



## Hart Triathlon Series 2019

Thank you for entering the Hart Triathlon Series which takes place on Monday 6 May. We are delighted that you have chosen to take part.

Please find detailed in this page the race day instructions for the event. 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.

### **Message from Luke Charlton Everyone Active Contract Manager, Hart Contract**

I would like to say a huge thank you to everyone who has signed up to this year's Hart Sprint Triathlon Series and good luck to all those competing. We have a brand new Junior Event this year and we are very excited at being able to offer this opportunity to all of our local young athletes. A huge amount of thanks must go to our wonderful team of volunteers. We couldn't do this without you.



### Distances of each Race Category

Category	Age*	Swim	Run
Tristar Start	8 years	50m	600m
TriStar 1	9-10 years	150m	1,200m
TriStar 2	11-12 years	200m	1,800m
TriStar 3	13-14 years	300m	2,400m
Youth	15-16 years	400m	3,000m

**\*AGE AS OF 31/12/19**

**SWIM** - (Hart Swimming Pool 25 metres, 6 Lanes). No diving, in pool start. Staggered start of competitors every 10-15 minutes, the first wave of swimmers will start at 14.00. Please report to poolside 10 minutes before your swim time to assist organisers.

**RUN** - The run route will take place around the rear car park.

Tri Star Start 1 full Lap – 600m

Tri Star One 2 laps (1 full Lap, come in on the second lap) - 1,200m

Tri Star Two 3 laps (2 full Laps, come in on the third lap) - 1,800m

Tri Star Three 4 laps (3 full Laps, come in on the fourth lap) - 2,400m

Youth 5 laps (4 full Laps, come in on the fifth lap) - 3,000m



### **AQUATHLON RULES**

For British Triathlon Federation (BTF) rules please log onto their website [www.britishtriathlon.org](http://www.britishtriathlon.org). 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**

Race Registration will be open from 12.30 in the Leisure Centre Sports Hall. 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 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 time.

### **DAY RACE LICENCE**

If you are a non BTF Member the extra fee 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.

### **PARKING AND ACCESS**

Competitors are kindly requested to park in the school opposite the centre. Please be aware parking is limited and we would be grateful if competitors could car share where possible.



### **SPECTATORS**

Swimmers can be viewed from the pool terrace. Alternatively spectators can congregate at the finish line.

### **RESULTS**

The results will not be posted out but will be made available on our website [www.everyoneactive.com/harttriathlon](http://www.everyoneactive.com/harttriathlon)

### **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.

We wish you all the best with your training and look forward to seeing you competing on the day.

If you have any further queries or questions please email [triathlonseries@everyoneactive.com](mailto:triathlonseries@everyoneactive.com)

**Best wishes and good luck on race day!**