie
Island Races Limited

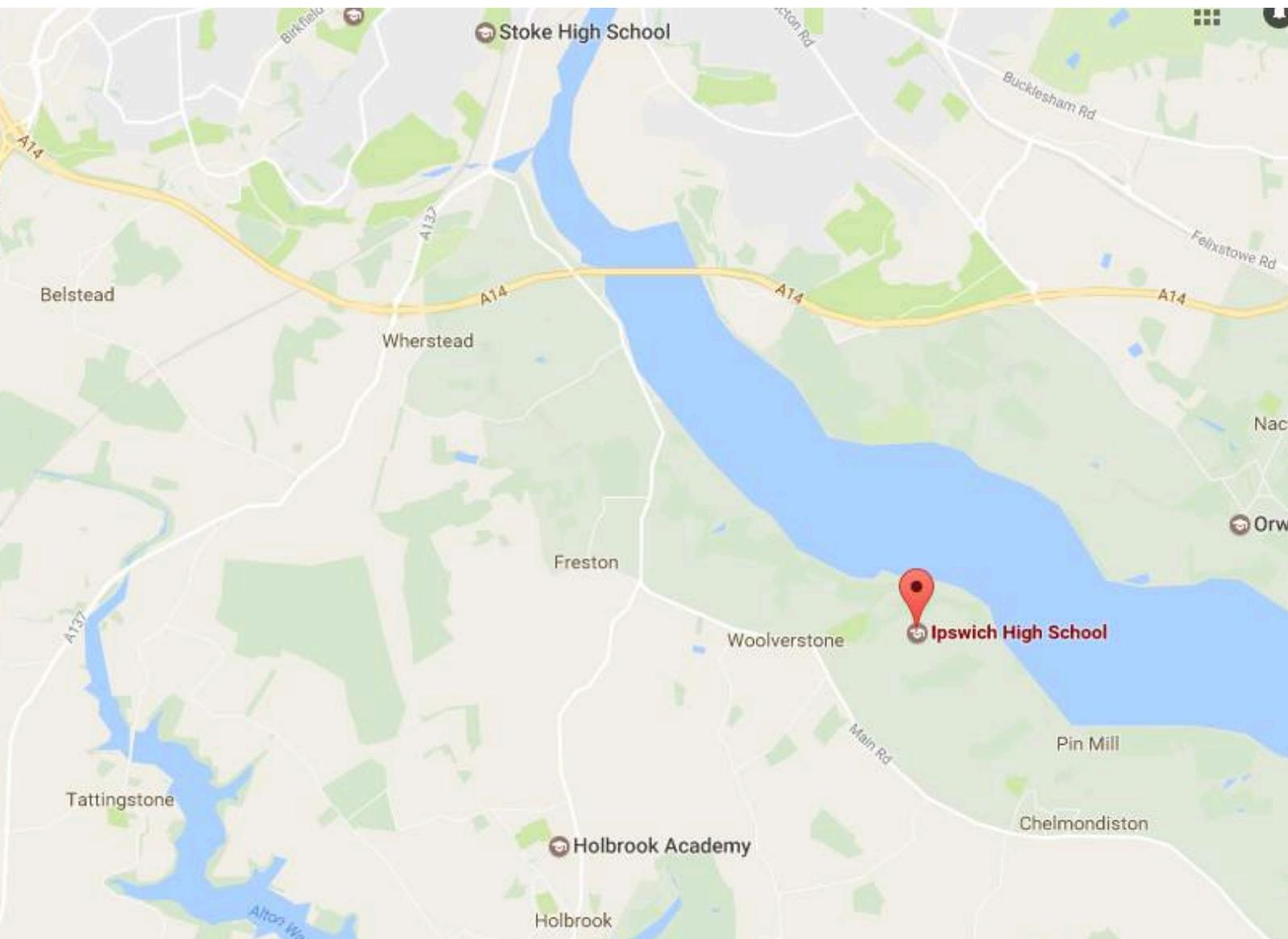
TIMINGS (approx.)

NOTE: All timings may be subject to change. Any changes to the programme will be highlighted at registration (Sign On) - please sign on in good time.

Sign On	11:30
Transition Open	12:00
Sign On Close	13:00
Race Briefing	13:15
First Race Start (Tristar Start)	13:30
Prize Giving	16:30
(soon after last competitor finishes)	

LOCATION

Ipswich High School for Girls, Woolverstone
Woolverstone, Suffolk **IP9 1AZ**



The Ipswich Childrens Triathlon takes place within the grounds of the Ipswich High School for Girls. The swim takes place in the pool, the cycle within the grounds on closed road and the run on the athletics track.

GUIDE

How the day will run

1. Arrive at the school and turn left towards the church and park in the Church Field Parking. There will be signs directing you to 'Childrens Event Parking'. DO NOT park on the school grounds, this is the race area.
2. Register at the **Registration Tent** and have your BTF Membership (if you are a member) at hand, collect your Race Numbers and competitor T-Shirt and **your parent MUST sign on**. You will also be 'body marked' with your race number on your upper RIGHT ARM.
3. Large Race Numbers can be attached to race belt or to your running top with pins. Bike and helmet race numbers must be attached. Attach the medium Race Number around the saddle post on your bike and smallest Number to your helmet.
4. Transition Area opens at 12:00, race numbers must be collected *before* going to Transition. Go to Transition to rack your bike. Hook your bike by saddle, leave your helmet on your bike. Any other items you may have (cycling shoes, energy bars, extra clothing, water) place underneath your bike. For Tristar Start and Tristar 1 an area of grass in the transition is where you will lay your bike. *Parents and other non-competitors are not allowed in the Transition Area at any time*. Marshals and helpers will be there to help you rack/place your bike.
5. You must attend the **Race Briefing at 13:15**. Tristar Start please be race ready for the briefing as your race will start soon after. Race Briefing will take place close to the transition area, all competitors must attend. Parents are welcome to attend briefing.
6. First Start 13:30 (TriStars Start)
7. Please take note at registration of your start time. Ensure you are near to pool area waiting for your start to be called. If you miss your start - you cannot be added to a different start.

Tri Check List

Below is a list of *suggested* items for a triathlon, not all items are required.

Swim Leg

Goggles
Swim Cap (mandatory)
(please provide your own)
Swim suit / Tri Suit
Sunscreen

Bike Leg

Bike
Bike shoes (optional)
Helmet (mandatory)
Water Bottle/s
Bike gloves

Run Leg

Running shoes
Socks
Race number
(provided in your race kit)
Race number belt (optional)
or pins to attach your race
number
Sunglasses/Cap/Visor

THE TRANSITION

1. Competitors must put on their helmets BEFORE taking their bikes off the rack.
2. Unrack your bike and walk/run it to the BIKE OUT exit, make your way to the MOUNT line and begin the cycle stage.
3. After completing the cycle stage, dismount bike at DISMOUNT line slowing your speed on approach.
4. Walk/Run your bike to transition area and return it to the rack *in your original position*. Helmets must be taken off AFTER bike has been racked.
5. You can then change shoes (if needed) and head to the RUN OUT exit to begin the final stage - the run.

Competitors only in transition. There will be marshals and help with racking/unracking.

COURSE

SWIM

This is a pool based swim. (NOTE: Swimcaps are compulsory, please provide your own.) Go to poolside before your race start and collect your TIMING CHIP, ensure your TIMING CHIP is attached to your LEFT ANKLE. You will then line up poolside in order of your Bib Number. Check the persons number in front and behind you! Please do not disturb the Swim Starter (s), should you need anything go to Registration Tent.

You will enter the water after the person in front of you has started. The swim will be a snake type (using all six lanes) starting and finishing in the shallow end. You will be shown which lane to start in. No Diving/Jumping In. Only front crawl or breaststroke (no backstroke). You must touch the wall at each end of the pool.

Competitors will start approx 30 seconds apart and will swim keeping to the right.

The swim is seeded so there should be minimal overtaking. If you need to overtake someone, tap his or her feet and wait until the end of that length to overtake. If your feet are tapped, please stop at the end of the length and allow the person behind to overtake.

TriStar Start: 2 lengths (50m)
TriStar 1: 6 lengths (150m)
TriStar 2: 8 lengths (200m)
TriStar 3: 12 lengths (300m)

On completing the swim, please **do not run poolside** and take care when leaving the pool as the floor will be wet.

If you are not able to finish the swim and need assistance from a lifeguard, roll onto your back and wave with an extended arm to a lifeguard.

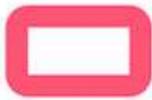
Spectators will NOT be allowed poolside. They can watch from the spectator area but the best place for supporters is outside the pool on the field ready to watch transition. NO PHOTOGRAPHY.

COURSE



 Grass Athletics Track
(RUN COURSE)
Anti-clockwise

 School Road
(CYCLE COURSE)
Anti-clockwise

 TRANSITION
AREA

 SWIMMING
POOL

 NO OVERTAKING
ZONE

COURSE

BIKE

Helmets must be put on before removing bike from rack/collecting from grass. WALK bikes from transition area to MOUNT LINE.

Cycle the correct number of laps, you are responsible for counting your laps. You will be cycling in an anti-clockwise direction. Each lap is 1km.

PLEASE NOTE: There are several speed humps around the route. These will be marked by a RAMP sign shortly before each hump. You should slow down on approach and take care when going over these.

NO OVERTAKING ZONE: There is no overtaking on the first left corner, (near the pool). This will be signed. This applies to all laps.

Once you have completed your number of laps, dismount BEFORE the MOUNT LINE. Run/Walk your bike to your area in transition. Lay down/Rack your bike, then remove your cycle helmet.

TriStar Start: 1 lap

TriStar 1: 2 laps

TriStar 2: 4 laps

TriStar 3: 6 laps

Competitors must obey marshals at all times. Competitors must obey British Triathlon Federation Rules at all times. This is not a draft legal race.

Be considerate and respectful to your fellow cyclists. Do not swerve or make sudden movements. Stay left at all times - unless overtaking. Never overtake someone on the inside (left) side. Look over your shoulder for other competitors before you move over.

RUN

Competitors will exit the transition area and head to the athletics track where you will run the required number of laps. TriStars 1, 2 and 3 will collect an elastic band each time they complete a lap. Once you have completed the required number of laps (have that number elastic bands) make your way through the finish arch to complete your race!

Each lap is 400m.

TriStar Start: 1 lap (400m) - no bands

TriStar 1: 3 laps (1.2k) - collect 3 bands

TriStar 2: 4 laps (1.6k) - collect 4 bands

TriStar 3: 6 laps (2.4k) - collect 6 bands

THE FINISH

Competitor Race Medals will be given to you as you finish and your RACE CHIP collected.

COURSE

IMPORTANT NOTES

PHOTOGRAPHY: 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 Registration Tent, where you will be issued with an authorising 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.

NO PHOTOGRAPHY allowed in the pool.

Island Races will have an official photographer. If you **DO NOT WISH** your child's photo to be used/taken you must notify us at registration. The images the photographer takes will be available for sale on our website later in the week.

Parents/Supporters: Please do not run alongside the run or cycle course - if you do so then time will be added to the finish time of the competitor.

All our marshals and other race officials are volunteers. Any competitor or associated person such as family or friends, abusing our marshals will be disqualified.

RESULTS

Interim results will be available after the last competitor has crossed the line, these will be used to determine the prize medal winners.

Full interim results will be posted on the website in the evening.

On the following Tuesday, the results will be declared final.

There will be check on the number of laps completed; if the course has been cut short then the competitor will not show in the placings of the race.

No child will be disqualified for not completing the full course.

COLLECTING CYCLES/KIT

Some of you may need/wish to leave before the completion of the event. Whilst the race is on **ONLY** competitors are allowed in the transition area.

Competitors are to go to the Transition Marshal who will, when safe to do so allow the child in to collect equipment. Access to the transition area will only be possible on presentation of your race number. No number, no access, no bike!

WEATHER/CONDITIONS

The Race Director will take decisions prior to the start, on the day, to ensure the safety of competitors. If the weather is too wet, then this may mean a shortened cycle course or an event change to a swim/run.

INFORMATION

The event is held under the rules of British Triathlon. You are encouraged to read them at <https://www.britishtriathlon.org/competitionrules>. It is your responsibility to ensure that you understand the rules of triathlon. New rules include ensuring front zipped trisuits are undone no lower than the breastbone. In the last 200m they should be fully zipped up. If unsure of rules ask the race referee or race director before you start the race.

Additional Rules

Personal stereos, MPs, iPods or equivalent are not permitted at any point during the race.

Swim hats must be worn in the pool, please provide your own.

It is strongly advisable not wear jewellery

You are not allowed to mark your position in transition in any way.

Your cycle helmet must be fastened on your head before you touch your bike and remain fastened on your head until your bike is back on the rack.

Prizes: There are winners medals for 1st, 2nd and 3rd in each category.

All competitors receive a T-Shirt and competitors medal.

Results will be available on website:
www.islandraces.com

Water Stations

There will be water stations on the run course and near the transition area. We recommend you bring your own bottle of water to have in Transition and in a bottle cage on your bike for the cycle leg.

There will be water supplied at the finish line.

Catering

Throughout the day hot and cold drink and a variety of reasonably priced food can be purchased from our caterers attending the day.

Toilets and Changing

These are located within the pool building.

Competitors only in the changing rooms.

Timing Chips

No chip timing deposits are taken for this childrens event. In the event of a lost chip the competitor is liable a replacement fee of £35.

First Aid

Medical and first aid will be located at Registration/Transition. If you need medical assistance at any point, please notify a marshal immediately and they will be able to call for assistance. If you do feel unwell on the day or have been ill in the lead up to the event, please consider carefully if you are fit to compete.

Litter

This event is taking place within the school grounds, it is essential we respect the environment. Please use the bins provided or take your litter away with you.

Valuables

At this event we will not have means to hold competitor belongings. We therefore advise you to only bring what is needed to the race area.

Contact Numbers on the day:

Josh Taylor: 07866 782337

Abbie Dix: 07971 272844