

## ***Race and Safety Information Cerist Junior Aquathlon 2018***

First Aid & Welfare – Shoned Rees

Race Director – Gary Thapa

Official photographer Robert Price – photos will go on Facebook for you to see and tag at **Robert Price Photography** and you can order high resolution copies from his website. NO PHOTOS OF POOL AREA ALLOWED. Please inform us at registration if you do not wish for your child to be photographed, they will not be included in any race galleries.

Ensure you have registered before 10:50!

From 11:30, according to age group wait at pool entrance as per **Race Day Schedule**. Youngest age groups first, girls then boys this year.

Parents - Limited viewing of pool but good view of transition & for the run from football stand and finish area. Only cross run route at marshalled points.

Has everyone set up transition and walked the course?

After finishing, you can collect belongings from transition but ONLY after your age group has finished, and with the aid of a marshal – DO NOT JUST WANDER INTO TRANSITION, and please be aware of those still racing.

Swim - 2 swimmers per lane, SIDE BY SIDE – no swimming down the middle or crossing lane!

Swims start and finish at shallow end. If doing more than 2 lengths, lane counter will put a float in water before last 2 lengths. Lane counter for each swimmer but also keep a count your own lengths!

Tumble turning allowed but be careful - you will be stopped from tumble turning if you cross the lane or impede the other swimmer in your lane!

Exit pool, WALK around to fire exit opposite the shallow end, NO RUNNING ON POOLSIDE.

Assistance for Cerist Kidz (5-7) at transition from female marshals if required – marshals will ask competitor if they need help.

Please show number clearly at **FRONT** on heading out onto run – if asked by a marshal, **shout your number!!**

Run route crosses the front of the leisure centre and onto the football/rugby field, then exits the field each lap – see map. **Run within cordoned area only and follow any marshals' instructions.** Number of laps as per age group.

If you are doing more than one lap of the run, you will be handed a band before you leave the field – put this on your left arm. We've written the number of laps you have to do on your hand – when you have the correct number of bands, you filter off left to the finish line! Is that clear?! It is still your responsibility to complete the correct number of laps. Parents, you can help by shouting out number of laps too, and there also is a timing mat to double-check everyone has done the correct amount.

Time penalties can be handed out if you don't stick to the course, and you could even be disqualified! **Please be aware of other competitors at all times, and respect the rules.**

CAUTION – Field uneven and muddy in places, watch your step!

CAUTION – Be aware of public at crossing points

Timing chips collected at finish line

Times available after finishing – go to What's My Time van, type race number – wait until age group has finished for correct category position.

**Parents / Guardians / Spectators – BE CAREFUL AT CROSSING POINTS. DO NOT DISTRACT OR CONFRONT MARSHALS - ANY ISSUES PLEASE WAIT UNTIL END OF RACE, SEE KEV / GARY. KEEP SUPPORT WITHIN REASON – NO OVER THE TOP SHOUTING OR INSTRUCTING. ENCOURAGE ALL ATHLETES & SET A GOOD EXAMPLE TO THE YOUNGSTERS PLEASE! (DQ for aggressive behaviour!)**

**Post race – Competitors to remove mucky running shoes before entering leisure centre. Thank you!**

**TriStar Series – Welsh Tri members are automatically entered, please present a valid membership card at registration.**

GOOD LUCK ALL, HAVE A GREAT RACE AND ENJOY YOURSELVES!!!

Any questions? [ghthapa@gmail.com](mailto:ghthapa@gmail.com) or just ask on the day!