



## PHOENIX AQUATHLON SERIES RACE 2: race information

7 June 2019 – Guildford Lido, Stoke Road, Guildford, GU1 1HB

### TIMINGS

18:15 Registration opens

18:30 Access to transition

19:00 Registration closes

19:05 Race briefings (2 separate briefings: Adult/Youth & Junior and all Tristar age groups)

19:15 Swim start (Tristar and Youth/Junior). Slowest predicted swim times first).

19:30 - Start for adults with predicted swim times of 10 minutes or over

19:40 – 19:50 - Start for adults with predicted swim times under 10 minutes

**Please don't arrive before 18:15. We do not have access to the Lido until after 18:30.**

### REGISTRATION:

This will take place in the area just outside the Lido gate, follow signs and marshals from the car park.

**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.
- 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.

## RACE BRIEFING:

A race briefing will be done at 7:05pm 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 7:15pm.

## RACE RULES

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

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>

If you have any questions about the rules please contact British Triathlon or us beforehand or contact the friendly British Triathlon 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 race, 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 or entering transition during the race 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 children's transition after the briefing.** Helpful marshals will be there if needed.

## ROUTES:

All athletes will be able to walk and look at the run course until 7:00pm. After this, the pool will be opened and the course will be closed except for those competing.

- For those doing more than one lap, the swim will be a "snake-swim", swimming each lane up and down and ducking under the lane rope. No tumble/flip-turns are 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**). Females: a swim suit is fine, Males: a T-shirt and swimming costume is fine; a tri suit is fine for both males and females, 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.
- Be careful, there are parts of the course where we have runners going in both directions – KEEP ON YOUR RIGHT on the path!
- "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 at point **19** (who will have the same colour wristband as you) 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 snake pattern.

RUN COURSE: 1500m

Run out the gate from transition, turn right and then right again - follow straight route to the Tristar 1 Turn Marshal at point **20** (who will have the same colour wristband as you) and run back along the same route, 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 snake pattern.

RUN: 2000m: Run out the gate from transition, turn right and then right again - follow straight route until the Tristar 2 Turn Marshal at point **21** (who will have the same colour wristband as you) and run back along the same route, turning left into the Lido carpark to finish.

### **TRISTAR 3 RACE**

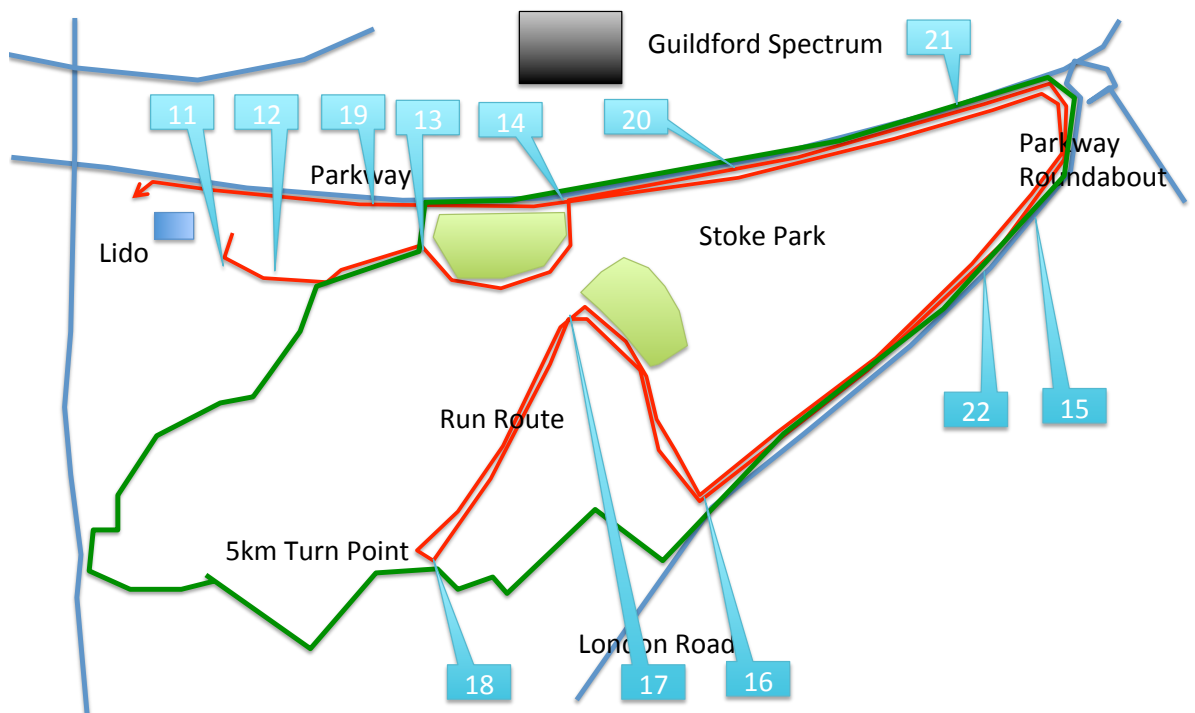
SWIM: 300m - 6 laps swimming each lane up and down, no diving. Duck under the rope to the next lane in a snake pattern.

RUN: 3000m - Run out the gate from transition, turn right and then right again - follow straight route until the corner of Stoke Park, follow the curved corner until the Tristar 3 Turn Marshal at point **22** (who will have the same colour wristband as you) and run back along the same route, 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 snake pattern.

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, be careful through this section of other road users particularly in the bowls club and Wild Wood parking lot; marshals will direct you onto the footpaths alongside the A25 road and follow this path around the curved corner at the edge of Stoke Park, following the path around past the Guildfordians clubhouse and on, following signage and marshals through the park paths to the Turn Marshal at point **18** and run back along the same route and then 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 **2XU** (Adults and Youth/Juniors) all adult prizes will be sent out by email 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 **SpeedySwimming** 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](mailto:aquathlon@phoenixtri.co.uk)