



## THANK YOU FOR ENTERING THE BOLTON JUNIOR AQUATHON 2015.

Please read these notes carefully. We have tried to put as much information as possible into them to avoid lengthy race briefings. There will however, be a short briefing at poolside for competitors, prior to their event. If there are any queries not dealt with by these notes, you can either make enquires on the day at the registration desk or contact the race organisers...

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These notes and any updates to them will also be accessible from our website [www.boltontri.com](http://www.boltontri.com)

This event is part of the Triathlon England NW junior series. You do not need to be a Triathlon England member to take part but you do need to join if you want to be eligible for prizes in the 2015 NW Junior Series.

<http://www.triathlonengland.org/north-west/juniors>

This event will take place between **12 noon and 3.30pm on June 7th at Westhoughton Community Leisure Centre**, it will consist of a swim in a 25m indoor heated pool followed by a run on the adjacent school playing fields. Competitors will change into their running gear at the poolside and then proceed on to the run course. The event is continuous and competitor's times will be based on the difference between their swim start and the time when they cross the run finish line: transition times are therefore included (the exception to this is the Tot's event- see page 2)

## DIRECTIONS

From either the North or the South, get onto the M61. Exit at junction 5 and head west on the A58 towards Westhoughton. (If you are coming from the south, take the first left at the bottom of the slip road. If you are coming from the north, you will effectively turn right.)

This section of road is a short length of dual carriageway and leads to the Chequerbent roundabout. Take the third exit that is signposted A6 Chorley. Travel approx 800m and turn left at traffic lights into Bolton Road B5235. Follow Bolton Road for approx 1k and you will see a park on your right and the entrance to Westhoughton Leisure Centre on your left.

There is a fair sized car park at the leisure centre, but if this becomes full, you will have to find parking on the streets nearby. For those with access to computer facilities, you can obtain directions from [www.multimap.com](http://www.multimap.com). **The leisure centre postcode is BL5 3BZ.**

## REGISTRATION

Registration will be open from 10.30 to 12.30. Supersprint, Sprint, Tristar Start and T1 should register by 11.30 at the latest. At registration you will be given information about what time you should report to poolside for your event. There will be a short race briefing on the poolside before every race.

## SPRINT AND SUPERSPRINT EVENTS

These events are not part of the NW junior series. Participants will be of different ages and therefore results will be split into Tristar age categories. For newcomers they are an enjoyable introduction to multi-sport events.

## TOTS RACE

This is for children who will be 7 or under on 31/12/2015. After their swim the children will be given 5 minutes to get changed and will then line up on the playing field to start their run all together. They will be led round a shortened course by older children acting as 'hares'. Because the ages are mixed it is not a competitive event. Times will be given for swim only.

## PARENTS/RELATIVES

This event is comparable to a fun run for any ability open to parents, older club members, brothers, sisters, grandparents etc. Why not give it a go and find out what it is like?

## TEAMS

Teams are allowed in any event. The runner must wait by the pool exit until the swimmer has tagged them. Teams will not be part of the NW Winter series.

## DISTANCES AND RACE ORDER

Races will start at 12 noon in the order shown in the table below. It is a five-lane pool and in response to feedback from previous years we will ensure there will be no more than 2 swimmers in a lane for all except the parents race. This means there is more than one wave for most events. Once the closing date has passed at midnight on 1st June we will compile a detailed timetable and post it on our website [www.boltontri.com](http://www.boltontri.com) and at our blogspot <http://www.boltontri.blogspot.co.uk/>. At registration you will also be given a timetable showing what time you should report to poolside for your event.

EVENT	Age (at 31/12/15)	Swim Distance	Run Distance	Laps
<b>TOTS</b>	Less than 8	25m	250m	½
<b>TRISTAR START</b>	8	50m	600m	1
<b>SUPERSPRINT S1</b>	9 – 16	50m	600m	1
<b>SPRINT S2</b>	11 – 16	150m	1200m	2
<b>TRISTAR 1 GIRLS</b>	9 or 10	150m	1200m	2
<b>TRISTAR 1 BOYS</b>	9 or 10	150m	1200m	2
<b>TRISTAR 2 GIRLS</b>	11 or 12	250m	1800m	3
<b>TRISTAR 2 BOYS</b>	11 or 12	250m	1800m	3
<b>TRISTAR 3 GIRLS</b>	13 or 14	400m	3000m	5
<b>TRISTAR 3 BOYS</b>	13 or 14	400m	3000m	5
<b>YOUTH</b>	15 or 16	500m	3600m	6
<b>JUNIOR</b>	17 to 19	500m	3600m	6
<b>PARENTS/RELATIVES</b>	99 or less	150m	1200m	2

All participants will use the same exit route from the pool. From this point, competitors turn immediate right and on towards the playing fields. Once on the fields runners will turn right and then complete the required number of laps indicated above. Maps of the course will be displayed at registration and posted on our website.

## FACILITIES

There are changing rooms, showers and toilets available at the swimming pool. There is also a balcony over the pool, which can be used by spectators.

## PHOTOGRAPHY

Anyone wishing to take photographs or video must fill out a form at registration giving their details. You will then be given a sticker, which must be worn during the event.

## PERSONNEL

There will be a safety officer and first-aiders on site. Marshall's will be recognizable by the yellow tabards – in case of emergency – please see any of these.



## PARENTAL CONSENT AND INSURANCE

We have conducted a full risk assessment of the event to minimize any safety risks. However we need to remind you that you have signed the parental consent section of the entry form entrance which states **'I agree that the above named person is fit to take part in this event. I understand that they participate at their own risk, and relieve the race referee and the race organisers/personnel of any responsibility for injury, loss or damage sustained to either person or property as a result of participation howsoever caused. I agree to abide by the rules of British Triathlon and the event organisers.'** Please notify the Race Organiser of any health problems or disabilities that we need to be aware of.

The cost (£1) of British Triathlon Federation (BTF) personal accident insurance has been included in the entry fee. British Triathlon members are covered as part of their membership and if you produce your card at registration you will receive a £1 refund. Your card must be valid on the day of the race. No card = no refund. Non-members will be sent an electronic BTF day membership license, which gives cover for this event only.

## RULES

1. Only freestyle and breast stroke are allowed whilst swimming.
2. There will be no diving from the poolside. All competitors will start in the water.
3. You are responsible for your kit.
4. Parents can encourage but must not distract any children. There have been instances in the past where "over enthusiastic" parents/relatives/carers have caused distress to their children and/or alarmed other children and parents. Remember that the overriding aim of these events is for the competitors to enjoy themselves, have a positive experience and continue to participate in sport. Running on a soft field after swimming is not easy. To get an idea what it feels like as a competitor why not enter the parent's race?
5. You will be given a number and safety pins for your t-shirt/race belt. Please ensure your number is displayed at the front during the run. The race is manually timed and if we can't see your number we may not be able to give you a time.
6. You will also be given a bag with your race number on. This should be taken to the pool side and left with your equipment. After you have finished your swim and left the pool, your equipment will be placed in these bags ready for collection after the event in the passage between the changing rooms and the pool. (It would be great for once to have no goggles/talc/towels left over after the race!)
7. Marshals and other helpers have volunteered to assist with the smooth running of the event. There are not there to be verbally abused. Any such abuse by either a competitor or parent/carer of a competitor will result in the disqualification of the competitor by the organisers

**8.** It is the responsibility of competitors to count their own swim lengths and laps on the run course. On the swim a float will be put in the water when you have 2 laps to go.

**9.** You may be asked to wear a coloured swimming cap to help the timekeepers distinguish between competitors. We will provide these.

**10.** You may walk as quickly as you wish but there will be **NO RUNNING ON POOLSIDE.**

## PENALTIES

Races nowadays are always very well attended and it is not easy for officials to capture everyone's times and count their laps. If marshals cannot see your race number the referee may give you a time penalty of between 30 and 60 seconds depending on the race distance and if your number is not on the front and visible to the timekeepers at the finish we may be unable to give you a time for the race.

A lap checker will record your number on each lap of the run. If the records show that you have not completed enough laps then you will not be given a time for the event. If you mistakenly do too many laps/lengths this will be noted in the results but your times will stand and will not be adjusted. Marshals are there to give directions only. Competitors and parents should not ask the lap checkers or distract them in any way. Remember it is your own responsibility to count your laps.

## AT THE END OF YOUR RACE

All competitors will receive a goody bag and memento. Results will be posted on our club website as soon as possible after the event (before the end of the week) [www.boltontri.com](http://www.boltontri.com). If for any reason you are unable to complete the event please let one of the marshals know. Also, don't forget to collect your goody bag from the finish area.

## HINTS AND TIPS

Ensure you have your goggles, put talc inside your trainers and t-shirt – this makes it easier to put them on when you are wet. Take a small towel poolside to stand on while putting on your T-shirt. Your feet will then be partly dry and easier to get into your trainers. If it is your first triathlon you could practice this by getting in the bath in your swimming costume, then get out and try putting on your T-shirt and trainers. You don't need to wear anything else. Elastic laces are a good idea.

## FINALLY

Finally we hope you have an enjoyable day. We have made strenuous efforts to ensure that things will run smoothly and anticipate that they will. If you have enjoyed your day please tell your friends if not, please tell one of the organizers and we will endeavour to resolve any difficulties promptly. We will continue to run children's events and we would appreciate any feedback, good or otherwise!

**BTC** wish to thank Westhoughton Community Leisure Centre and Westhoughton High School for permission to use their facilities.