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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](http://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**

	<b><u>YOUTHS</u></b>	<b><u>TRISTART</u></b>	<b><u>TRISTAR 1</u></b>	<b><u>TRISTAR 2</u></b>	<b><u>TRISTAR 3</u></b>
Registration opens	<b>7:30</b>	<b>09:30</b>			
" " closes	<b>8:30</b>	<b>11:00</b>			
Transition area opens	<b>7:45</b>	<b>10:30</b>			
" " closes	<b>8:45</b>	<b>11:30</b>			
Race Briefing	<b>8:55</b>	<b>11:10</b>	<b>11:20</b>	<b>11:45</b>	<b>12:20</b>
Race Start	<b>9:15</b>	<b>11:30</b>	<b>11:40</b>	<b>12:00</b>	<b>12:30</b>

### **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. If you are a British Triathlon member you will need to show your licence. **If you cannot produce it you will have to pay £1 for a day membership.**
2. You will be given your race numbers and timing chip. The large number (waterproof & tear proof) must be worn on the bike and run sections, attached to your T-shirt/vest or to a number belt. Attach the small numbered sticker to the seat post of your bike before you enter transition. 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 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.

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## **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 only your swimming costume / tri suit, after the race briefing has finished. This will help to ensure the race runs on time.

**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.**

You will be given your timing chip (if not already in your registration pack), which 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. 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. Take your swimming cap off, leaving it poolside.

**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 un-rack your bike.**

**You must not cycle in the transition area.** Push your bike out of transition to the cycle mount area. Here you get on your bike 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 at the cycle dismount area 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.** 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 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!**