

Cerist Junior Aquathlon

Sunday 16th April, 2017

Cerist Triathlon Club's annual Junior Aquathlon is based at the Bro Ddyfi leisure centre in Machynlleth, mid-Wales. Open to ages 5-16 (age on 31/12/17), this popular swim / run race is a great introduction to the world of triathlon, as well as providing a competitive challenge for more experienced triathletes. We will once again be part of the Welsh Triathlon TriStars Series (see Welsh Tri website for details) but the race is open to non-members also.

Event Info

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

Race HQ

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

Race distances are as follows (age / age group / swim/run distance*):

| | | | |
|------------------|-------------|------|---------|
| 5-7 [^] | Cerist Kidz | 40m | / 500m |
| 8 | TriStart | 40m | / 500m |
| 9-10 | TriStars 1 | 120m | / 1500m |
| 11-12 | TriStars 2 | 240m | / 2000m |
| 13-14 | TriStars 3 | 360m | / 2500m |
| 15-16 | Youth | 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 BTF Rules.

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

Race Fees

Race entry is £12 (£10 for Cerist Kidz) plus 1.1% card fee

A BTF race E-license (insurance) will be issued prior to the race by email

Maximum Entry

140 competitors

No on the day entry

Enter online at: TDLEVENTSERVICES

Timing

Electronic chip timing

Registration

Sports Hall – 9.45 to 11.15am

Those wishing to enter into the TriStars 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

Any time after registration. 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. Competitor must show race number to be allowed into transition.

Race Brief / Course Walk Through

11.15

All competitors MUST attend!

Final period for transition set up after course walk through

Race Start

12.00 - 12.10

Competitors will not be allowed pool side until after all members of the public have exited.

The first three age groups, youngest first (Cerist Kidz, TriStart then TriStars 1), must wait near the pool entrance to be called pool side to have the timing chips fitted, and then must sit on the benches provided until called up to swim by the race starter. T2, T3 and Youth age groups must be ready at the pool entrance at approximately 13:00, 13:30 and 14:00 respectively (full race day schedule will be emailed out prior to race day).

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

Sports hall, approx. 3.20pm

Swimming Strokes

Breast stroke or Front Crawl only allowed. Tumble turns permitted, but swimmer MUST keep to lane – any dangerous turns will result in a warning to stop tumble turning by the lane counter, costing the competitor time.

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

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Disclaimer!

The organiser, Cerist Triathlon Club, reserves the right to cancel the race in the event of unforeseen circumstances, to be rearranged for a suitable later date. Refunds cannot be given, but deferred entry to next year's event will be given if necessary.

By entering your child into the Cerist Junior Aquathlon you must agree to the following:

My child is fit and healthy, and participates at their own risk.

Competitors will abide by BTF 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.