



PHOENIX AQUATHLON SERIES RACE 4: race day information

3 August 2018 – Guildford Lido, Stoke Road, Guildford, GU1 1HB

TIMINGS

18:15 Registration opens

19:15 Registration closes

19:00 Access to transition

19:25 Race briefings (2 separate briefings: Adult/Youth & Junior and all Tristar age groups)

19:30 Swim start (Tristar and Youth/Junior). Slowest predicted swim times first).

19:45 - Start for adults with predicted swim times of 10 minutes or over

19:55 – 20:00 - Start for adults with predicted swim times under 10 minutes

REGISTRATION:

This will take place in the area just outside the Lido gate, follow signs and marshals from the car park. Each competitor should find their race number at the desk and approach the registration tent to collect timing chips etc. To try and avoid long queues, there will be two separate registration points for all Tristar children and Youth/Junior/Adults taking part.

If you are a member of British Triathlon please bring your membership card to registration, if you are unable to produce a current race license at the event registration, you will have to pay the appropriate day membership fee, which is non-refundable.

You will receive:

- A race number to be marked on your hand.
- Triathlon England race day license if you do not have an annual membership. If you registered as a non-BTF member you will be sent a BTF day membership by email.
- Timing chip to be attached to the arm.
- Tristars and Youth/Juniors will receive a coloured race-band to identify which race they are in.

CHANGING FACILITIES:

Changing facilities are available within the Lido complex, including showers and toilets. You can leave your bags and other clothes in the lockers here (remember your 20p piece!). Please can all parents/guardians ensure that their children are appropriately supervised in these areas at all times.

HOW TO GET THERE/PARKING:

While there is parking available in the Lido car-park and the overflow car park up the hill (Lido Road), we would encourage all competitors and their supporters to consider public transport, walking or cycling. The Guildford Lido is a short 10-minute walk from London Road Station and a 15-20 minute walk from Guildford's main train station. Otherwise, the Lido and its car parks are well sign-posted on the corner of Stoke Road and the A25 Parkway, it is also very close to the A3 for motorway access.

RACE BRIEFING:

A race briefing will be done at 7:25pm before the race starts alongside each transition area. If you have any questions prior to this please speak with a Marshall (yellow bib).

	Swim Distance	Number of lengths	Run distance
TriStar Start	50m	1	600m
TriStar 1	150m	3	1500m
TriStar 2	200m	4	2000m
TriStar 3	300m	6	3000m
Youth/Junior	500m	10	5km
Adults (20+)	500m	10	5km

Children age 8-14 in the TriStar categories race on the TriStar course. Children aged 15 and 16 in the Youth Category and 17-19 year olds in the Junior category will race on the adult course and will start directly before the adults at 7:45pm.

RACE RULES

The Phoenix Aquathlon race is governed by the BTF and thus BTF rules apply. The most up-to-date rules can be found in the BTF rulebook at:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2018.pdf>

If you have any questions about the rules please contact the BTF beforehand or contact the BTF race official on race day.

Some of the main points regarding this aquathlon are:

- Enjoy the race in an atmosphere of sportsmanship, equality and fair play.
- It is the competitor's responsibility to know and correctly complete the full course of the event and competitors are ultimately responsible for their own safety and for the safety of others.
- No individual support/pacing by cycles or on foot is permitted.
- To avoid accidents, safeguard equipment and protect personal possessions, competitors must not bring helpers, friends or family members into the transition area when the race is in progress.
- All competitors must ensure they are adequately clothed at all times.
- Any equipment that acts as an impediment to hearing or concentration is prohibited from use during the event (eg phones, MP3 players, headsets)
- In the case of a child taking part in an event, it is the responsibility of the parents/guardians and/or accompanying adults to ensure the child understands these rules and that the child's equipment, clothing etc is suitable, maintained, correctly prepared and used.

PARENTS/GUARDIANS

We welcome all parents/guardians, family and friends to watch and support the children in their race. Excellent viewing areas are on the poolside grass banks and near the transition area or finish area. Please make sure you are aware of the General rules and the photography rules. To ensure the safety of our Tristar competitors only Tristar competitors and marshals will be allowed at pool-side and in transition before or during the race. There will be plenty of friendly marshals to help the children.

Please, no running alongside and/or screaming at children in transition (hearty encouragement only); it's their big day, win-or-lose, how they enjoy themselves and how you react may impact their approach to sporting competition for a long time to come. Any running alongside children will incur a time penalty.

PHOTOGRAPHY

Parents/guardians/competitors who do not wish photos to be taken of themselves or their children must not take part in any photos and also let our registration team know before the race begins. Competitors who do not have photo consent must wear the 'No Photos' wristband provided to prevent photos being taken of these individuals.

TRANSITION SET UP:

This will be located either side of the pool (adults and Youth/Juniors on one side and Tristar age groups on the other). Each group will have time to set up their transition before the swim starts. Please only have a small towel, trainers, t shirt and other clothes if necessary. Your upper body must be covered before you leave transition. No parents will be allowed in transition after the briefing. Helpful marshals will be there if needed.

ROUTES:

Please review carefully as there is a change in the route for this race due to pavement works near the Parkway Roundabout.

All athletes will be able to walk and look at the run course until 7:20pm. After this, the pool will be opened and the course will be closed except for those competing. Please respect this to give each athlete a chance to compete without people on their course. You will be able to view it but please warm up away from the course.

- For those doing multiple laps, no tumble (or flip) turns will be allowed.
- When you have swum the required number of lengths you climb out (remembering to "touch out" with your timing chip against the timing pad, walk to your transition spot where your shoes and kit will be laid out. Take care of the slippery poolside when wet. NO RUNNING on poolside.
- At your transition area put on your running clothes (your upper body must be covered before you leave transition). Girls: a swim suit is fine, Boys: a T-shirt and swimming costume is fine; a tri suit is fine for both boys and girls, shoes must be fastened, put your goggles and hat onto your towel and leave transition. TAKE CARE on exiting and remember to "touch out" on the timing pad (again).
- Follow the run course which will be signed and marshalled throughout.
- Please be careful on the run down to the finish, pavement works will make the course very narrow at this point. We will place extra marshals here but please be careful!!! (Adults will also start slightly later so as not to be running down this portion of the course at the same time as the kids race).



- “Touch out” against the timing pad at the finish with a big smile and enjoy something to drink and eat at our finishers table!

TRISTARS RACE:

SWIM: 50m swim up the side of the lane, no diving.

RUN COURSE: 600m

Run out the gate from transition, turn right and then right again - follow straight route to the Tristars Turn Marshal and run back along the same route, turning left into the Lido carpark to finish.

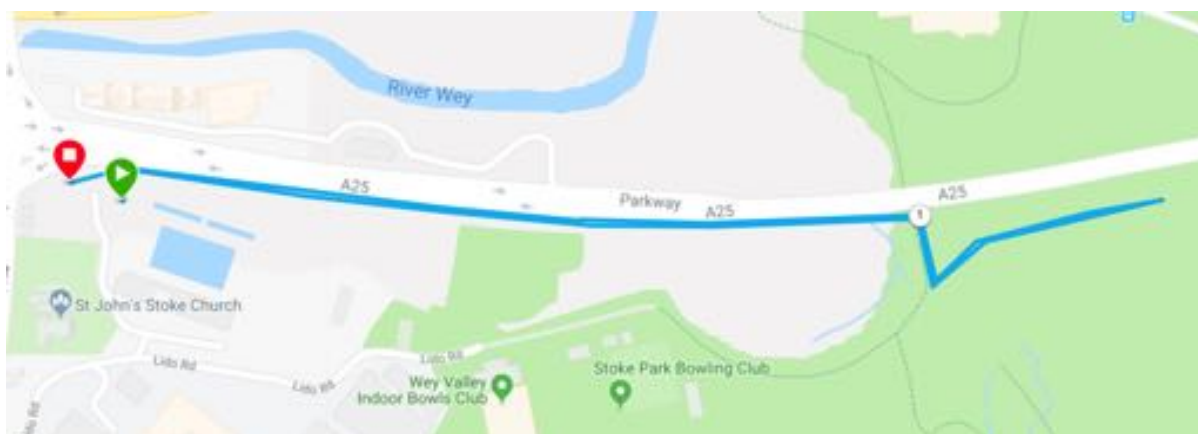


TRISTAR 1 RACE:

SWIM: 150m swim – 3 laps swimming each lane up and down, no diving. Duck under the rope to the next lane in a zig-zagging pattern. No tumble (or flip) turns will be allowed.

RUN COURSE: 1500m

Run out the gate from transition, turn right and then right again - follow straight route to the entrance to the park, follow the marshalled route through to the Tristar 1 Turn Marshal and run back along the same route until turning right to exit the park. While there will be a marshal at this point, please be careful exiting the park through these gates. Turn left and run straight down along the footpath to the Lido, turning left into the Lido carpark to finish.

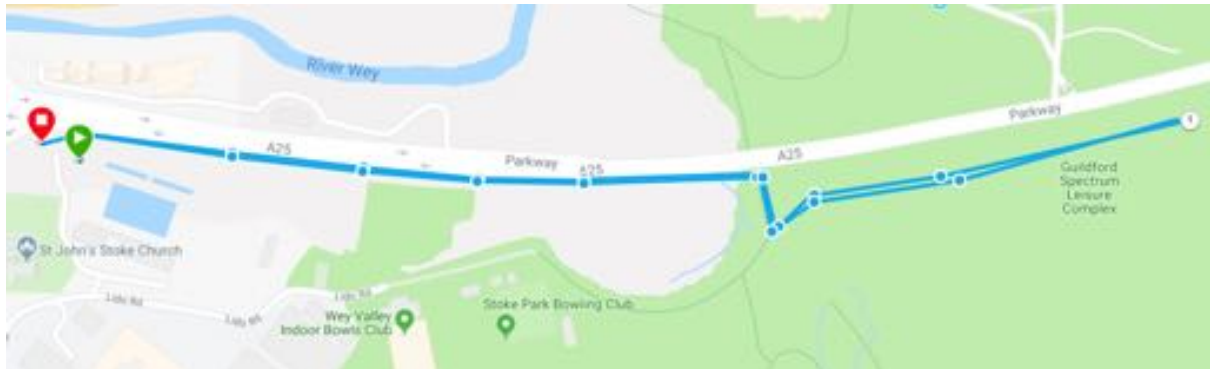


TRISTAR 2 RACE:

SWIM: 200m - 4 laps swimming each lane up and down, no diving. Duck under the rope to the next lane in a zig-zagging pattern. No tumble (or flip) turns will be allowed.

RUN: 2000m: Run out the gate from transition, turn right and then right again - follow straight route and turn right at the entrance to the park, follow the marshalled and taped route along the grass through to the Tristar 2 Turn Marshal; run back along the same route until turning right to exit the park.

While there will be a marshal at this point, please be careful exiting the park through these gates. Turn left and run straight down along the footpath to the Lido, turning left into the Lido carpark to finish.

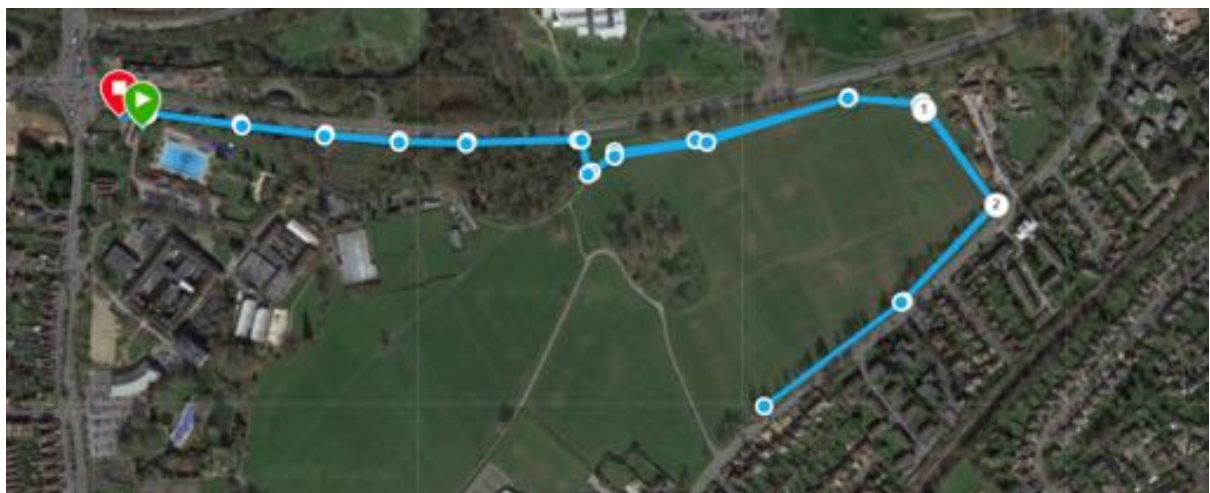
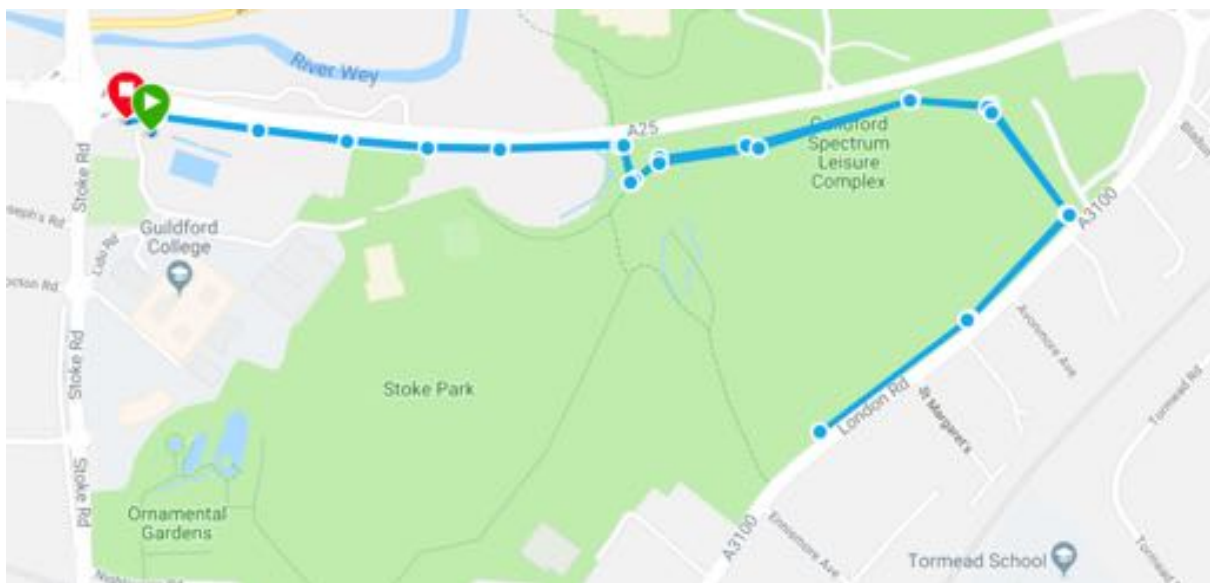


TRISTAR 3 RACE

SWIM: 300m - 6 laps swimming each lane up and down, no diving. Duck under the rope to the next lane in a zig-zagging pattern. No tumble (or flip) turns will be allowed.

RUN: 3000m - Run out the gate from transition, turn right and then right again - follow straight route and turn right at the entrance to the park, follow the marshalled and taped route along the grass field, turning right and right again past the Guildfordians clubhouse to the Tristar 3 Turn Marshal and run back along the same route, until turning right to exit the park.

While there will be a marshal at this point, please be careful exiting the park through these gates. Turn left and run straight down along the footpath to the Lido, turning left into the Lido carpark to finish.

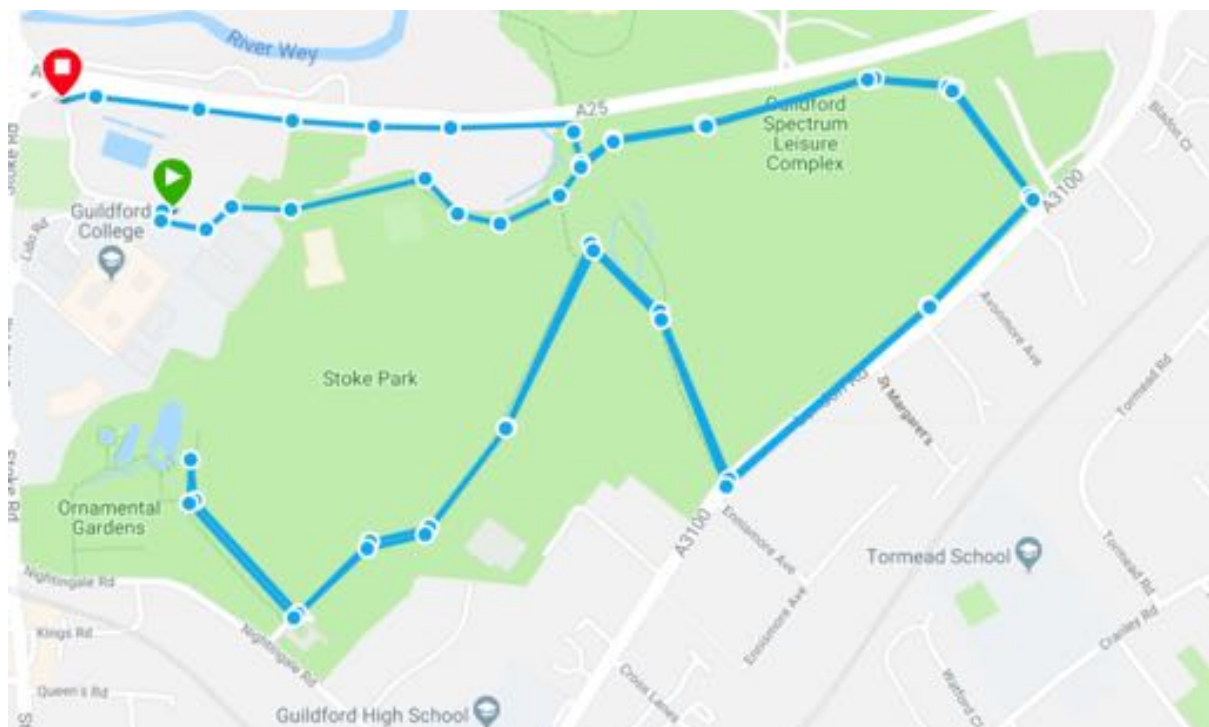


YOUTH/JUNIOR & ADULTS COURSE:

SWIM: 500m - 10 laps swimming each lane up and down, no diving. Duck under the rope to the next lane in a zig-zagging pattern. No tumble (or flip) turns will be allowed.

RUN: 5000m - Run out the gate from transition, turn left and then left again - follow straight route up the hill until the Wild Wood course, marshals will direct you to follow the marshalled and taped route along the grass fields, turning right and right again past the Guildfordians clubhouse to the running path; follow signage through the park (all on paths) to the Turn Marshal and run back along the same route until turning right to exit the park.

While there will be a marshal at this point, please be careful exiting the park through these gates. Turn left and run straight down along the footpath to the Lido, turning left into the Lido carpark to finish.



AFTER THE RACE:

When you have finished, well done, we hope you had an awesome experience! Find your parents/guardians/significant others. Make sure you keep warm.

First aid – External first aid services are available throughout and after the race. We hope you do not have to use this service.

Prizes – with **thanks to our lovely sponsors** Fitstuff (Adults and Youth/Juniors) all adult voucher prizes will be sent out by post to winners.

With **thanks to our longstanding kids sponsor** DolphinKick Kids Triathlon Clothing all Tristar age groups will be awarded on the night to the top 3 boys and girls, after each Tristar race, provided that all results queries can be checked and resolved immediately after each Tristar race. If we can't resolve all queries then and there, prizes will be emailed to competitors.

Our massive thanks to Speedy Swimming who have donated a 1 hour 1-2-1 Pool based technique lesson in Guildford Lido with their highly-experienced triathlon swim coach Nick de Meyer Level 3 British Triathlon Coach. This is to be drawn after the race to include all adult competitors.

Results – A complete list of results will be posted on the race website as soon as all results have been verified. Provisional results will be available immediately. Please check your results immediately after finishing the race and raise any timing concerns or issues with Emit UK there and then.

Contact – If you have any queries between now and the event you can reach the Race Director via email at aquathlon@phoenixtri.co.uk

Feedback – we would appreciate any feedback you might have to make our races better. Please come back and race again, we would be delighted to see you!



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