

ISA’s National Triathlon - Event Information

Venue: Lucton School, Herefordshire

Date: Thursday 2nd May 2019

- Thank you for entering ISA’s National Triathlon – we look forward to welcoming your school to the 5th annual event. Please find all of the essential event information in this letter. We will endeavour to keep to time (or gain time where possible) therefore it is vital that the registration time is adhered to. **Please be prepared to stay for the duration of the event until the presentations.**

THIS EVENT WILL BE RUN UNDER THE BRITISH TRIATHLON FEDERATION RULES. PLEASE NOTE A RISK ASSESSMENT FOR THE EVENT WILL BE AVAILABLE TO SCHOOLS – PLEASE READ CAREFULLY WHEN RECEIVED.

Event Schedule (advisory times – please to announcements on the day):

- Registration: 9.00am – 9.45am
- Course Familiarisation: 9.00am – 10.00am
***PLEASE ALLOW TIME TO SET UP AND WALK THE COURSES.**
- **There will be a full race briefing for teachers only at 10.00am with the race director and BTF in the School Memorial Hall opposite registration – All teachers must attend.**
- **Course and transition areas close for ALL races at 10.00am**
- **All races will be completed on Lucton’s School site – no public roads will be used.**
- The main race briefing for all competitors and staff will take place by the Registration tent at 10.15am. Competitors will then be transferred to the pool for the start of their race.

Event	Wave Start Times
Youth	Poolside: 10.20am Race Starts: 10.30am
Tristar 3	Poolside: 11.05am Race Starts 11.15pm
Tristar 2:	Poolside: 12.20pm Race Starts 12.30pm
Tristar 1:	Poolside: 1.45pm Race Starts 1.55pm
Tristart:	Poolside: 2.20pm Race Starts 2.30pm

*Please note that apart from the first race, these times are only approximate. If we are able to start races earlier then we will. Please do not bring kit into the pool area.

- Presentations will take place on the main sports field as soon as possible after the last race finishes with anticipated depart time: 4.30pm

- **On Arrival:**
- **Parking and Car Parking:** Competitor and visitor parking will be on Lucton's School site. Coaches/mini buses will be able to drop competitors, staff and bikes off at the school and then they will be directed to park at Luctonian's RFC, 5 minutes down the road. Lucton will provide a shuttle bus from the bus parking location to Lucton School. <http://www.luctonians.co.uk/find-us/>
- **Bike Drop Off:** The schools tennis courts are being used as an immediate bike drop off zone before competitors take them to the transition area. Please see the map in the programme for location of the courts.
- **Registration:** A member of staff from each school should immediately go to register their competitors in the marquee (registration can be found on the grassed area adjacent to the tennis courts). Here each school will be allocated a chaperone who will be with your school all day. Upon registering, you will receive a race pack for each of your competitors. **We will require a list with medical conditions for all competitors, in a sealed envelope to give to the First Aid team. If this information isn't collected once the event has finished, it will be destroyed.**
- **Chaperones:** Your allocated chaperone will show your competitors where to stack their bikes in the transition area and walk them around the course. They will stay with you all day and help to ensure your competitors arrive at their race on time.
- **Race Packs:** Each competitor will receive a race pack which will include: 2 numbers, 8 safety pins, an electronic timing chip and stickers for the helmet and the bike (for easy identification). Competitors should attach the numbers, securely with the safety pins, to the front and back of their t-shirt that they will cycle and run in. If competitors have a race belt, they will only need to attach one number - the race number should be worn on their back for the cycle and twisted around onto their front for the run.
- **Base for your School:** We will allocate you a space outside for you to keep all belongings throughout the day. Please note we do not have under cover space for you in the event of rain. The school accepts no responsibility for your belongings.
- **Transition Areas:** After registering, chaperones will take all of your competitors to the Transition Area to rack their bikes. The transition areas will open at 9.00am and close at 10.00am. **All competitors' bikes MUST be racked in the transition area by 10.00am regardless of what time their race is.** They will NOT be able to collect their bikes until AFTER the last race has finished (unless there is an exceptional reason that you must leave the event early!). We are stipulating this as we do not have

enough time between races for competitors to collect their bikes and rerack bikes ready for the next race. We have enough bike racking for every competitor for the whole day. Competitors must then immediately set up in the sports hall transition area, ensuring that they are ready to race (i.e in swimming costume/tri-suit). There is restricted space in the Transition Area and no kit bags are to be left in the hall, these are the responsibility of your school.

- **Course Familiarisation:** After racking bikes in the transition area, competitors are encouraged to walk the course prior to the race. The course will be open from 9.00am and close at 10.00am ready for the first race at 10.30am.
- **British Triathlon Race Official:** The British Triathlon Race Officials role is to keep the event safe and fair. They will ensure that all of the safety measures have been taken into account and that there is no outside assistance from parents whilst the competitors are racing. They will also be on hand to help deal with any issues on the day.
- **Race Rules:** The race rules are attached with this letter. Please ensure all competitors read these rules before the event as they will be at risk of time penalties or disqualification if they are broken.

The Race:

Swim:

- The School will be providing qualified life guard cover throughout the swim sessions.
- The School will apply it's normal and emergency operating procedures during the course of this event. Please note the following:
 - ❖ **One loud whistle from the lifeguard indicates an instruction to follow.**
 - ❖ **Three loud whistles from the lifeguard requires immediate evacuation from the water.**
 - ❖ **If a full evacuation is required, children and adults will be guided towards the tennis court area next to Event Registration.**
- On arrival in the pool area, the competitor must report to the pool marshall to confirm their name. The pool marshall will also provide a race briefing.
- Competitors will start their swim under the guidance of the starter marshall.
- Competitors must report to the swimming pool 10 minutes before their race begins to check in. Competitors will set off within the published wave times. Swimmers will be set off as soon as a lane space is free.

- Competitors must provide their own swimming kit, swimming hat and goggles.
- Competitors must ensure that their electronic chip is securely fastened to their ankle before they enter the pool and begin the race.

Transition Area 1 – (Swim/Bike)

- On exiting the swim (from the shallow end of the pool) the first transition area will be in the sports hall (adjacent to the pool).
- Competitors should bring a small kit bag suitable to leave in the transition area with their equipment in for the cycle e.g. trainers/cleats and a t-shirt. This is a small transition area therefore competitors kit bags here must be small and compact, only containing the equipment they need for the race.
- Competitors **MUST** wear a t-shirt to cycle and run in, with their race numbers securely fastened to them (unless they wear a tri suit with a race belt).
- Competitors will then be guided to run outside and over the road to the bike/run transition area.
- Competitors will **NOT** be allowed to run bare foot or in cycling shoe cleats from Transition Area 1 to Transition Area 2. Competitors are permitted to place cycling shoes in Transition Area 2.

Transition Area 2 – (Bike/Run)

- The second transition area is outside on the school field where the competitors will collect their bikes and helmets.
- Helmets **MUST** be securely fastened onto the competitor's heads **BEFORE** they remove their bike from the stand.
- Competitors **MUST NOT** mount their bikes until they have crossed the 'Mount Line'.

Cycle

- Competitors **MUST** provide their own bike, preferably a mountain bike as the cycle route is on grass and undulating.
- A road bike is **NOT** recommended.
- Competitors **MUST** wear a helmet to cycle in and wear trainers or cleats.
- Competitors must **NOT** mount their bikes until they have crossed the 'Mount Line'.






- Competitors MUST dismount their bike before they cross the 'Dismount Line' and enter the transition zone after they have completed their cycle.
- **No cycling is permitted anywhere on the School site, other than on the cycle course as a competitor.**

Run

- Competitors must provide their own trainers to run in. They must be secured before running.

Lap Counting

- Competitors MUST keep count of their own laps.
- There will be an electronic chip timing system in place to help verify results and number of laps completed for bike and run.
- The system for the swimming pool requires competitors to follow the marshall's lap counting. A yellow float will be placed in the water when there is two laps to go and a red float will be shown to stop.
- The table below shows the number of laps that needs to be completed by each age group:

		SWIM		BIKE		RUN*	
		YDS	LENGTHS	KM	LAPS	APPROX. KM	LAPS
TS		50	2	1	1	0.6	1
TS1		150	6	2	2	1.2	1
TS2		200	8	3.6	3	1.8	1
TS3		300	12	6	5	2.4	1.5
YOUTH		400	16	8.4	7**	3.0	2

*REFER TO COLOUR CODES

**REDUCED FOR GRASS TRACK

BIKE LOOP IS APPROXIMATELY 1.2KM

Results and Officiating:

- The decision of the race director and the BTF official is final.
- The penalties will be applied by the BTF official.
- The timing system will be used in the event of any discrepancies.
- The results published on the day may be subject to revision.

Teachers please note the race director/BTF official will contact you in the event of an enquiries or discrepancies. Parents will not be consulted.

Extra Event Information:

- **Presentations:** Individual medals will be awarded for the top three finishers in each age group. A separate girls' and a boys' team trophy will be awarded to the schools with the total lowest score from 5 individuals across any of the age groups.
- **Insurance** - Each competitor has British Triathlon membership for the day which provides individual insurance for the event.
- **Results** – The results will be published online immediately after each race finishes courtesy of Race Timing Solutions. The website will be forwarded to you before the race for access on the day.
- **Catering** – Schools should provide their own packed lunches for their competitors. Silver Pod Coffee will be providing light refreshments at your own expense.
- **First Aid** – Crusader Medical Services will be present on site for the duration of the event.
- **Photographs** – DE Photo will be attending. Photographs will be available to purchase after the event.

Race Director – Mark Warren

BTF Official – Michelle Mahiques-Pearce

If you have any more questions about the event, please do not hesitate to contact Scott Brand - isasport@isaschools.org.uk

We look forward to welcoming you and all of your competitors to the race.

Kind Regards,

Scott Brand

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