



# DERBY JUNIOR TRIATHLON 2023

## Pre-Race Information For Competitors and Parents / Guardians

### Derby Junior Triathlon Information 2023

Woodlands School, Allestree, Derby DE22 2LW

2nd July. 8.30am-1.30pm(approx.)

This pack contains lots of useful information to help make your triathlon competition as enjoyable as possible. There is information for the competitors and for their accompanying adult. To aid you in finding places around the site the What3Words code is included in curly brackets {} throughout this document.

Please read it carefully and ensure anyone who is accompanying you on the day also reads this pack. Sorry if some of this sounds a bit 'strict' but hopefully it will enable everyone to have a good, safe and fair race and an enjoyable day.

**This document contains much that will be in your race briefing, there will be race briefings on the day. You must attend your race briefing outside of the pool entrance {little.wider.metro}, as there may be changes necessary compared to this document.**

**The data is not set out in any particular order, as it is ALL important.**

Failure to read this document completely may mean you miss vital information of the race details which could lead to disqualification.

Also, on the day we may need to give instructions not included in this document, those instructions take precedent over this document.

**The "COVID CONSIDERATIONS" that were in place in previous years will not be necessary this year however, if necessary, these will be implemented.**

**That said, please DO NOT attend if you or anyone within your household has had ANY symptoms of COVID 19 in the last two weeks, that has not had a negative result from a PCR test. Symptoms include –**

- New persistent Cough
- A high temperature
- Loss or change to your sense of taste and/or smell

**There will be NO changing facilities on site this year, please arrive "Race ready".**

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Original Author: Clive Holland  
Updated by: Richard Wroughton



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## Pre-Race Information For Competitors and Parents / Guardians

### IMPORTANT TIMINGS

Please make sure you arrive in plenty of time to register and rack your bike. There is another event at the school on the same weekend and there may be some delays in getting parked due to volume of traffic.

There will only be one briefing per age category based around the content of this pre-race information pack. If you are in the first wave, rack your bike early to give time to make it to the briefing.

**Remember one race number should be attached to the bike and one to the competitors helmet!**

RACE	FIRST WAVE	BRIEFING
Youth – Female	08:30	08:15
Youth – Open	08:40	
Tristar 3 - Female	09:00	08:45
Tristar 3 - Open	09:20	
Tristar 2 - Female	09:45	09:30
Tristar 2 - Open	10:15	
Tristar 1 - Female	11:00	10:45
Tristar 1 - Open	11:30	
Tri-start - Female	12:30	12:15
Tri-start - Open	12:40	

There will be 5 minutes between each wave of 4 competitors with females racing first in each age group, followed by the open category.

**We expect the Youth and TS3 award presentation to be made at around 10:30 when all competitors from those waves have finished the race. Presentations will be made down by the finish line gazebo. This time may flex depending on number of competitors.**

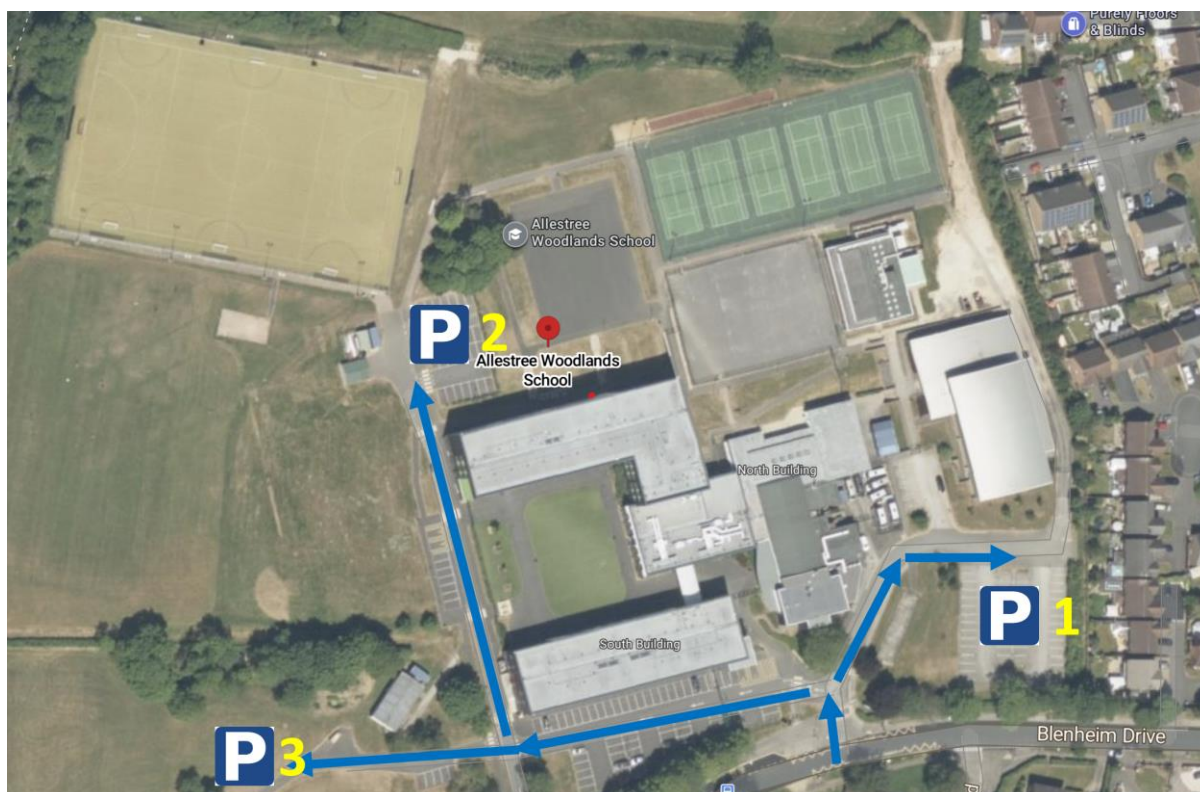
## Pre-Race Information For Competitors and Parents / Guardians

### PARKING

We have been advised of another event taking place in the school on the same day as the Junior Triathlon. Please try to car share where possible!

Parking locations are marked on the map below.

**DO NOT PARK IN THE SPACES IN FRONT OF THE SCHOOL. THESE ARE RESERVED FOR THE OTHER EVENT**



- 1- Sports Centre Parking – Walk time to registration less than 5 minutes
- 2- All weather football pitch Parking – Walk time to registration 5-10 minutes
- 3- Overflow parking – Walk time to registration 10-15 minutes



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### PHOTOGRAPHY

- This event is being run in accordance with the BTF's Child Protection Policy. As such, anyone (parents, friends, coaches etc.) wishing to take photos or videos at this event will be required to register their details at registration and wear identification throughout the day.
- The promoter reserves the right of entry to this event and reserves the right to decline entry to any person unable to meet or abide by the promoter's conditions. Anyone taking unauthorised photos or video footage will be reported and appropriate action will be taken.
- General wide shots without focus on a singular individual may be used by the club for future promotional material. Please make sure the race number of any competitor wishing to be excluded from photographs used by the club is recorded on the form at registration.

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### REGISTRATION



- Registration will be in the “Old Gym”, there will be direction signs. {attend.asserts.forms}
- Please follow social distancing guidelines throughout registration, including queueing outside if necessary.
- Registration will open at 7.30 am. Please register no more than 1 hour before your start time. Registration will close 30 minutes before the final wave of the race starts.
- On registering you will receive your event numbers/stickers.
- Once you have registered, there will be a lot to do before your race – pin on numbers, rack your bike & prepare transition, warm up etc.
- Your numbers will need to be attached to your shirt/vest front and back (4 safety pins per number) or a number belt. Race belts are permitted but you **MUST** turn them so you have a number on your back for the bike and front for the run.
- The helmet sticker must be stuck on the front of the helmet, and bike sticker to bike, entry to transition will not be allowed until the above is done.



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## Pre-Race Information For Competitors and Parents / Guardians

### EQUIPMENT LIST

**It is the parents/guardians/accompanying adults' responsibility to ensure all competitors' equipment is safe and suitable for use in the competition.**

#### PRE-RACE

- Spare footwear to walk round site and clothing to keep warm after bike and race footwear is left in transition

#### SWIM

- Swim Trunks/swim costume/trisuit, goggles (if required), swim hat, please bring your own, although we may have a few to loan on the day, please drop before exiting the building.

#### BIKE

- Cycle Bike (in good working order with bar ends plugged, all loose parts removed e.g. lights, locks, pumps etc), helmet (no helmet no ride!!), shoes, top (Tri-suit okay), race number. • Run T-shirt/vest (to put your number on) and/or race belt, shoes, shorts, socks (if required) • General Towel (optional), warm clothing to put on afterwards.

#### RUN

- If running in different footwear to the bike leg make sure you have left it in transition.

#### POST RACE

- Keep your race number handy-you'll need it to collect your bike from transition so that we can match the competitor to the bike. No number, no bike!

#### TIP:

- **Race belts are inexpensive and avoid safety pins through favourite T-shirts! Remember, the number must be displayed to the rear on the bike leg and to the front for the run leg**



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## Pre-Race Information For Competitors and Parents / Guardians

### GENERAL INFORMATION

- Please park considerately, within marked bays. There are plenty of parking spaces within the school grounds. There will also be plenty of bike parking, please bring your own locks. This year there is another event happening on the same day, this is within the school buildings, so won't affect the race. However, it will mean that there will be more cars that need to be parked on site. Please walk if possible, otherwise please park within the marked bays. The school is hoping to open additional parking areas, but some of this may be dependant on the weather.
- This event is run under the British Triathlon Federation rules. There will be prizes for 1st, 2nd & 3rd in each age group (male & female). We aim to have 2 prize award ceremonies, first after all TriStar 3 athletes have finished & times etc. verified (for youth & TS3), the second will be after all athletes have finished (for TriStar Start, TS1 & TS2).
- If receive a penalty, you or your parent may lodge an appeal to the race director this must be done within 15 mins of when the child finishes the race to complete a dispute form and submit it.
- We ask that excited parents **DO NOT** accompany their children around the course. Triathlon rules are that no outside help is allowed (counting laps for example) outside assistance MAY result in disqualification.
- *There will be no reconnaissance of the course allowed.*
- Don't forget to SMILE when you cross the finish line as a picture may be taken of you.
- Don't worry if you are a first-time triathlete, there will be lots of first timers taking part, just remember to HAVE FUN!!
- Toilets will be available in the sports hall (opposite registration), behind registration (entrance outside between registration & transition) and in the pool, the latter for athletes only. Again, these will be signposted. One-way systems may be in operation in ALL buildings.
- **Please note Dogs are not allowed. You will be asked to leave the school grounds with the dog.**
- The start list will be published on the Derby Triathlon Club website - 2022 start list.
- **Please Note** – in the event of wet weather it may be necessary to change the event to be an aquathlon (Swim/Run) to ensure that the safety of competitors is not compromised, during the bike section. This has happened in the past and this decision is made purely for the safety of the competitors.

### DISTANCES

(see Route details for maps)

Age	Swim/m (lengths)	Cycle/km (laps)	Run/km (Laps)
8 yrs Tristar Start	40 (2)	1.0 (1 Short)	0.6 (1)
9/10 yrs. TriStar 1	120 (6)	1.4 (1 long)	1.2 (2)
11/12 yrs. TriStar2	200 (10)	3.4 (3)	1.6 (3)
13/14 yrs. Tri Star 3	280 (14)	5.4 (4)	2.1 (4)
15/16 yrs. Youths	400 (20)	7.6 (6)	4.0 (6)

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### GENERAL RULES

#### FORMAT

The race is timed from the beginning of your swim wave right up to the moment you cross the finish line. A smooth transition won't win you the race, but a bad one can ruin it!

You'll be gathered poolside by the swim starter who will tell you when to get in the pool. On the starters orders complete the correct number of lengths before climbing out of the pool and walking to the exit doors. You can then run to your bike in transition

Make sure you put your helmet on before you touch your bike and you should have put your t-shirt with race numbers already attached on before your helmet goes on your head! If using a race belt make sure the number is displayed to the rear for the bike leg!

Run or walk with your bike to the bike exit, where you'll see the mount line. As you cross the line the timer for the bike leg will start. Make sure you complete the correct number of laps for your age category before returning to transition, and remember rack your bike neatly before removing your helmet. Spin your race number round to the front if using a race belt and make sure that you have a drink of water if needed!

Now it's the run leg and again you'll need to make sure you've counted your laps before peeling off to cross the finish line!





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### SWIM

- Your race chip will be issued at registration, it must be worn on your left ankle.
- If using goggles use a 'regular' pair, don't risk new goggles unless you are sure of their fit.
- **Diving starts are not allowed.** All competitors start in the pool.
- Do a warm-up before starting, and do some simple flexibility exercises, this helps to avoid any strains later on.
- Tumble turns are allowed but please be aware the shallow end is 2 ft 6ins (approx. 76cm).
- If you get into difficulty during the swim, you can gain assistance from the walls or lane ropes.
- The pool will be divided into 4 lanes and is a **20 metre pool**, the number of lengths to be swum has been adjusted accordingly in the distances table above, please ensure you swim the correct number of lengths.
- The first wave of swimmers will start at 8.30am.
- Swim hats must be worn. You should bring your own and take it with you into transition, we will have a few spares, please drop them by the door before you exit the building after your swim.
- Swim in the direction that you are told to swim.
- In the pool there may be lane counters who will randomly check the correct number of lengths are completed. They will offer no advice on the number of lengths, so this is **YOUR** responsibility.
- If you do **too many** lengths then your finish time will stand and will not be adjusted. (BTF guidance is not to amend times). The Race Director or Technical Official's decision is final. If you do too few lengths you may be disqualified.
- You will then make your way out through the door (**do not run poolside**- walk) at the pool's shallow end, turn right and then left on to the path to get to transition.
- See pictures section at the end for last year's pool one way system. We don't envisage this being used, but circumstances may dictate that we need to implement this system.



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### THE BIKE

- Before the race get a parent or bike shop to check that your bike is working and is safe.
- **Aerobars are not permitted.**
- It is **YOUR** responsibility to count how many laps you need to do! There will be an electronic timing mat, that you will pass over every lap. This will act as a check on how many laps you complete, you will also be able to compare your times for each lap.
- You will not be allowed to handle your bike in the Transition area, unless your helmet is securely fastened.
- Make sure your bike is in a gear that is easy to pedal when you leave transition.
- Once you are ready you will pick up your bike and walk/run it to the exit point.
- Once beyond the mount line you may mount your bike making sure your number is clearly displayed.
- Remember to check first if it is safe to overtake.
- The lead out to the loop counts as part of the first lap. To do the required number of laps you need to pass the lap counters/chip mats at the end of the loop (marked B on the map). This means the first lap is incomplete, at this point, but this is made up for by the return to point A. On returning to point A on your final lap, turn left to return to transition.
- The Tristart bike loop is shorter (see map) and is a single lap. The bike route is as per other age groups to point A, but instead of heading down the hill, the course takes you directly to point B, over the timing mat/check point and then back to point A. Then turn left to go back to transition. The Tristart course does not go on the bottom field at all.
- Keep your helmet fastened until you put your bike back in the same spot where you picked your bike up.
- If you don't do the required laps (the electronic lap counters will notify the timing company) this will mean you have not completed the course and will lead to you being asked to complete the missing lap(s) or face disqualification.



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### THE RUN

- Once your bike is safely racked, remove your helmet, change your shoes (if required) and head out on the run making sure your race number is on your front, this time following the run-out signs to the top field.
- It is YOUR responsibility to count how many laps you need to do! Although, this year we may be handing out bands to aid you.
- Try to keep running; even jogging is faster than walking.
- Make sure your race number is clearly visible to all Race Officials
- Suitable footwear must be worn - **no bare feet permitted**
- There is a timing mat on the run course, we will be using this to make sure that everyone does the correct number of laps. If after a check has been done you have too few laps you will be allowed to go out again to complete the correct number of laps. If you do so, please let the finish marshal know when you do finish (for the second time!).
- Once you have finished, please remove your timing chip and return to the timing company as directed. You can then collect your medal and a drink (both are self-service, take one medal and a cup of water). Then please head promptly out of the finish area to meet your parents etc. **Please Note Only competitors & officials are allowed in the finish area.**
- You may now head back to transition, using the transition entrance you used before the race, to collect your bike and equipment. Please exit transition on the other side to this entrance, we ask parents/guardians to take the long route around the school buildings to meet you.



### TRANSITION

#### TIP:

- **Before going to transition make sure race numbers are applied to helmet (which must not be loose) and bike (usually on the top tube or seat tube)**
- **Make sure bar ends are fitted and that the bike is in good working order!**

- There will be one transition area. {elbow.venues.crisis}
- Entry to transition will be limited to athletes and officials only.
- Please rack your bike no more than 45 minutes in advance of your start time, the racking will be numbered, please rack your bike at your race number.
- You must have the top half of your body (chest) covered for the Bike & Run sections; therefore you must wear a tee-shirt as well as your swimming trunks. Completing the ride and run in a one-piece swim suit or tri-suit that covers the chest is acceptable. A Tee shirt must be worn over single piece male costumes or any 2-piece swim suit that does not completely cover the torso.
- Youths, TS3, and TS2 will use standard racking methods, i.e. hanging their bike from the saddle at their race number position. TS1 and TriStar Start will either use the above method or 'rack' their bike on the ground next to the racking on alternate sides of the racking (on the side that the race number is visible). If there is insufficient racking you will be asked to place your bike with the front wheel next to the cone with your number on.
- Pin your numbers to your race t-shirt/race belt before you begin the event and leave it in transition so you can put it on once you have finished your swim.
- **Parents/guardians will not be allowed in transition.** A marshal will help competitors in the transition area should they need assistance.
- On checking into transition, you will be guided as to where to place/rack your bike.
- Your bicycle and all of the kit (towel, trainers, t-shirt, helmet etc.) that you will need in the transition area must only be put where you are told. Do not leave kit where it could get in the way of other competitors.
- **Only ONE small bag may be left next to your bicycle, if you can leave everything that you don't need for the race with your accompanying adult, that would be even better.**
- There must be no cycling within the transition area.
- When you go from swimming to the cycle section, your cycle helmet must be on and securely fastened before picking up your bike.
- When you go from cycling to the run section, your cycle must be placed back in its correct position before your helmet is unfastened and removed.
- The clock starts at the beginning of the swim and does not stop until you have finished the run, so quick changeovers are important.
- Don't spend too long getting dried - you will dry out quickly when you start the cycle section.



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- Put a little talcum powder in your running shoes and/or socks, this makes them easier to put on with wet feet.
- Make sure your laces are loose enough to slip your feet in. Instead of tying laces, consider buying lace locks.
- If there is anything that you do not understand then please **ASK**.
- **PLEASE COLLECT YOUR BIKE ASAP AFTER YOU HAVE FINISHED.**
- We may be limited for space so your bike and kit may be moved to a secure area within transition after you have gone out on the run. Your bike and kit can be collected from transition by showing your race number.



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### PRESENTATIONS

We aim to have two prize presentation ceremonies this year. Prizes and trophies for Youth & TS3 will be presented to winners after the final athlete in these categories has finished and the data has been verified. Prizes for the other categories will be presented after all athletes have finished and the data is verified. These will be near the finish area {wing.cried.flock}

### USEFUL TIPS

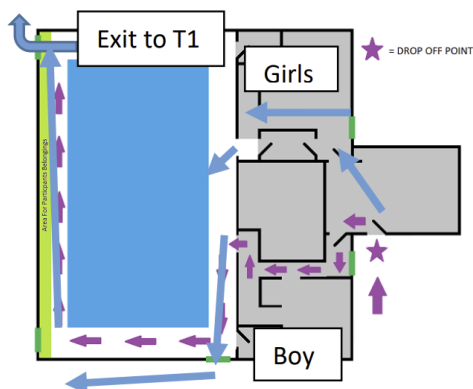
- Listen to the race officials and always do as they tell you, however all lap counting remains your responsibility.
- Only race officials are allowed to help you during the race.
- You must be wearing the minimum of a swimsuit and T-shirt / vest during the cycle and run sections.
- Marshals will try to ensure competitors successfully complete the event and provide any assistance to the competitors whilst they are competing.
- Competitors found to be receiving assistance from non-race officials while competing, can be disqualified.
- Your last meal should be two to three hours before your start time.
- You can do the whole event in your swimming kit or trisuit, which means that you will only need to put on your shoes and t-shirt/vest/race belt to display your race numbers.
- Number belts are allowed.
- Don't try out new kit on the day, stick to what you are familiar with.
- If it is a hot and sunny day, please use sun block or other suitable protection against sunburn.

## Pre-Race Information For Competitors and Parents / Guardians

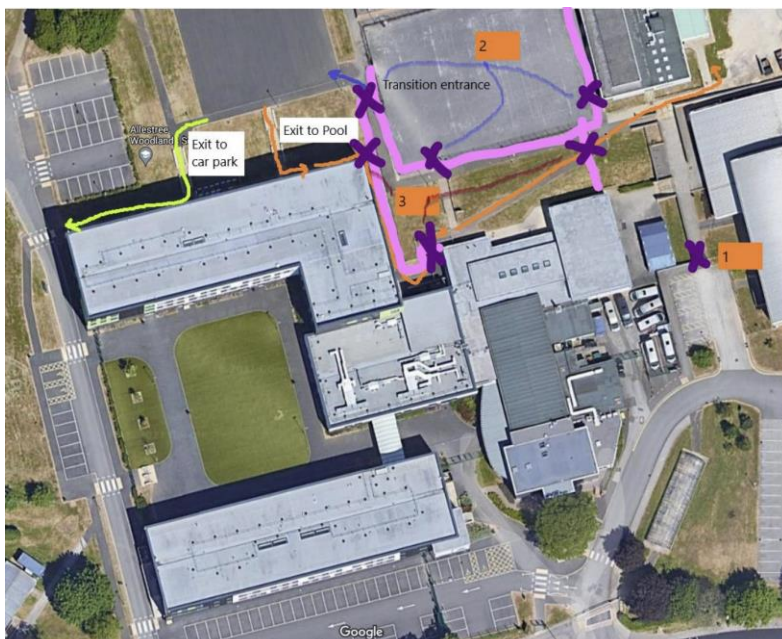
### PICTURES

The following images show various aspects of the venue and the race that are important, these should make the instructions given above clearer.

Pool one-way system (Athletes/officials only in the building) ALL competitors/officials to enter the pool area via the gender appropriate changing area.



Routes into and out of transition, see below –



Entry to transition before, and after, the race is as previous years, only competitors & officials will be allowed in. When leaving transition for your start please follow the orange path, there are gates (marked with purple X), these will be held open throughout the race. When you have finished your race & have collected your equipment, please follow the green path.

Point 1 – This is the entrance to the event, large double gate.

Point 2 – Transition

Points 3 – Gates on path from Transition to Pool, these will be open during the race.



# DERBY JUNIOR TRIATHLON 2023

## Pre-Race Information For Competitors and Parents / Guardians

### THANKS

We are indebted to Woodlands school who have been fantastic and extremely enthusiastic hosts of this event. Our race official has kindly volunteered to cover our event and we are most grateful. There are a huge number of volunteer helpers and marshals who have helped with the event before, during and afterwards, please smile and thank them if you have the breath! We also grateful to PMA for supplying the racking, finish arch and other equipment. Finally, and by no means least we are grateful to our first aiders (I hope they will not be too busy).

**Best wishes and good luck in the race,**

***Richard Wroughton***

(Race Director)

Please also check the website for any last-minute updates.

[Derby Junior Triathlon 2023 | Derby Triathlon Club](https://www.derbytriathlonclub.co.uk/juniors/junior-triathlon/derby-junior-triathlon-2023/)

<https://www.derbytriathlonclub.co.uk/juniors/junior-triathlon/derby-junior-triathlon-2023/>

**RACE DIRECTOR MOBILE: 07931428388**

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