

MANX TRI CLUB

# MICROGAMING JUNIOR TRIATHLON

RACE INSTRUCTIONS

**SATURDAY 23 April 2022 10am**



We hope that all the children taking part really enjoy themselves and have a great event. There are a number of details that will help to make the event run as smoothly as possible and we would therefore ask you to read the following instructions carefully.

## REGISTRATION

*Saturday 23 April 2022 08:30 – 09:30am - All age groups*

This will be held in the main sports hall in the NSC 08:30-09:30 on the day of the event. There will be a race briefing at 09:30. You will be given 2 numbers & safety pins. Please pin one number on the front and one on the back of your child's t-shirt for the event. You will also be given a swimming hat.

The colour of the hat has no bearing on the age group of your child, it is merely to assist our marshals in counting lengths in the pool.

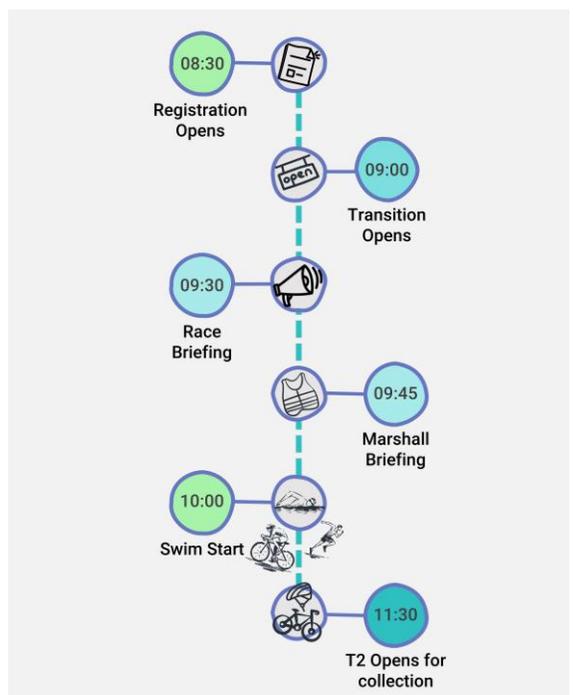
Your child will have their leg marked with their race number with a black marker pen.

This event is run according to British Triathlon Federation (BTF) regulations. A BTF day licence will be forwarded to you by email one week before the event.

## RACE TIMINGS

*All Age Groups*

<b>08:30 – 09:30</b>	Registration in sports hall
<b>09:00 – 09:45</b>	Transition 1 opens (to leave bikes)
<b>09:30</b>	Race briefing in sports hall
<b>09:45</b>	Marshal briefing
<b>10:00</b>	Swim start (by age group, youngest first)
<b>11:30</b>	T2 opens for collection of bikes and helmets



## HYDRATION

There will be a drinks station next to the track where the children may take a drink of water if they need it.



## CLOTHING

Normal swimming costumes/trunks or tri-suits may be worn for the swim. **All competitors are to wear a t-shirt colour of their age group for the bike and run.** Race numbers are to be pinned to the front and the back of your child's t-shirt.



## CAR PARKING

There are several car parks around the NSC. Parking on the Speedway however will be prohibited.



## MARSHALS

We are very thankful for everyone who has volunteered to marshal this event. If you or any friends/family can assist on the day please let Manx Tri Club know. We are always grateful for assistance in helping our events to run safely and well.



## RACE BRIEFING

The race briefing will be held at 9:30am in the sports hall. It is important that you attend the briefing.



## HEADPHONES

For safety, headphones are not permitted at any time or on any section of the event.



## CROSSING POINTS

There will be marshals manning a crossing point so that parents and spectators can cross between the swimming pool, the race way and running track. Please follow the marshal instructions at all times. Spectators are welcome to watch from the athletics field, but again please take care not to impede any children whilst crossing the running track.



## COLLECTING BIKES AND HELMETS

Transition 2 will be open for you to collect your child's bike **ONLY** once all children have completed the Cycle leg of the Event, and **NOT BEFORE**. This is likely to be around 11:30.



# SWIM

Take your child to the group changing rooms to get ready for the swim (these will be separately marked for girls & boys). The swim will start at 10:00. The children will wait alongside the pool until they are called out by age group. There will be approx. 4 children swimming in each lane and they will start their swim in the water – no diving in.

**Please note that tumble turns are not permitted at this event.** A marshal will let your child know when they have completed the required number of lengths of the pool (the pool depth will be shallow all the way along, at around 1 metre).

*Age at 31/12/20	Swim
8 yrs	50m (2 lengths)
9-10 yrs	150m (6 lengths)
11-12 yrs	200m (8 lengths)
13-14 yrs	300m (12 lengths)

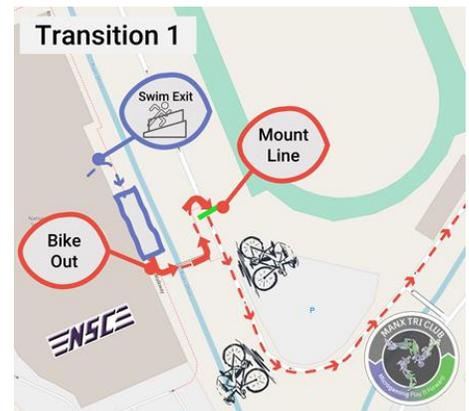
# TRANSITION 1

Once the children have completed the swim, they will be shown by a marshal out of the rear doors of the Pool to Transition 1, where their bikes will be ready to collect.

The children **MUST** have their helmets on before they take their bikes out of Transition. A marshal will help them with their T-Shirt & helmet if they need it.

They will **PUSH** their bikes down the ramp onto the Race Way and a marshal will show them where to mount their bikes.

*If your child wishes to wear clip-in cycle shoes, then these should be left with their bike and a marshal will arrange to place your child's running shoes in Transition 2.*



# BIKE COURSE

The bike course is anticlockwise around the NSC speedway. There will be marshals to assist in counting the number of laps that each child completes, but ultimately it is up to each child to count their own laps.

Parents please only cross the bridge and the raceway when the marshals indicate that it is OK to do so, to avoid causing an obstruction to the children.

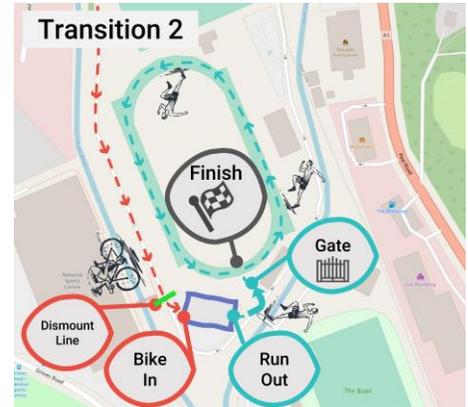
*Age at 31/12/20	Cycle
8 yrs	1 k (1 lap)
9-10 yrs	4 k (4 laps)
11-12 yrs	6 k (6 laps)
13-14 yrs	7 k (7 laps)

## TRANSITION 2

When the child has cycled the required number of laps, they will come into Transition 2, situated in the Car Park area at the far end of the running NSC track by the bridge.

A marshal will show the children where to dismount their bikes and will help rack them in the right pen for their age group. They will exit Transition 2 following the cones and barriers onto the Running Track.

If your child has used clip-in shoes for the bike you will need to make sure they have left their running shoes in T2.



## RUN COURSE

The children will run anti-clockwise on the athletics track. A marshal will assist with the lap counting but again it is up to each individual child to complete the required number of laps of the track. There will be a drinks station next to the track where the children may take a drink of water if they need it.

On their last lap, the children will run off the track and onto the grass and through the finishing funnel to collect their medal.

*Age at 31/12/20	Run
8 yrs	400m (1 lap)
9-10 yrs	800m (2 laps)
11-12 yrs	1600m (4 laps)
13-14 yrs	2km (5 laps)

## DISTANCES AND T-SHIRT COLOURS

*Age at 31/12/22	Swim	Cycle	Run
8 yrs Red T-Shirt	50m (2 lengths)	1km (1 lap)	400m (1 lap)
9-10 yrs Green T-Shirt	150m (6 lengths)	4km (4 laps)	800m (2 laps)
11-12 yrs Blue T-Shirt	200m (8 lengths)	6km (6 laps)	1600m (4 laps)
13-14 yrs White T-Shirt	300m (12 lengths)	7km (7 laps)	2km (5 laps)

We kindly request that your child competes in t-shirt colours as above. The event t-shirt which you will receive at registration is for after the event, not during.

Once your child has finished the event, please be aware that other children may still be cycling and running. Please ensure that you do not impede them in any way.

## MEDALS AND PRIZES

This event is not timed and is not a race. The aim is for all of the children to experience taking part in a multi-sport event. All the children will receive a medal at the finishing line.