



New Hall School

SCHEDULE OF EVENT - COURSE OUTLINED

NEW HALL SCHOOL JUNIOR TRIATHLON

Race run under BTA rules - sanction applied for
Sunday, 21 SEPTEMBER 2008

Race organised by Discovery Tri

We look forward to seeing you at the race and hope you have an enjoyable one. Please read carefully as it will help to ensure that the event runs as smoothly as possible for everyone

Anticipated Schedule

07:30	registration and transition open
08:30	registration closes
09:00	race briefing
09:30	race starts
TBA	Prize giving

Venue

Location	New Hall School, Boreham, Chelmsford, Essex CM3 3HS (www.newhallschool.co.uk)
Parking	There is plenty of parking at the school. Please follow directions from marshals, park considerately, and watch out for excited young triathletes when driving in.
Accommodation	Should you happen to need local accommodation, we suggest that you contact the Chelmsford Tourist Office or New Hall School Reception for advice.
Spectators/Outside Assistance	There is plenty of space and places to watch the event, but please keep behind barrier tapes so as not to interfere with the race. Triathlon is an individual event and no outside assistance is allowed. This means no running or cycling with your children. Parents please note: your child risks being disqualified.
Stand	Our race sponsors Britvic will be supplying drinks for competitors, and there will also be a stall selling hot and cold food, drinks and sweets.

Pre Race

Registration When you arrive you need to register. There will be directions to registration at the entrance to the swimming pool. Registration will open at 7.30 to 8.30 only. We will assume that anyone not registered by this time is not competing.

After registering you will receive a goody bag in which will be a T-shirt, your race numbers and bike number.

BTA MEMBERSHIP/

Race Licence Race Licences will need to be purchased at registration; this covers full insurance from the BTA. No licence No race, unless you hold a membership BTA card 2008/2009. Production of this card is absolutely mandatory, anyone not able to produced a valid membership card, will be required to purchase a day licence. There will be no exception to this rule. A Day Race Licence will cost £2.00

Hand/body There will be body marking with your race number, and you will also be marked with a number to show how many laps you need to cycle and run. The numbering is for security reasons to allow access to transition and to assist our timekeepers.

Race Numbers Two race numbers will be provided, please ensure that they are secured with safety pins ideally at all corners (pins will be available at registration) to the **FRONT** and **BACK** of your top or to a number belt. Do not fold or deface the numbers in any way. If they are not visible then you risk having your split times missed. You will also be provided with a number sticker for your bike.

Changing/showers/
Toilets

There are changing facilities and toilets at the swimming pool.

Swim Transition

Running Shoes to be left outside pool in marked area with towel. To enable run to bike area (transition)

Bike Racking

The bike racking will be numbered.

Your cycle helmet and clothing will all need to be located with your bike in your area. **TRANSITION WILL NEED TO BE KEPT CLEAN - FOR SAFETY ANYONE LEAVING ITEMS IN RUN AREAS WILL BE DISQUALIFIED.**

Cycle Helmets

Approved cycle helmets are compulsory (e.g. ANSI Z90.4, EN1078 or SNELL B90) **NO APPROVED CYCLE HELMET, NO RACE**

Tri-bars

Please note the BTA do not permit the use of tri-bars in youth races on grass.

PHOTOGRAPHY

This event is being run in accordance with the BTA's child protection policy. As such, anyone (parents, friends, coaches etc) wishing to take photographs or video at this event will be required to register 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.

THANKYOU FOR HELPING TO KEEP CHILDREN SAFE IN OUR SPORT

DE PHOTO will be supporting New Hall School Triathlon. They will have photographers capturing all the actions from the event, you will be able to view and purchase pictures on the day.

Race

Race Briefing There will be a pre-race briefing near transition at 09.00. This will explain the course and remind all competitors about safety and conduct. It is essential that you attend this briefing

Outside Assistance Triathlon is an individual event and no outside assistance is allowed. This means no running or cycling with your children. Parents please note: your child risks being disqualified. Please support vocally as loud as you like!

Marshals There will be marshals everywhere, and they are there to help you. If you have any concerns please ask, they are all very friendly!

Start The Swim will be a drip fed system, rolling start or in waves. The younger age group will go first.

Swim Section The pool is a heated indoor 25 metre pool.

There will be lane ropes, 6 lanes.

Tumble turns are allowed – extreme care to be taken at shallow end. **NO DIVING ALLOWED**

8 years - 2 lengths

9-10 years - 6 lengths

11-12 years - 8 lengths

13-14 years - 12 lengths

Lap counters will indicate when you have 2 lengths to go. Leave the pool and shout your race number to the time recorder at exit, this will record your first split time.

Transition 1 For security reasons only competitors and officials will be allowed in the transition area. There will be bike racking provided, which will be numbered.

Please make sure that your helmet is securely fastened before taking your bike. If it is not you will be stopped. Do not mount your bike until you have crossed the mount line, which will be marshalled.

Bike Section The bike section is held on a grass playing field. The route from the transition to the field will be signed and marshalled. The course is anti-clockwise around the perimeter of the field. There will be markers (sign posts with arrows), which you must keep to your left (see course map). Your helmet must remain fastened until you have deposited your bike back in transition before the run.

8 years - 800m 1.5 laps

9-10 years - 2000m 4 laps

11-12 years - 4000m 8 laps

13-14 years - 6000m 12 laps

Marshals will be there helping. Please make sure you count your own laps. Lap counters will be taking note of laps.

Transition 2 You will return to the same transition area to rack your bike. The bike must be returned to the same place. There will be marshals available to help with directions. Parents will not be permitted to enter the transition area. Do not, under any circumstance, remove your helmet before dismounting your bike and re-racking your bike.

RUN SECTION After leaving T2 (transition area) you will run towards the 400m sprung Olympic running track. Laps will be 400 meters around the track. The run-out is exited from field - transition area. The first section of the run will be on grass until you reach the track. The course will be clearly marked and Marshals present.

8 years	-	600m	-	1.5 lap
9 - 10 years	-	1200m	-	3.5 laps
11 - 12 years	-	1800m	-	4.5 laps
13 - 14 years	-	2400m	-	6.5 laps

FINISH On completing your last lap, a filter lane will take you off the track up to the finish. There will be finish signs so it will be impossible to miss!

COMENTATOR New Hall School have organised a professional sports triathlon commentator Simon Kedge, Simon will keep us updated throughout the morning of our athletes. If you have any information that you would like to be noted on your child, please write a few lines and *email to wendy.coach@tiscali.co.uk*

POST RACE

Timings/Splits will be recorded at the exit from the swim, the beginning of the run and at the finish. As mentioned above, to assist timekeepers please ensure that race numbers are clearly visible, and call out your number.

Results Full results will be posted up as soon as they are ready on the day and will be put onto the school web site within 3 days of the race.

Prizes Prize giving will take place as soon as possible after the last competitor has finished. Prizes will be awarded for first, second and third place in each girl's and boy's age group.

Refreshments There will be plenty of water available at the finish as well as a stall selling drinks and other snacks/hot food.

Thanks

The school would like to thank the following

- Race sponsors, BRITVIC, Dougous J.Bettell-Higgins Sports Practitioner, Fyffes Bananas.
- The club race committee for all their hard work Discovery Tri, Race Referee John Gabriel, St Johns Ambulance.
- All of our helpers and Marshals that make the event possible.

And Finally

Best of Luck in the race, we hope you enjoy it, have a good time and come back again in the future

Wendy Staines
Race Director
Junior Triathlon 2008 Discovery Tri Club.