



Fareham Leisure Centre Junior Triathlon

RACE INFORMATION PACK 2018

EVERYONE CAN ACHIEVE THEIR GOALS



SOUTH CENTRAL
JUNIOR SERIES
2018

FAREHAM
BOROUGH COUNCIL

everyone
ACTIVE

FAREHAM JUNIOR TRIATHLON

2018

Thank you for entering the Fareham Junior Triathlon 2018 which takes place on Saturday 19 May.

We hope that the pack will provide all the information that you require. If you do have any questions that we do not address, please do get in touch.

You will receive an email the week before the race with your race number and wave time.

Message from Ryan Grant, Everyone Active Contract Manager, Fareham.

Thank you to everyone either taking part or supporting this year's Fareham Triathlon Series. This will be the 9th successive year of running Fareham's Triathlon which we continue to grow and improve every year. Everyone Active work with many organisations across our community to help engage people of all ages and backgrounds to be healthy and active.

I would especially like to thank our wonderful team of volunteers who support the event, we couldn't do this without you.

FAREHAM JUNIOR TRIATHLON

SWIM - (Fareham Swimming Pool 25 metres, 6 lanes). No diving, in pool start. The first wave of swimmers will start at 10am. Please report to poolside 10 minutes before your swim time to assist organisers.

BIKE - The bike route will take competitors out onto a footpath around the recreation ground.

RUN - The run route will take place around the recreation ground. The run surface will be a mixture of grass and tarmac. Please follow coloured signs according to your age group.

DISTANCES AND BRIEF DESCRIPTION OF THE RACE

DISTANCE CATEGORY				
CATEGORY	AGE AS OF 31/12/18	SWIM	BIKE	RUN
Tristar Start	8 years	50m	800m	450m
Tristar 1	9-10 years	150m	2,000m	800m
Tristar 2	11-12 years	200m	3,000m	1,600m
Tristar 3	13-14 years	300m	4,000m	2,400m
Youth	15-16 years	400m	5,000m	3,200m

(The distances are based on those recommended by the British Triathlon Association).

IMPORTANT INFORMATION: Please note a competitor's age is taken as of the 31/12/2018.

TRIATHLON RULES

For British Triathlon Federation (BTF) rules please log onto their website www.britishtriathlon.org. A copy of the rules will be available at race registration if required. Please be aware that all Ipods and MP3 players are prohibited. Calf guards are not permitted in the swim.

NUMBERS

Must be clearly visible on your front for the run.

RACE REGISTRATION

Pre-race registration will take place in the Sports Hall between 4pm-6pm on Friday 18 May if you wish to pick up your packs earlier. Race Registration will be open from 7am in the Leisure Centre Sports Hall on race day.

At registration you must sign in, produce your current Race Licence or sign up to the day membership (please see below). All BTF Members that cannot produce a current race licence at registration shall pay the appropriate day membership fee in order to compete. You will then be issued your race number, transition band and race timing chip. Please place the timing chip around your left ankle with the band provided. Once registered please take your running gear to the transition area and be on poolside at least 10 minutes before your wave times.

DAY RACE LICENCE

If you are a non BTF Member the extra £5 you paid on your entry fee will provide you with a days race licence with the BTF, this will be emailed to you with your wave time before the event.

ACCIDENT/INJURY/FIRST AID

In the event of a personal accident or injury during the race please make yourself known to the nearest marshal, who shall assist you in gaining the appropriate medical attention.

CHANGING FACILITIES

Dry side and wet side changing facilities will be available before and after the event. Lockers require a £1 coin, which is refundable.

SPECTATORS

Parents and spectators will not be permitted on poolside or in the transition area but swimmers can be viewed from the poolside seating area or cafeteria. Spectators can also congregate around the outside of the transition area or at the finish line.

RESULTS

The results will not be posted out but will be made available on our website www.everyoneactive.com/fareham-triathlon/

FOOD

Catering will be available at the event but competitors are advised to bring snacks and plenty of fluids!

CLOTHING

It is advisable to bring the following: swimming costume, goggles, trainers, shorts and t-shirt for when you are competing, wet weather gear and a coat if it looks like rain, warm clothing for when you are not competing and a hat, sunglasses and sun lotion if it is going to be a hot day!

PHOTO CONSENT

Parents/guardians who do not wish photos to be taken of their children must inform the child not to take part in any photos. Children who do not have photo consent must wear the 'No Photos' sticker provided to prevent photos being taken of these individuals.