

Aquathlon Guide 2018

Just a few tips to help you on race day!

Race HQ: Bro Ddyfi Leisure Centre, Machynlleth, SY20 8ER

Race day registration

You have to attend race registration (open from 09:20 to 10:50 in the sports hall) even if you have entered before race day. This is so that your child can be assigned their race number (and pick up the goody bag of course!). You don't have to be there first thing, but bear in mind that it could be very busy on the day so allow plenty of time. The lower the race number assigned, the sooner your child will be called to start the swim within their age group. **It is also essential that you attend the race brief (approx. 10.50)** – this is where all the safety information, race rules and schedule are explained. Please listen carefully!

Once registered:

- You can set up your child's transition area – where they put on their running shoes etc after coming out of the pool. One adult can accompany each competitor, and there will also be marshals there to help – please follow their instructions. There is a dedicated area for each age group, please don't take up too much room, and keep it tidy! [NB no boxes or race bags to be left in transition]. *It's good to encourage them to set up their own transition area!*
- You can walk the course so the competitor can familiarise themselves with it, it will all be clearly marked out. See also the maps included in the pre-race mailout.

The order of an aquathlon is: Swim > Transition > Run

Transition explained...

At the Aquathlon transition you will need:

A small towel – to step on and quickly dry the feet

A race belt or t-shirt with **race number** pinned to front

Running shoes (suitable for muddy ground for this race) with plenty of **talcum powder** in! **Elastic laces** (aka lock laces) will also help speed things up.

Optional:

Shorts – depends on what your child wears to swim. See below.

Socks – not necessary if the running shoes are comfortable, or for shorter runs. Get your child to try on their running shoes without socks before race day to see how they feel.

Water – for a quick sip before setting off if required (there is a water station on the finish line)

You don't 'get changed' at transition, just throw on a few extra things if necessary! The fewer items of extra clothing that the kids have to put on, the simpler it is for them and the quicker they will be. Of course you must be comfortable with what they are wearing, bearing in mind that there will be lots of spectators present and that photos may be taken out on the run. NB Top half **must** be covered – see below.

We recommend you use a **race belt** - these are for attaching your race number to (instead of pinning it to a t-shirt), and you can pick them up for around £5. There are junior ones available or you can use an adjustable adult belt, or just a piece of elastic cut to size will do!

However, to get the full benefit of a race belt, your child should be suitably covered up for the run *during their swim*. If you're keen for your child to enter lots of races (e.g. if you want to enter them into the TriStar Series), then we recommend you buy a **junior tri suit** but this isn't the cheapest option (around £35 and up). Girls can run in just their swim suit if you are happy with that, but it is fine to put on a pair of shorts and / or a t-shirt before the run. Alternatively, for girls you could consider a 'boy leg' style swim suit which provides more coverage, so no need for shorts. For boys (or girls!) you could consider a swim top (also known as a rash vest) to cover up their top half. If you're happy for boys to run in their swimming shorts that's fine, but if they only have 'trunks' then of course they can put on a pair of shorts at transition too.

There's a good selection of junior tri suits and race belts at: www.tribejuniortriathlon.co.uk

For the Cerist Kids category (age 5-7), there will be female marshals at transition who can give assistance if required. We want everyone to have an enjoyable race experience!

Race time!

Your child must be changed and ready in the changing room area or pool entrance according to the race day schedule which will be emailed to you before race day. The youngest age groups go first.

Swim

At pool side they will have their timing chips fitted, then asked to sit on the benches provided until the race starter calls their name and number. They then swim their allotted number of lengths, exit the pool via the fire exit (no running), and then into the **transition area** (running allowed). Here they take off their goggles and swim hat (if used), put on their running shoes, race belt or t-shirt displaying the number at the front, and anything else they will be wearing, before heading out on the run. There are lane counters in the pool who will indicate when there are two lengths remaining, but it is still the responsibility of the competitor to keep a count!

Run

After running out of transition, they will run out onto the marked route, which features laps of the football and rugby fields. There are marshals all along the route, and their instructions must be obeyed at all times for the safety of the competitors. There are lap counters near the end of the circuit who will hand a coloured elastic band to the runners for each lap (if doing more than one lap) – the competitors will then either continue on another lap or run down the finishing straight to the finish line once they have completed all of their laps. Again, the competitor is responsible for running the correct number of laps, but we will write the number of laps they need to do on their hand, so the bands just need to match the number! If they are unsure, the marshals will advise them.

Don't worry about them feeling cold while out on the run – they won't notice it! Just make sure you have a warm jacket to put on them at the finish line.

Practice

Why not try practicing the transition at home before the race? It sounds silly, but it will make sure they have an idea of what they'll doing on race day. The drill could be – exit 'water', WALK to transition area (no running on poolside), take off goggles/hat, stand on towel and dry feet (quickly!), pull on t-shirt or step through race belt (number at front), put running shoes on, run!

Acceptable behavior

By signing your child up to the race, you both agree to adhere to British Triathlon Codes of Conduct and the race organiser's rules. You must abide by all decisions made by race officials on the day, and conduct yourself appropriately – e.g. showing support for *all* athletes, no over the top support or coaching from the sidelines, no aggressive or abusive behaviour towards competitors or race officials. If any issues arise, please address them with race officials **after** the race.

That's the serious stuff out of the way! It's normal for kids to feel really nervous before a race, especially their first one, but they always come away with a massive sense of achievement, and they may just go on to compete in races for years to come!

Hope this mini-guide helps!

Cheers

Gary

Ps please just ask if you have any further questions – ghthapa@gmail.com