



Jnr Tri Race Information

Sunday 3rd September, 2017

How to find us

The event is run behind Southam Leisure Centre and Southam College - Welsh Road West, Southam, Warwickshire. Put **CV47 0JW** in your sat nav or in google maps to find out exactly where we are.

Parking

Please use the car park at the back of **Southam College** (right hand side of map provided). It's almost next door to Southam Leisure Centre, slightly closer to town. We'll have signs up. The main school car park (large carpark on left of map) will also be available, **but will be closed after the event starts at 7am** and will not re open until after the event finishes as the bike start and finish share the access.

The leisure centre car park will also be open.

If at all possible, park off site, but **PLEASE** not on the road near the school entrance.

Registration

- Go to Race Registration (indicated on the map) near to the transition area to be given your race number and security stickers. One sticker on your bike and one on your helmet. This is so we know it's you taking your bike.
- * Registration will be open from 2:30pm until 5:30pm on Saturday and from 11am on Sunday.
- Please bear in mind that when you register, we'll need to write on your left shoulder and lower right leg – no tight jeans please !

Transition Area

- The transition area will be in the Southam College overflow car park (usual venue near to the leisure centre to the back left of the school).
- Your position is numbered on the racking. If you have an odd number, rack your bike facing the college, if it's even, face the field.
- When you are setting up your bike, we would like all competitors to have set up and left the area at 12:45pm sharp.
- Only competitors in the transition area after 12pm.
- Make sure your helmet is on and buckled before you pick up your bike.
- The bike transition out - **run with your bike from the transition area and mount after crossing the kerb to the sports field and sign (basically when you are on the grass!).**
- The bike transition in - **dismount your bike at the sign before the kerb back onto the road and run with the bike to the transition area (before you leave the grass).**
- When you return, rack your bike before you take your helmet off.
- Exit the transition area - through the run exit to start the run.

It's worth spending a few minutes investigating where we require you to go before you start your race.

Swim

Please be poolside at least 10 minutes before 1pm, to double check your arm and leg are marked, and to receive and put on your timing chip.

When you enter the swimming pool, do not cross the swimmers exit. Walk to the left and proceed around the pool clockwise. The start co-ordinator will put you in start order and tell you when to start. The swim will start and finish at the shallow end. The exit is through the spectator area. There will be four swim lanes. Everyone will start at intervals to ensure as little crowding as possible.

- Swim your lengths in each lane (*see PDF*), then duck under the rope to the next lane.
- Count your own lengths.
- No diving, **no tumble turns**.
- If you get into difficulty, roll onto your back and put your hand up to attract the lifeguard.
- Overtaking. If you do catch someone, touch their foot as you do. At the end of the length, they will stop and allow you to pass. Likewise, if someone touches your foot, let them pass.
- When you've done your lengths, exit the pool and proceed to the transition area through the spectator area.

Age	Distance	Lengths
8	50m	2
9 – 10	150m	6
11 – 12	250m	10
13 – 14	400m	16

Bike

- You **MUST** wear a helmet. You **MUST** pass over the timing mat at the end of each lap.
- You can use whatever bike type you choose. Best results on grass - cyclocross/mountain bikes.
- Walking the course beforehand is an excellent way to spot good overtaking places - please be mindful of other competitors and give space to overtakers if it is busy. Shout 'overtaking' to warn riders you are passing.
- Bike course runs anticlockwise on grass, and marshalled at various points.
- TAKE CARE over the **mound** (no.5 on the map), and leaving the **sunken field** (no. 7 on the map).
- Your number should be visible on your back during the bike leg.
- We have wristbands to help you count each finished lap (for those completing more than 1 lap - place on your handlebar to help count).

Age	Distance	Lap(s)	Band(s)
8	800m	1	0
9 – 10	1600m	2	1
11 – 12	1600m	2	1
13 – 14	2400m	3	2

Run

- The course runs clockwise around the field - the route has changes from last year. (*see map*)
- The track split at **no.11** is for short lap. (**age 8's only**).
- We have wristbands to help you count each finished lap (*if needed - see chart below*).
- At the point where the finish line split is (**no.12 on map**), there will be someone handing out the bands. When you start your next lap take a band, if you're coming to the finish split and you've already got your required band (*see chart*), don't take another and head to the finish (**11-12 & 13-14s only**). *The colour of the bands is irrelevant.*
- Please run around the outside of the posts and tape.

- Water will be available each lap. There will be a finish medal and a pack with something to eat and drink & jelly babies will be on the table too.

Age	Distance	Lap(s)	Band(s)
8	500m	1 short	0
9 – 10	1000m	1 full	0
11 – 12	2000m	2 full	1
13 – 14	3000m	3 full	2

Results

- We will be using the chip timing system so we aim to get the results available promptly after finishing at the event, and available directly on Stuweb and via a link on our website.
- Prize-giving will proceed not long after the last competitor has finished and the results have been confirmed. **Please stay and support your fellow competitors if you can spare 10 minutes after the event.** We won't forward a prize to competitors if you don't collect it on the day, however you can make arrangements to collect. Prizes for 1st, 2nd & 3rd in the all categories .
- Please feel free to bring your supporters, there is a spectators area near the finish.

General

The most important time for us to see your number is on the run, so if you pin it to your shirt, pin it to the front. Although it's preferable to use **elastic** or a **number belt** so you can swap it from back (bike) to front (run). Your number will also be written on your left upper arm and right lower leg. This year the Jnr's event will follow the Adults, starting with registration at 11am. Please make sure you collect all your equipment out the transition area afterwards.

Race Briefing

There will be a race briefing on race day in the transition area at 12:40am. **Please note that attendance at the race briefing is compulsory.** We will tell you about any last minute changes to the course and inform you of any safety / relevant issues which may affect your race. This will also be a chance for you to ask any last-minute questions on the race, and speak to the race official. *Race briefing will still be held regardless there being any news or not, if only for me to wish you all a safe and enjoyable race.

Toilets & Lockers

Toilets will be available in the Southam Leisure Centre - please enter from the front of the building and ask at reception.

Lockers are available in the changing rooms - please be sure to bring some change to operate them.

Handy Hints

It's worth coming to the race briefing, even if you've done the event before: things are a little different this year.

Here are some handy hints for making sure that the transition from swim to bike is a smooth one;

- Arrive in plenty of time to be able to hear the briefing, get your stuff set up, get changed and be pool side ready to swim at 12:45pm.
- The swim will start and finish in the shallow end. The different age groups will start in different lanes to ensure you do the right distance (*see PDF*).
- 13-14 age group will start first as they have the furthest to go. They will swim 4 lengths in each lane, before they duck under the rope to the next lane. (16 lengths)
- 11-12 will be next. In their first lane, they do 2 lengths, then move across to do 4 lengths in two more lanes. (10 lengths)
- 9-10's do 2 lengths in 3 lanes. (6 lengths)
- 8's will be the last to go and will only have to do 2 lengths.

It sounds complicated, but this is the exact method we've used before and it does work. It's much easier in practice. Marshals will be poolside to advise / answer questions.

Each competitor will have their own space in the transition area, so find it and get your kit laid out. All you need is a t-shirt (with your number pinned to the FRONT) and shoes to bike and run in. Lay them on a towel (or mat) so that they're really easy to put on.

Everyone will leave the transition area by the same exit. Make sure you know where this is before you start.

Bike - It is handy to have dry feet before putting on your shoes (and socks if you want them) so make sure you dry them well on a towel and maybe have some talc on hand too as a finishing touch. Don't be wreckless on the course, take the corners steady and power down the straights.

8 Year olds do one lap, 9-10 year olds do two laps, 11-12 year olds do two laps and 13-14 year olds do three laps. Out of the transition area - you must walk/run with the bike to the mount areas which is basically when you get onto the grass, and the same when finishing, dismount before you get back onto the road.

Run - after a short distance, the run course will split into two different courses. (*see PDF*) Make sure you know which one you're going through, although we'll be there to help make sure you get the right one.

8 Year olds do one lap of the short laps, 9-10 year olds do one of the long laps, 11-12 year olds do two long laps and 13-14 year olds do three long laps.

Any questions?

We will be on site from about 6:00am on the Sunday.

You can phone me, **Simon** on **07887 788948** with questions.

Refreshments

We also have tea/coffee/squash and biscuits on offer both days and only ask for donations.

The Lions ladies are making some **bacon rolls** on the Sunday at £2 each - so it is first come - first served.

And finally

A very big 'thank-you' to Southam Lions and our sponsors - without them, this event would be very difficult to put on each year. So if you ever get a chance you support them, please do. More information can be found on our **sponsors page** on the website at www.southamtriathlon.org.uk

Good luck on race day, tri-hard and stay safe.