

## **Cerist Junior Aquathlon** Sunday 29<sup>th</sup> 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 <sup>^</sup>	Cerist Kidz	40m	500m
8	TriStar Start (TSS)	40m	500m
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.

<sup>^</sup> Assistance from female marshals at transition if required.

### **Race Fees**

Race entry is £12 for Cerist Kidz / TriStar Start, and £15 for TriStar 1, TriStar 2, TriStar 3 and Youth (plus card fee)

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**

### **Maximum Entry**

140 competitors

No on the day entry

Entry closes 22/04/18

### **Timing**

Electronic chip timing

## Registration 9:45 to 11:15am

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](http://www.welshtriathlon.org) for full details.**

## Transition Set-up Up to 11:15 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 11:15

**All competitors MUST attend race brief.** Optional course walk-through afterwards

Final period for transition set-up

## Race Start 12:00 – 12:10

Competitors will not be allowed pool side until all members of the public have exited. The first three age groups (Cerist Kidz, TSS and TS1) must wait near the pool entrance or in the changing area. 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.

TS2, TS3 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

Near finish arch weather permitting, or Sports Hall 15:30 approx.

## 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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](http://www.whatsmytime.co.uk) and [www.ceristtriathlon.org.uk](http://www.ceristtriathlon.org.uk) within 2 days of the event. For TriStars Series results see [www.welshtriathlon.org](http://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, 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](http://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.