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HATCH END – HARROW TRIATHLON: COMPETITOR INFORMATION **CHILDREN'S RACES (TRISTART, TRISTAR 1, 2 & 3 & YOUTHS)**

Venue: Hatch End Playing Fields / Pool, Uxbridge Road, Hatch End, Harrow, HA5 4EA

The race will be run under British Triathlon Federation rules, copies of which are available on www.hatchendtri.com

Maps of the course are also available to view on the same website page.

ARRIVAL & PARKING

In preparing for this race you must ensure that the bike that is to be used is in a safe and road worthy condition. As a junior, your bike must not have tri / aero bars attached – if you do, you will not be allowed to race. The transition marshal will check all bikes and may correct small problems. We accept no responsibility for repairs made on the day and we reserve the right to turn away any competitor whose bike is deemed unsafe.

You are not permitted to park in the Morrison's or Arts Centre car parks. Please come prepared to allow time to park in local roads. See <https://www.google.co.uk/maps/place/HA5+4EA>

Please be aware that the adult's race will still be in progress when you arrive. Please keep to the side of the road/path and watch out for cyclists and runners.

TIMETABLE FOR THE DAY

	<u>YOUTHS</u>	<u>TRISTART</u>	<u>TRISTAR 1</u>	<u>TRISTAR 2</u>	<u>TRISTAR 3</u>
Registration opens	8:00	09:30			
“ “ closes	9:00	11:00			
Transition area opens	8:15	10:30			
“ “ closes	9:15	11:30			
Race Briefing	9:25	11:10	11:20	11:45	12:20
Race Start	9:45	11:30	11:40	12:00	12:30

RACE BRIEFING

One race briefing will take place for each race, as shown in the above table. This will inform you of important information, rules, safety information and of any late changes that may affect the race. **It is important you attend the race briefing.**

REGISTRATION

Please register in the time slot indicated for your race in the table above.

1. Give your name so you can be identified on the registration list
2. You will be given your race numbers and timing chip. The large numbers (waterproof & tear proof) must be worn on the bike and run sections, attached to the front and back of your T-shirt/vest or one number attached to a number belt that is rotated from the back for the bike to the front for the run. Pins will be available at registration if required.
Attach one small numbered sticker to the seat post of your bike before you enter transition and the other small numbered sticker on your helmet. The timing chip should be securely attached to your left ankle using the Velcro strap.
3. You will also have your race number written on your right shoulder/arm and back of your left hand with marker pen (this is waterproof but will come off with a bit of soap and a scrub after the race).

TRANSITION AREA

Once you have registered, you should go to the transition area, which should be open from around 10:30am (depending on the completion of the adults' race – youths race can enter during). The transition area is where you keep your bike, helmet and clothing and where you change into your clothes for the different parts of the event.

For security reasons **no one is allowed into Transition unless they are competitors in the race with race number and bike tag. No parents allowed – marshals will be on hand to help the youngsters!**

You will rack your bike in a designated area of racking, setting out your kit in a tidy way so as not to impede other competitors. You are responsible for keeping your kit within your space throughout the race. Marshalls will be available to assist you. The organisers cannot accept responsibility for any loss.

The Race

Once you start the swim, the clock runs until you go over the finish line at the end of the run.

Triathlon is an individual sport, where everyone appreciates your effort whatever your standard. Please enjoy watching others doing the same. Un-sportsmanlike conduct will lead to disqualification.

British Triathlon rules state that a number should be visible on your back for the bike section and on your front for the run section - you may use a number belt, but remember, it is your responsibility to make the numbers visible at all times. **PLEASE MAKE SURE YOUR NUMBERS ARE VISIBLE AT ALL TIMES.**

THE SWIM

Age	Tristart 8	Tristar 1 9 &10	Tristar 2 11 &12	Tristar 3 13 &14	Youths 15-&16
Distance	70m	165m	212m	306m	400m
Lengths	3	7	9	13	17

Please come to the pool wearing your swimming costume / tri suit, after the race briefing has finished. This will help to ensure the race runs on time. Parents may accompany you to the pool entrance but are not allowed inside the swimming pool.

Make sure you know how many lengths you need to complete from the table show on the left.

You should enter the pool building through the entrance for the male changing room at least 10 minutes before your swim time.

Your timing chip should be securely attached to your ankle using the Velcro strap. The timing chip will automatically record your times as you go around the course.

Swimmers queue up and then start in race number order. Follow the instructions of the swim officials inside the pool.

At poolside, you will be given a coloured swim cap, which must be worn for the swim. You will start in the water and go when the start marshal tells you.

An indicator will be placed in the water in front of you when you have 2 lengths to go. Please get out of the pool quickly as others will be finishing behind you.

Exit through the double doors at the end of the pool and then run to Transition, following the signs along the side and around the corner of the pool building, which will be marshalled to indicate the route.

CYCLE SECTION

Age	Tristart 8	Tristar 1 9 &10	Tristar 2 11 &12	Tristar 3 13 &14	Youths 15-&16
Distance	1km	2km	3km	4km	5km
Laps	1	2	3	4	5

Find your bike, put on any clothing you want to wear for the cycle section of the race. You **MUST** have your helmet in place and **FASTENED before you touch your bike.**

You must not cycle in the transition area. Push your bike out of transition to the cycle mount line. Here you get on your bike after crossing the line and cycle round the marked cycle course on the field.

Make sure you know, from the table above, how many laps you need to complete. It is your responsibility to make sure you do the right number of laps.

After you have cycled the correct number of laps, get off your bike before the cycle dismount line and wheel your bike back into Transition.

Re-rack your bike in its original position **but do not unfasten your helmet until your bike is re-racked.** Then prepare for the run section and follow directions to the run course.

RUN SECTION

Age	Tristart 8	Tristar 1 9 & 10	Tristar 2 11 & 12	Tristar 3 13 & 14	Youths 15 & 16
Distance	0.6km	1.2km	1.8km	2.4km	3km
Laps	1	2	3	4	3

All competitors follow the same course, from transition to the finish, which will be marked out on the grass. Please make sure you are familiar with the course before the start of the race. There will be marshals and a water station on the course.

You must wear running shoes, otherwise you will be disqualified!

Make sure you know, from the table above, how many laps you need to complete. It is your responsibility to ensure that you complete the correct number of laps. On each lap you will be handed a rubber band to put on your wrist - on your last lap you should run down the finish straight, into the finishing funnel (please stay in the order you finish) hand in your rubber bands and your timing chip and pat yourself on the back. **Well Done!!**

RETRIEVING YOUR BIKE FROM TRANSITION

When your race is finished you can retrieve your bike and belongings from transition. You must show the marshal your large race number to retrieve the correct bike.

We will make every effort to allow Tristart, Tristar1 and Tristar2 athletes to remove their bikes while the other races are still progressing. This will be controlled by the marshals to ensure the safety of all competitors. **Please be aware that you will have to wait your turn if the race is still underway!**

BRITISH TRIATHLON - CODE OF CONDUCT

PARENTS - Thanks for encouraging your child to enjoy Triathlon. We have a duty of care towards your child and in return we ask a few things from them and from you, namely:

- Respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexuality
- Encourage your child to learn the rules and stick to them
- Discourage unfair play and arguing with officials
- Recognise good performances, not just results
- Never force your child to take part in sport
- Never punish or belittle anyone for losing or making mistakes
- Publicly accept officials' judgements
- Support your child's involvement & help them to enjoy Triathlon
- Use correct and proper language at all times.

CHILDREN - You should:

- Respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexuality
- Compete within the rules and respect officials and their decisions
- Be polite and respect other competitors
- Listen to what event marshals ask you to do
- Be on time for your race
- Have some input to the training that you do and the competitions that you take part in