

CRAVEN ENERGY JUNIOR TRIATHLON

Craven Pool & Aireville Park, Skipton
Sunday 25th September 2016

Part of the Yorkshire Regional Triathlon Series



RACE INFORMATION PACK

Important Note

You must read this document prior to the event and talk it through with your child as it is a step by step guide as to what will happen on the day.

Additional updates for the event will be shared on twitter so please follow us



@cravenenergy



WELCOME

Welcome to Craven Energy's 6th Junior Triathlon. This event is an opportunity for children from around the Skipton area and beyond to experience the fun of a triathlon event. It is the aim of Craven Energy to provide more opportunities for young people to take part in triathlon. We have a vibrant junior section in the club. The event is full and there will be 250 children having fun in the park!

Craven Energy Triathlon Club would like to thank you for entering and hope you have a great day!

<http://www.cravenenergy.org/index.html>

DIRECTIONS

The event will take place at Craven Pool and Aireville Park in Skipton.

The Sat Nav postcode is BD23 1UD.

Google maps: Craven Swimming Pool & Fitness Centre.

Please aim to arrive with plenty of time so you can relax and not have to rush getting things ready. This should be at least 1 hour before your start time and ensuring you can attend one of the event briefs. You need to be at poolside at least 20 minutes before your swim start time.

BIKE DROP-OFF AND PARKING

Whilst there is parking at Craven Pool parents of competitors should use the adjacent **Craven College Aireville Campus** car park to avoid causing parking difficulties for other facility users. If parents wish to drop entrants, their bikes and other kit in the main pool car park, cars should then be removed to the Craven College car park which is a 3 minute walk from the pool. The car park will be signposted.





Please note that there is another event over the same weekend taking place at the Craven Auction Mart. It's called Yarndale; it is nowhere near as exciting as a triathlon but this will mean it will get quite busy later in the day. Please allow plenty of time to park.

Once within the vicinity of Craven Pool car park and Aireville Park we would ask that children please wear their helmets whilst on their bikes. It is a rule in triathlon that **helmets must be worn during the event** itself but we would also ask for safety reasons that helmets be worn if and when riding bikes prior to or following their event.

It is simplest if you set off from home wearing your race kit, especially whatever you will swim in. If you then have whatever else you want to race in with you, in a kit bag. Put some jog bottoms and a warm top on so you can then hand these to your parents as you go to the pool. You may want to bring a coat to wear whilst you are racing depending on the weather forecast.

You will also want to bring some clothes to change into afterwards, but if you do, leave those with your parent/guardian. Don't take them with you into the race area. There are lockers located in the swimming pool if you need to use them.

SATURDAY REGISTRATION

If you would like to pre-register you can do so on Saturday 24th September. Representatives from Craven Energy will be available from 10.30am to 2pm just outside the pool entrance. You can collect your race numbers and stickers etc. Timing chips will be handed out in the pool before the race to all competitors. You then would be able to go directly to bike drop off on the Sunday morning.

If you do register on the Saturday you must still attend one of the race briefs on the day.

AIREVILLE PARK

There is now a pump track and a skate park at Aireville Park. Your brothers, sisters and friends (and even parents) may want to bring scooters etc to have a go.

If you are competing then please resist the temptation to ride around the pump track before the event. We don't want any accidents before the race!

OVERVIEW OF THE WHOLE DAY

- Arrive (at least 1 hour before your start time)
- Register
 - Get number written on hands and legs
 - Apply helmet sticker / kit bag sticker and then attach bike “number plate” to the front of your bike
 - Fasten number onto number belt or t shirt (number to the front please - pins are at registration)
 - Note that **timing chips are given out at poolside**
 - Make a note of your swim start time
 - Parents to fill out the emergency contact form, medical form and photography form (if required)
 - If you have any medical notes, please also write them on the back of your race number
- Go to Main Transition with your kit
 - Show your number on your helmet, bike and hand and go into transition – no parents allowed please. There are marshals that will help if needed.
 - Put your bike onto the racks or on the spaces on the floor. Racks will be numbered. Tri Start competitors will put their bikes in the area on the floor.
 - Leave your helmet with your bike (ready to put on). Please note no boxes or bags are to be left next to bikes.
- Go to the other transition area - T Zero
 - Show your number on your hand and take your shoes and the kit you will wear when you come out of the pool
 - Place in the spaces shown on the grass – there will be marshals to help

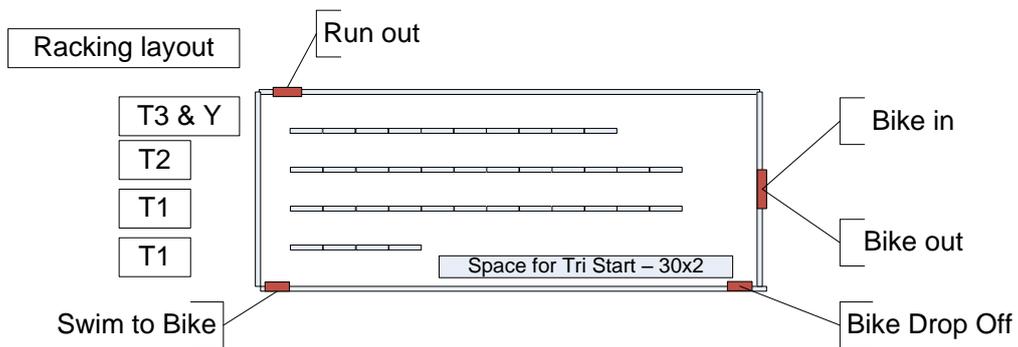
Don't forget to attend a race brief at some point in the morning!

- Go to the pool ready to swim **AT LEAST 20** minutes before your wave start time
 - The swim will start on time! If you are late then you may not be able to race.
 - Use the lockers in the pool and the changing rooms if you need to change into your swimwear
 - Let the marshal know you are there and get your timing chip (on an ankle strap)
 - Attach the chip to your left ankle
 - Sit in line at the side of the pool and wait to be called in your wave and get your swim safety brief
 - Swim cap will be given when you are called forward
 - Get into your lane when directed (3 to a lane). Swimmers will set off at 10 second intervals
 - Finish the swim – remembering to count your lengths (there will be marshals to help with this)
 - Climb out of the pool at the end of the lane (or if you need to use the steps at the side please be aware of other swimmers)
 - Leave your swim hat at the end of the pool as you get out
 - **WALK** to the exit of the pool at the rear door
- Go to T Zero
 - If you haven't left any kit in T Zero you must still pass through the area to go to main transition
 - Put on your shoes and clothes to race in and then move off to main transition to get your bike via the path (not up the steps)
 - Leave your goggles in T Zero or take them with you to main transition (to leave there)
- Go to your bike space in transition
 - Put on your helmet before touching your bike
 - Take your bike and push it to the bike exit - mount **AFTER** the mount line
 - Ride the bike course taking note of the number of laps you need to complete
 - Once you have completed the correct number of laps, go back to transition and get off your bike **BEFORE** the dismount line
 - Rack your bike in the same numbered space
 - Take off your helmet and leave it with your bike
- Go to the run exit
 - Run anti-clockwise around the run course and collect a “band” for each lap. Count your laps!
 - Cross the finish line and don't forget to smile. 😊 You are now a triathlete!

Overall race layout –



Main Transition



The racking will be numbered.



REGISTRATION

Please allow plenty of time for registration. If you don't arrive on time you may miss your race slot. Families can register at the same time. There will be a notice board near registration that will show all the competitors race numbers and swim start times. It may be worth checking this before registering. Please leave your bikes away from the registration area if possible.

**Registration will open on Sunday from 7.30am and will close at 10.30am
(why not register on Saturday between 10.30am and 2pm to make it easier on the day)**

Swim wave start times. Your actual time will be provided in a separate document.

	Wave	start time
Tri-Start	1	09:00:00
	2	09:05:00
break		
Tri1	3	09:20:00
	4	09:25:00
	5	09:30:00
	6	09:35:00
	7	09:40:00
	8	09:45:00
break		
Tri2	9	10:10:00
	10	10:20:00
	11	10:30:00
	12	10:40:00
break		
Tri3	13	11:10:00
	14	11:20:00
	15	11:30:00
break		
Youth	16	11:50:00

Race Briefing Times (at the Bandstand)

- 8.30
- 9.45
- 10.45



Trophy Presentations Times – these are subject to the availability of the results – please listen out on the day

- Tri Start and TriStars1 – 10.15
- TriStars2 – 11.30
- Tristars3 and Youth – 12.30

REGISTRATION takes place near the **main entrance to the swimming pool**. Your parent or guardian should accompany you to registration.

You will be allocated a race number, which will be written on the back of your hands and legs.

You will be issued with:

- 2 numbered stickers – 1 for your helmet, and one for your kit bag.
- A large number for the front of your bike (with 2 tie wraps to attach it)
- A race number and safety pins (attach this to a race belt or put this on the top layer you are running and cycling in). Please put your number to the front of the top you will be wearing.
- Goody Bag

Parents –

Please fill in on the form provided an emergency contact number for the day, against the race number of your child. If your child has a medical condition that we need to be aware of, please make a note of it on the medical form.

If you wish to take photographs during the event then please sign your name on the photography sheet. Please note that Craven Pool has a policy of no photographs in the pool so please only take photos outside in the park.

If you need to use medication during the event then please make sure you have it with you. Please also note any medical conditions on the back of the race number.

As soon as you are registered, please move away from the registration area and apply your stickers/numbers.

Then take your bike to the Main Transition Area (“T1”). You need to have your helmet on and fastened to show the marshals as you go into transition. Your parent/guardian may accompany you to the entrance of T1, but may not enter it with you. Go to the “Bike Drop Off” entrance. There is also an entrance marked “Swim to Bike”. This is where you run in after your swim.

It is the responsibility of you and your parents to make sure that your bike is safe and road-worthy, even though the course is off-road. Particular attention should be given to make sure the brakes work effectively and handle bar ends must be stoppered and tyres should be inflated to a reasonable pressure. No responsibility will be taken by Craven Energy for checking that bikes are safe to ride.

Place your bike in Transition 1 in your numbered space, then take off your helmet and put it with your bike so that it is ready for you to put on when you return from your swim. Remember that when you



come back to your bike after the swim, you must put your helmet on and fasten it first, before touching your bike. You are not allowed to leave bags and boxes next to your bike.

Remember where your bike is so you can find it when you come from the swim, then come out of T1. It's always a good idea to be aware of the entrances and exits in transition.

Please be aware that once the race starts the transition area is live and there may be competitors who are racing whilst you are racking your bike. Please give way to them and listen to the instructions of the marshals.

Now take your race kit to the other transition area T-Zero. If you are an experienced triathlete you may not wish to use T Zero, and this is OK. Please be aware of the distance between the swim exit and T1 and the paths that will be used. It may be quicker to put on a pair of shoes in T Zero for you to run that distance. If you plan on not using T Zero, you must still run through that area in the race, so that it is fair for all competitors.

In T Zero you will be guided to a numbered space where you will leave your outer garments and race shoes. You need to remember where you have left your things.

RACE BRIEFING

Check the best time from the instructions for you to attend your race brief. There will be 3 briefs during the morning and you only need to attend 1 of them. They will not be specific for any of the age groups.

This will take place on the Bandstand, near the finish and main transition area. Attendance at the briefing is mandatory, as the race rules are explained together with details of how the race will work.

Important safety messages are also given out at the brief as things may have changed on race day. Any changes to the race timings will also be given out at the briefing.

PARENTS AND SPECTATORS

Parents or other responsible adults and supporters who are not volunteers/marshals must keep off poolside, out of the transition areas and off the race route and resist the temptation to interfere with the progress of competitors in the event! Encouragement should be given but please be aware this is a fun event aimed at giving children a taste of triathlon. This is a physically challenging sport and participants should only be racing at an intensity that is within their capabilities. Pressure to perform beyond this should therefore be avoided.

Parents/guardians are not permitted in the changing area at the pool, but are welcome in the viewing area which is accessed through a door immediately on the right in the main pool foyer.



THE SWIM

It is your responsibility to be in the pool ready for your swim at the correct time. Please be on poolside at least 20 minutes before. It's better to be there earlier and be able to relax, rather than panic at the last minute! Don't forget that you are not the only person racing and there could be queues waiting to be given your timing chip.

Before the swim you will be given a swim cap and your race chip.

Your race chip should be attached to your left ankle. This is your timing device for the race and you need to make sure it will stay on.

Your swim hat will determine which swimmer you are in the lane and this will be communicated to you at the time. There will be 3 swimmers setting off in each lane at 10 second intervals.

Participants will swim the following distance:

Age Group	Swim Distance	Swim Lengths
Tri-Start	50	2
TriStars1	100	4
TriStars2	200	8
TriStars3	300	12
Youth	300	12

It is your responsibility to count your own lengths but there will be coaches and marshals to assist with this. You should be notified when you have 2 more lengths to go.

We would like you to be able to swim 25m (1 length) front crawl or breaststroke comfortably and continuously. The use of swim goggles is strongly recommended.

The event is being timed and the accuracy of chip timing depends upon swimmers setting off in waves at predetermined times.

There will be other people in your swim lane. You should try to be aware of other swimmers and let faster swimmers overtake at the end of each length. We will encourage you to try and complete the required number of lengths without stopping but if you need to rest at the end of a length then it is better that you do, so you can complete the full distance.

You will be told which direction to swim in so that you don't bump into other competitors!

END OF THE SWIM TO T ZERO

WALK TO BOTTOM OF STEPS – THEN WALK OR RUN TO T ZERO



Once the swim distance is completed you should leave the pool area by way of the rear exit. You **must walk** from exiting the pool to the bottom of the stairs just beyond the rear exit. Everyone will be walking this bit so there is no need to race and potentially fall over! Then make your way to T Zero where you left your race kit and put on your running shoes, t-shirt, shorts and any other clothing you may wish to wear. Your number should be facing front.

If you are not using T Zero then you still need to run through the T Zero area. This will be clearly marked and marshalled.

THEN WALK OR RUN FROM T ZERO TO MAIN TRANSITION - T1

THE BIKE

Please be careful on the path between T Zero and Main Transition. Part of this route is on the same paths that are being used by the public. This is unavoidable but we will have marshals in that area to make sure that everyone is aware. Head towards the main transition and into the entrance marked "SWIM TO BIKE".

Water will be available at the edge of the transition area.

It is compulsory to wear a cycling helmet and you **MUST PUT ON AND FASTEN YOUR HELMET BEFORE TOUCHING YOUR BIKE**. The bike is then pushed to the BIKE OUT exit where you will be guided where to mount your bike.

You can only get on your bike **after** you have crossed the mount line.

You then start riding to complete your laps (which you should count):

Age Group	Bike Distance	Bike Laps
Tri-Start	750	1
TriStars1	1500	2
TriStars2	2250	3
TriStars3	4500	6
Youth	4500	6

The cycle course is on grass and is more suited for mountain or cyclo-cross bikes. It would depend on the weather on the day and days leading up to the race if you could use a road bike with knobby tyres, due to the hill and surface in the park. It is your responsibility to make this decision.

The course may be slippery and is uneven in places. You should leave space between you and other competitors. The course is on a slight hill and will require gear changing, so it will be helpful to practice cycling on similar terrain. The route will be signposted to prevent collisions with other cyclists, especially around the exit and entrance to transition. Awareness of other cyclists and other users of the park is essential at all times. This race is being run under British Triathlon rules and as such is a non drafting race. Drafting is where you ride close to the bike in front of you to gain an advantage. Please

don't do this, as it is cheating. You should either try to pass the bike in front or drop back. The nature of the course means that it will be hard not to be behind another rider at some point and the race referee will take this into account. There will be a poster describing drafting near the registration area.

The approximate route of the bike course is shown below. Conditions on the day will influence the actual route layout but it will be a 750m loop.



After completing the required number of laps you should return your bike to the transition area (in triathlon terms T1 has now become T2). There will be marshals counting your laps but it is your responsibility. If you don't complete the correct number of laps you will be disqualified.

Please dismount your bike **before** the dismount line. Run or walk with your bike back to your space and then take off your helmet.

Your helmet must remain on and fastened until your bike is placed back in position in the transition area.

Now you can move to the exit for the run.

THE RUN

Head to the run exit from the transition area where you head out onto the run course. The run course is a 500m lap and you will run it anticlockwise.



The run course is the following distances:

Age Group	Run Distance	Run Laps
Tri-Start	500	1
TriStars1	1000	2
TriStars2	1500	3
TriStars3	2500	5
Youth	2500	5

Everyone except Tri-Start should grab a band at the start of each lap. Then you will know that you need the same number of bands as the number of laps to do.

There will be marshals counting laps but it is your responsibility to count your own laps. If you don't complete the correct number of laps you will be disqualified.

The run course is on grass and due to the weather is likely to be slippery and again uneven in places, so participants should take care and be aware of other runners.

Water will be available in T1, during the run and at the finish line.

The bike and run are taking place in a public park where there will be other adults, children and dogs using the facilities. The routes will be signed and flagged to assist you and to ensure members of the public are aware that an event is taking place. However please do take care so as to avoid collision with members of the public and also be aware of the possibility of dogs running loose. The bike and run course will be signed and flagged and there will be volunteers wearing hi-visibility jackets marshalling the course at several places to help ensure safety and completion of the correct route.

THE FINISH

Complete your laps on the run and then enter the finishing straight and soak up the applause. Don't forget to smile!

CONGRATULATIONS, YOU ARE A TRIATHLETE!



Water and Goodies

At the finish you will be provided with a bottle of water courtesy of Keelham Farm Shop (located just down the road from the pool car park entrance). There will also be some fruit and flapjacks etc provided.

KEELHAM FARM SHOP

IMPORTANT FINISH LINE COLLECTION POLICY

All children in Tri Start, TriStars1 and TriStars2 **must be collected from the finishing area by their parent/guardian.** Please come to the finish area and your child can be released.

The event organiser reserves the right to cancel any section of the event on the day if conditions or circumstances require this to happen. We also reserve the right to alter the distances or layout of any parts of the race. Your safety is our biggest concern. The most likely change to the layout would be if the cycle course is waterlogged. This is why attendance at one of the briefings is required.

Chevin Cycles

Chevin Cycles have sponsored the medals for the event. They will have a tent near registration. This is not a maintenance area and although they will try to help, it is your responsibility to make sure your bike is roadworthy before you arrive. They will also be selling some bike related items. Chevin have stores in Skipton, Otley and Harrogate.



Chip Timing

Chip timing and results are being provided by Functional Fitness Events. They are the same company that organise the Rubicon Triathlon (and others).





Photography

We are providing event photography at this event courtesy of David S Brett Photography and you will be able to **download images for free afterwards**. We have no facility to allow opting out of the photography. If your child takes part in this event this will act as consent for the photography to take place. Participation will also act as consent to the images being used either by Craven Energy or any other company directly involved in the event.

Photos from David Brett will then be available to download free of charge after the event.

<http://www.photos-dsb.co.uk/>

David S Brett Photography

Lost Property will be handed in at the pool reception.

Feedback

We would love to hear what you thought about our event so please drop us a note or speak to a marshal on the day.

GoTri - Parents

Fancy a go at a triathlon? Craven Energy run a series of GoTri events. Low cost, uncomplicated super sprint events aimed at the novice level. Next event – 2nd Oct 2016. There will be 4 events in 2017.

<https://www.entrycentral.com/gotriskipton>

Show the kids how to do it!



Event Organisation

Event Organiser: Anthony Morton
Event email address: cravenenergyjuniortriathlon@gmail.com

Event Head Coach
& Risk Officer: Carol Young

Welfare Officer: Fiona Greening

Medical Officer: Jill Hirst



GENERAL TIPS

The following are a selection of tips from other triathletes and coaches:

- Don't try anything new in the race – practice with it before!
- Eat a good breakfast to provide you with race energy but make sure you eat it at least 1 hour before your event so that you don't feel sick when swimming
- Pace yourself – don't sprint the first length in the pool and then suffer for the rest of the event. The same applies in the bike and run sections
- Bring warm, dry clothing for after the event
- Bring a bag to put your towel, race clothes and shoes in at T Zero
- Stay safe and watch out for other runners and cyclists and members of the public
- Check your equipment before the event and make sure your bike is road worthy
- Practice putting on a t shirt when you are wet. It's harder than you think!
- You might want to use some talcum powder in your shoes to help get them on
- Practice putting your bike helmet on and taking it off, fastening and unfastening the clip each time
- Practice hills and using your gears and brakes
- Set your bike computer to 0 before the event so you can see the distance
- Bring a drink
- Bring a snack for after the event
- Try not to stop – you can walk if you need to, but try to keep going
- Arrive in good time and familiarise yourself with the course
- Ask questions at the race briefing. If in doubt, ask a race marshal
- No littering in the park please – you could get disqualified
- MOST IMPORTANTLY - Enjoy yourself and have fun

Rules for Parents/Guardian:

- No adults (other than event volunteers) are allowed on poolside, in transition areas or on the bike or run route during the event
- There is a spectator area next to the pool where you can watch and encourage your child, and you can watch at any point around the bike and run route, outside of the taped areas, without impeding the role of the marshals.
- No assistance is to be given to participants at any stage during the event - it's against the rules and your child could be disqualified for it. This includes running alongside them.
- Encouragement of participants is welcome, but please avoid putting undue pressure on your child



It would be great if you could show this paper to the marshal at the car park (but don't worry if you forget)

I AM HERE FOR
CRAVEN ENERGY
JUNIOR
TRIATHLON
SO LET ME PARK
PLEASE

