



BODYWORKS AQUATHLON: race day information

25th May @ **Bede's School**, Hailsham. BN27 3QH

REGISTRATION:

This will take place in the Pavilion, follow signs from the car park. Priority registration will be given to the first waves initially.

If you are a member of British Triathlon please bring your membership card to registration.

You will receive:

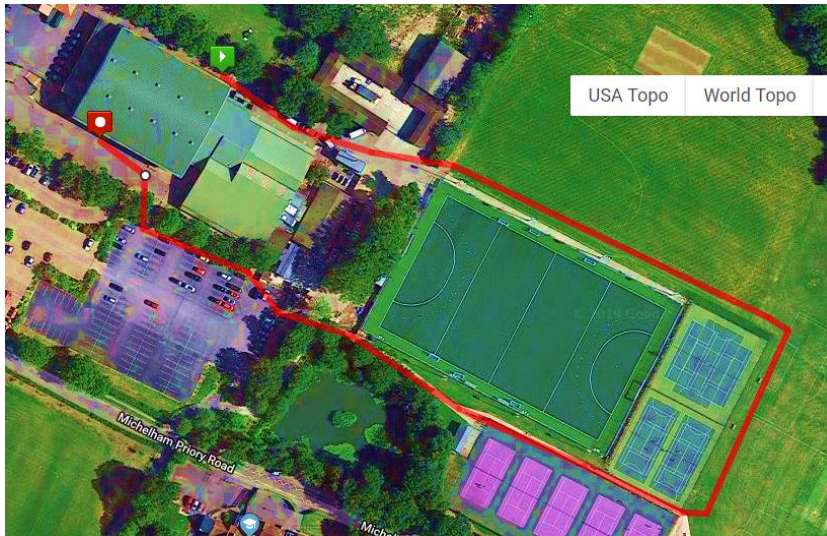
- A race number to be pinned to the front of your running top, or attached securely to a number belt.
- A coloured wrist band, identifying your age group and you as a competitor.
- Triathlon England race day license if you do not have an annual membership.
- Chip to be attached to the left ankle.
- A numbered bag for your hat and goggles to be placed in after your swim in transition.

TRANSITION: This will be located on poolside. Once registered put on your coloured wrist band. each age group will have time to set up their transition before the swim starts. Please only have a small towel, trainers, a t shirt with number attached or a number belt, and your numbered bag in transition. No parents will be allowed into transition. Helpers will be there if needed.

NOVICE RACE: 50m swim up & down your own side of the lane, no diving but tumble turns are allowed.

RUN COURSE: 600m

Novice run route: Run from transition, Run from transition, follow route around to the right, follow arrows around the pitches to the finish near the entrance of the pool.

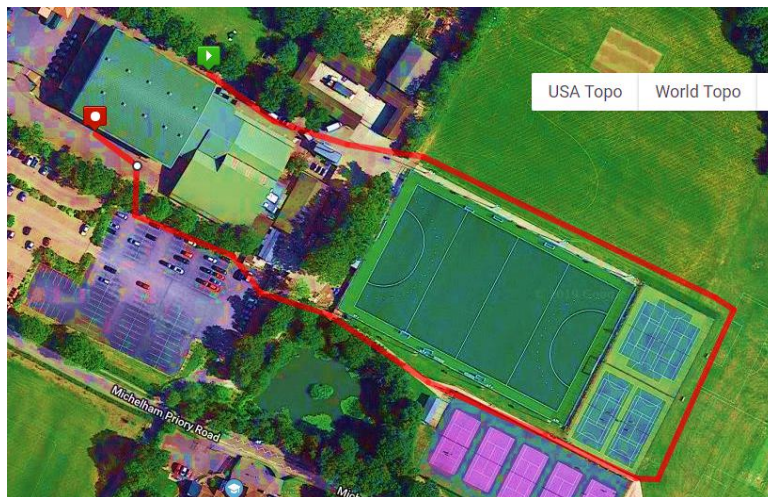


TRISTART RACE:

Swim: 50m up & down your own side of the lane, no diving, tumble turns are allowed.

Run: 600m

Tri start run route: Run from transition, follow route around to the right, follow arrows around the pitches to the finish near the entrance of the pool.



TRISTAR 1: swim 100m: up & down your own side of the lane, no diving, tumble turns are allowed.

Run Course: 1300m

Run route: 1 ¾ laps: run from transition and follow marked route to the right. Follow course anti clockwise around the pitches, in front of the pool and back to the start, continue on the second lap and into the finish in front of the pool.



TRISTAR 2 RACE:

Swim: 200m up & down your own side of the pool, no diving but tumble turns are allowed.

Tristar 2 Run route 2000m: run from transition follow marked route to the right. Follow course clockwise for 2 complete laps, then a $\frac{3}{4}$ lap to the finish.



TRISTAR 3

Swim 400m up & down your own side of the lane, no diving but tumble turns are allowed.

Run route 2.8 km: run from transition turn right + follow marked route clockwise for 3 laps, Then a $\frac{3}{4}$ lap into the finish



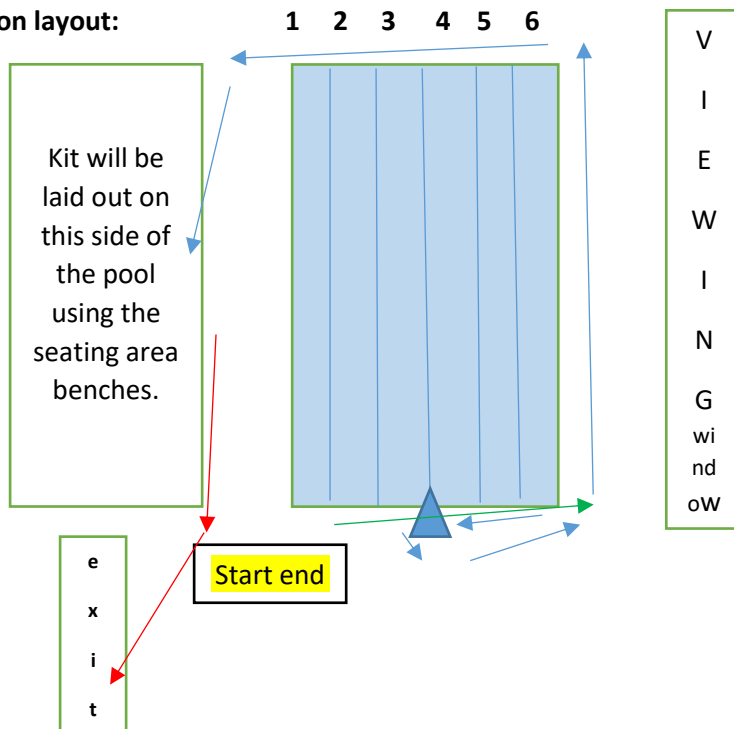
YOUTH: SWIM 400M up & down your own side of the lane, no diving but tumble turns are allowed.

Run route 2.8 km: run from transition turn right + follow marked route clockwise for 3 laps,

Then a $\frac{3}{4}$ lap into the finish



Transition layout:



Lanes 1-3 leave pool and follow green arrow to the right, then around the pool to transition. Lanes 4-6 leave pool, loop round the cone by lane $\frac{3}{4}$ and then follow route anti clockwise to transition.

After putting on shoes / number and putting hat and goggles in numbered bag follow red arrows to the exit door.

COURSE WARM UP:

All athletes will be able to walk and look at the run course until 9:45am. After this the bottom field can be used for warming up. Please respect this to give each athlete a chance to compete without people on their course. You will be able to view it at many spectator points without a problem. Please warm up away from the course once racing starts.

RACE BRIEFING:

A race briefing will be done before each race starts on poolside. If you have any questions prior to this please speak with a Marshall (yellow bib), (except for the timekeepers)

RACE RULES:

- Each athlete will be assigned a side of the lane to swim in. **You stay on this side** throughout your swim.
- Athletes will start at the shallow end in the water. No diving.
- The start will be: On your marks, followed by a whistle signalling the start. Any athlete going before the whistle will receive a 10 sec penalty.
- When you have swam the required number of lengths you climb out and walk around the pool anti clockwise to your transition where your shoes will be laid out. Take care of the slippy pool side when wet. **NO RUNNING.**
- At your transition area you put on your number, either with a number belt or t shirt, everyone must have a top of some description on. (Girls a swim suit is fine, tri suit is fine for

both), shoes must be fastened, put your goggles and hat into your numbered bag and leave transition **walking** through internal pool exit, a left and right turn, follow short corridor to rear external exit, TAKE CARE on exiting, Once you are outside on the path you may start to run.

- Follow the run course which will be signed and marshalled throughout.
- Once you have completed the correct number of run laps run straight into the finish area.
- Make sure your race number is visible on your front throughout the race.
- Unsporting conduct such as but not limited to tripping another competitor, pushing, or deliberately blocking will result in a time penalty or disqualification.

Cutting the run course or incomplete swim lengths will result in disqualification.

Spectators: There is a glass panelled side to the pool which is great to watch from. No parents or spectators will be allowed on pool side due to space availability. Please respect the run route is for the athletes and stay off the course while a race is on. There will be plenty of areas for watching and supporting the run and an area at the finish to reunite with your child. Please do not run with your child.

Photos:

If you are taking photos during the event, please sign the form at registration and collect a sticker.

Toilets and changing facilities are available at the sports centre.

Drinks and snacks will be available in the Cricket Pavilion during and after the event.

Please note, heat times are given as a guide and there could be slight changes on the day due to over running of a heat.