

Cerist Junior Aquathlon

Sunday 29th April, 2018

Open to ages 5-16 (age on 31/12/18), this popular swim - run race is a great introduction to triathlon, as well as providing a competitive challenge for more experienced athletes. This is the first race in the Welsh Triathlon TriStar Series 2018, but the race is also open to non-TriStars. To join Welsh Triathlon and for more details about the Series, see their website.

Event Info

All times listed below are approximate. A full race day schedule will be emailed prior to race day.

Race HQ

Freedom Leisure Bro Ddyfi Leisure Centre, Machynlleth, Powys SY20 8ER

Pay and Display car parking at leisure centre and main town car park (only two minutes walk from the leisure centre), free parking at old Celtica car park nearby.

Race distances

Age on 31/12/18	Age Group	Swim distance*	Run distance*
5-7 [^]	Cerist Kidz	40m	600m
8	TriStar Start (TSS)	40m	600m
9-10	TriStar 1 (TS1)	120m	1500m
11-12	TriStar 2 (TS2)	240m	2000m
13-14	TriStar 3 (TS3)	360m	2500m
15-16	Youth (Y)	400m	3000m

*The swim is in a 20 metre pool. Part of the run is around playing fields which may be uneven, muddy and slippery in places – please ensure that appropriate footwear is worn. All distances in accordance with British Triathlon Rules.

[^] Assistance from female marshals at transition if required.

Race Fees

£12 for Cerist Kidz / TriStar Start

£15 for TriStar 1, TriStar 2, TriStar 3 and Youth

A British Triathlon E-license (race insurance) will be issued prior to the race by email for non-home nations members

NB Cerist Kidz age group is NOT covered by British Triathlon race insurance, and enter at own risk!

Maximum Entry

170 competitors

No on the day entry

Entry closes 22/04/18

Timing

Electronic chip timing

Registration

9:20 to 10:50am

Sports Hall

Those wishing to enter into the TriStar Series must provide a valid Welsh Triathlon membership card at registration. Entry into the Series is automatic for current members; see

www.welshtriathlon.org for full details.

Transition Set-up Up to 11:15 *but only after registration*

Registered competitors and one adult only allowed into transition area, no boxes or bags to be left in transition. There are designated areas for each age group, please follow marshals' instruction. Do not take up too much room, and your transition area **MUST BE TIDY**. Competitor must show race number to be allowed into transition.

Course Familiarisation Up to 11:15

You may walk the course at any time up to Race Brief

Race Brief 10:50 Sports Hall

All competitors and parents/guardians MUST attend!

Swimming Strokes

Breast stroke or Front Crawl only allowed. Tumble turns permitted, but swimmer **MUST** keep to their side of the lane. Any dangerous turns or crossing the lane will result in a warning by the lane counter, costing the competitor time

Race Start 11:30 (approx.)

Competitors will not be allowed pool side until all members of the public have exited. Age groups must wait in changing area to be called pool side to have timing chips fitted, youngest first – see **Race Day Schedule** (emailed before race day, and on display in registration) They will be called pool side to have the timing chips fitted, youngest age group first, and must then sit on the benches provided until called up to swim by the race starter.

Bro Ddyfi leisure centre has a three lane, 20 metre pool. Two competitors will swim in each lane, sticking to the side of the lane allocated to them by the race starter. When a lane becomes free, the next waiting competitor (according to age group / race number) will be called up to start their race.

Results / Presentation 15:30 (approx.)

Near finish arch weather permitting, or in the Plas building

Prizes

Prizes will be awarded to 1st, 2nd and 3rd male and female in each age group.

Results

Provisional results will be posted at race HQ on the day. Full results will be available at www.whatsmytime.co.uk and www.ceristtriathlon.org.uk within 2 days of the event. For TriStars Series results see www.welshtriathlon.org

Enquiries

Gary Thapa
Cerist Junior Coordinator
ghthapa@gmail.com
07808668945

Disclaimer!

The organiser, Cerist Triathlon Club, reserves the right to cancel the race in the event of unforeseen circumstances, e.g., severe weather, to be rearranged for a suitable later date.

A refund of £10 only can be given up to 7 days before the scheduled event date. Within 7 days of the race no refunds can be given.

By entering your child into the Cerist Junior Aquathlon you have agreed to the following:

My child is fit and healthy, and participates at their own risk. Cerist Kidz are NOT covered by British Triathlon race insurance – I understand this if entering a child into this category.

Competitors will abide by British Triathlon rules [see www.welshtriathlon.org.uk] and respect their fellow participants.

Parents / guardians will behave responsibly and will respect all decisions made by race officials. Improper behaviour, e.g. abuse of marshals or over-the-top support or coaching from the sidelines, will result in your child being disqualified from the event. If any issues arise, please discuss with officials *after* the race.

Cerist Triathlon Club adheres strictly to British Triathlon Guidelines for the Use of Photographic & Video Images of Children / Young people under the age of 18. I consent for images of my child at this event to be used by the Club for promotion of the race etc. in strict accordance with these guidelines. An official photographer will be present, and will be identified during the race brief. **No photography is permitted in the pool area.** I will inform the organisers prior to the race if I do not agree for my child to be photographed.

We assume that you wish to photograph your child/children during the race, and ask that you adhere to the spirit of the above policy.