

## Event Info: *Aberystwyth Junior Triathlon 2019*

A junior triathlon open to individuals or relay teams aged 8-16 based in the beautiful seaside town of Aberystwyth. Now in it's second year, we hope to build on the success of last year's race!

Relay teams can be mixed gender and comprise two or three members, but *all must be in the same age group*. In this format, one member swims, one runs and one cycles in teams of three, or one person does two of the disciplines in teams of two, eg a swimmer and same person doing bike and run. *Relay option for TriStar 1,2 and 3 age groups only.*

*This is the final race in the 2019 Welsh Triathlon TriStar Series, but is also open to non-TriStars. For further information about the TriStar Series see the Welsh Triathlon website.*

- Venue: **Plascrug Leisure Centre, Aberystwyth, SY23 1HL**
- Date: **Saturday 31<sup>st</sup> August, 2019**
- Max Entry: **200**
- Registration: **10:00 – 11:15 Meeting room**
- Course Walk Through: **Any time after registration up to 11:15**
- Transition Open: **10:00 – 11.15 You must register before setting up in transition!**  
No boxes or bags to be left in transition. One adult only can accompany a registered competitor. Go to allocated position within age group. Keep area tidy, follow marshals' instructions
- Race Brief: **11:15 (approx) Sports Hall All must attend!**
- Race Start: **11.40 (approx)** First waves pool side. Start times will be emailed before the race and posted up on the day
- Ages: **8 – 16** TriStar Start, TriStar 1, 2, 3 and Youth **Age on 31/12/19**
- Timing: **Electronic chip timing**
- Race distances: *25m Pool swim. Bike and Run distances subject to change! Bike and run on school playing fields*
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|----------------------|------------------|------------------------------------|
| <b>TriStar Start</b> | <b>Age 8</b>     | 50m Swim / 800m Bike / 400m Run    |
| <b>TriStar 1</b>     | <b>Age 9-10</b>  | 150m Swim / 2000m Bike / 1200m Run |
| <b>TriStar 2</b>     | <b>Age 11-12</b> | 200m Swim / 3600m Bike / 1600m Run |
| <b>TriStar 3</b>     | <b>Age 13-14</b> | 300m Swim / 4400m Bike / 2400m Run |
| <b>Youth</b>         | <b>Age 15-16</b> | 400m Swim / 6800m Bike / 2800m Run |
- Medal & Race bag: **All**
- Trophies: **1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Girl & Boy in each age group**  
**1<sup>st</sup> Relay team in each age group**
- Results: **Provisional results on race day, final results posted online within 2 days** See [Whats My Time website](#)
- Presentation: **15:30 (approx)** Near finish area or Sports Hall if poor weather
- Contact: Any queries please contact Gary [gthapa@gmail.com](mailto:gthapa@gmail.com) 07808668945