

## STEYNING KIDS' TRIATHLON

in association with

**kidstriUK**

Dear competitors and families

Please find below all the information that you will need to make the event an enjoyable occasion for you, including access, parking, race arrangements, timings and key rules.

Do please take time to read the whole document; nevertheless, we would like to highlight a few key points:

1. **Parking:** Access is via Bramber roundabout, Clays Hill, Bramber Road, turn right at Steyning High Street mini roundabout down Church Street and then left just before the church and along to the Shooting Field entrance to the Steyning Grammar School (see map below). Please do not park in the Steyning Leisure Centre car park as this is for other users of the Centre. Please note that there are two Steyning Grammar School sites in Steyning – Shooting Field and Church Street. The event parking is at the Shooting Field site (use BN44 3RX). Please also note that mobile phone reception is patchy in Steyning so Sat Nav can sometimes be a problem. Please see the map below.
2. **Timing:** We will be using ankle bracelet chip timing for all competitors. **The chip will be provided at Registration and needs to be put on the competitors left leg (away from chain) before the competitor enters Transition to set up their bike so a marshal can check that it is correctly attached.** The chip will then be removed by a marshal immediately after the competitor finishes their race.
3. **Lap Counting:** For most aspects of the race there are marshals to help **but the one area where competitors are 'on their own' is with counting laps on the bike and run phases.** Please review the 'Top tips' on our website about how to do this. We strongly suggest that each competitor has a strategy rehearsed before the day. There is a printable table at the end of these instructions that you can use to remind you of how many laps need completing.
4. **Food and drink:** There will be a tea, coffee and cake stand provided by the clubs on the field by the event. We also highly recommend bringing a picnic, as there is plenty of space to sit on the grass and spectate. **Alternatively, there are numerous places to buy food, have teas, coffees or a meal on the delightful historic Steyning High Street that is only 5 mins walk away – and**

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**shouldn't be missed, even if you have already eaten!**

5. **Marshaling:** Parents - the more volunteer marshals we can have, the safer the event can be. We cannot run events without sufficient marshals so please consider volunteering and helping out. You do not need to know the rules as you are not acting as a referee and we will provide you with a good briefing for your role. Please 'give something back' – you'll go home with as much of a feeling of satisfaction as your children. Guaranteed! Please listen for the calls on the PA system to volunteer.

Could we also just ask that in the unlikely event that you may have a dispute about something, you remind yourself first that we are all volunteers 😊. Thank you. We are greatly looking forward to welcoming you to the Steyning Kids' Triathlon, please bring good weather!

All the best,  
Matt & Kev  
**Event Organisers**

# CODES OF CONDUCT

**To ensure Triathlon remains a friendly welcoming sport for all, please read and support the Parents and Carers and Children codes of conduct below.**

## Parents and Carers

Thanks for encouraging your child to enjoy Triathlon. As the representatives for Triathlon England we have a duty of care towards your child and in return we ask a few things from them and from you, namely, please:

- Respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexuality
- Encourage your child to learn the rules and stick to them
- Discourage unfair play and arguing with officials
- Recognise good performances, not just results
- Never force your child to take part in sport
- Never punish or belittle anyone for losing or making mistakes
- Publicly accept officials' judgements
- Support your child's involvement & help them to enjoy Triathlon
- Use correct and proper language at all times.

## Children

You should:

- Respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexuality
- Compete within the rules and respect officials and their decisions
- Be polite and respect other competitors
- Listen to what event marshals ask you to do
- Be on time for your race
- Have some input to the training that you do and the competitions that you take part in

**Thank you.**

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## EVENT LOCATION MAP



## RACE INSTRUCTIONS

### RACE SERIES

The event is part of the kidstriUK 2023 Race Series. For more information on the other races in that series please visit <https://www.kidstri.co.uk/kidstriseries.php>

### RACE LOCATION

Steyping Leisure Centre, Horsham Road, Steyping, West Sussex. (Parking at BN44 3RX)

### START TIME

Registration for Youth (Orange), Tristars 3 (White) and Tristars 2 (Green) will open at **9.00am** and close at 10.50am. Registration for Tristars (Purple) + Novice 1 (Red), Novice 2 (Yellow) and Tristars 1 (Blue), will open at **10.00am** and close at 11.30am

The first race briefing will be at **10.45am** and the first race, the Youths, will start at **11.00am**. Please see below for more details. There is club swimming in the pool until 11.00am so access to the pool will not be allowed until then. Dependent on the number in each category racing, we aim to finish all the races by 1.30pm at the latest.

### PARKING

Access to the event is via Bramber roundabout, Clays Hill, Bramber Road, turn right at Steyping High Street mini roundabout down Church Street and then left just before the church and along to the Shooting Field entrance to the Steyping Grammar School. Please do not park in the Steyping Leisure Centre car park as this is for other users of the Centre. Please note that there are two Steyping Grammar School sites in Steyping – Shooting Field and Church Street. The event parking is at the Shooting Field site (use BN44 3RX). Please also note that mobile phone reception is patchy in Steyping so Sat Nav can sometimes be a problem. Please see the map above for information.

### REGISTRATION

Registration takes place in the Registration tent on the right as you enter the field – see Event Map below. Competitors will need to register BEFORE taking their bike into the Transition area. Please leave your bikes away from the Registration tent until you have registered.

At registration competitors will collect their race pack that includes their race number, a coloured wristband and **most importantly, their timing chip and Velcro ankle bracelet**. Body marking with a race number is voluntary as race numbers will also be on the bracelets – marker pens will be available at Registration. There will be a supply of (compostible) plastic bags at Registration should you want a bag to put





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### EXTENDED BIKE COURSE: Youth, TS3 & TS2 ONLY.

There is a course extension for the Youth, TS3 and TS2 categories only. This has been done to reduce lap counting errors. It is out of sight of the spectator area but will be marshalled. It will be available for pre-race inspection.

**Tristar 2** competitors will however note that 3 laps of the course total 4,500m, which is 500m higher than the normal limit of 4,000m per the British Triathlon Rulebook. We have been granted a specific rule relaxation for this.

Please let the athletes get on with their race, spectators are not allowed to cross the course, to the extended bike lap area. We ask that you support this.

The divert to the longer course will be removed on conclusion of the Youth, T3 & T2 waves. The shorter 665m lap course, as per the above image, will then be used for the remaining race categories.

The 1500m lap course is thus:



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### RACE BRIEFINGS

There will be two race briefings: **One at 10.45am** for Youth (Orange), Tristars 3 (White) and Tristars 2 (Green) competitors and **one at approx 11.45am** for Tristarts (Purple) + Novice 1 (Red), Novice 2 (Yellow) and Tristars 1 (Blue). The Race Briefings will be held near the Finish line.

**All Youth (Orange), Tristars 3 (White) and Tristars 2 (Green) competitors must be changed and ready to race BEFORE the 10.45am briefing.** Immediately after the Race Briefing, they will be asked over the announcement system to gather at the Prize giving area. From there a Race Official will lead them to the pool. Parents should wish their children good luck at this point as there is limited viewing in the pool spectator area.

The children will enter the pool via an external fire exit door, We encourage you to stay in the main field arena areas, as the transition run route from the pool is very narrow, being a shared path for arriving entrants, so please do not congest it, causing impacts on the competitors route.

**All Tristarts (Purple) + Novice 1 (Red), Novice 2 (Yellow) and Tristars 1 (Blue) competitors must be changed and ready to race BEFORE the 11.45am briefing.** We will then call the different races (by colour wristband) to the Prize giving area prior to escorting them to the pool.

The first race will start at 11.00am.

### EVENT TIMETABLE

All times are approximate.

9.00am	Registration Opens: for <b>Youth (Orange), Tristars 3 (White) and Tristars 2 (Green)</b> . If you have children racing in other categories, you can register them then as well, or they can register later.
9.00am	Transition Opens: for <b>Youth (Orange), Tristars 3 (White) and Tristars 2 (Green) ONLY</b> . Cycle and run courses open for <b>walking</b> around ( <b>no cycling allowed</b> )
10.00am	Registration Opens: <b>Tristarts (Purple) + Novice 1 (Red), Novice 2 (Yellow) and Tristars 1 (Blue)</b> .
10.00am	Transition Opens: <b>Tristarts (Purple) + Novice 1 (Red), Novice 2 (Yellow) and Tristars 1 (Blue)</b> .
<b>10.45am</b>	<b>Transition CLOSSES for Youth (Orange), Tristars 3 (White) and Tristars 2 (Green)</b>
10.45am	<b>Race briefing 1</b> for <b>Youth (Orange), Tristars 3 (White) and Tristars 2 (Green)</b> . Competitors must be changed and ready to race <b>BEFORE</b> the briefing please.



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10.50am	<b>Course CLOSSES for all</b>
10.55am	First age race ( <b>Youths</b> ) called to be escorted to poolside.
11.00am	<b>RACE START</b> for <b>Youth (Orange)</b> , then <b>Tristars 3 (White)</b> and then <b>Tristars 2 (Green)</b> – please wait for your child's racing wave category to be called to podium area for race assembly, over the PA system, before going to the pool spectator area, if watching at the pool.
<b>11.30am</b>	<b>Registration and Transition CLOSSES for all competitors</b>
11.45am	<b>Race briefing 2</b> for <b>Tristarts (Purple) + Novice 1 (Red)</b> , <b>Novice 2 (Yellow)</b> and <b>Tristars 1 (Blue)</b> . Competitors must be changed and ready to race <b>BEFORE</b> the briefing please.
From 11.50pm (approx.)	<b>Tristars 1 (Blue)</b> called to be escorted to poolside – please listen for announcements. This is the time for parents to wish their children good luck and wave them goodbye
From 12.00pm (approx.)	Trophy ceremony for Youth (Orange), Tristars 3 (White) and Tristars 2 (Green) competitors in their categories in front of Registration starts
12.15pm (approx.)	<b>Novice 2 (Yellow)</b> followed by <b>Tristarts (Purple) + Novice 1 (Red)</b> called to be escorted to poolside – please listen for announcements. This is the time for parents to wish their children good luck and say goodbye
1.00pm (approx.)	Under 7yrs 300m dash – not competitive, just all about offering younger siblings the chance to take part.
From 1.10pm (approx.)	Trophy ceremony for Tristars 1 (Blue) and Tristarts (Purple) competitors in their categories in front of Registration starts.
1.30pm	Event closes

### RACE INFORMATION

Race officials (yellow vests) will be available at Registration or near to transition to answer your questions. Please don't hesitate to ask, especially if this is your first triathlon!

### COURSE WARM UP

Competitors and families have an opportunity to **walk** around the course until 10.50am. Please note there can be **no cycling** on the course prior to the races starting. Please also note that footwear needs to be worn at all times whilst at the event and there must be **no cycling in the spectator areas**.

### UNDER 7YRS DASH

After the last Novice 1 competitor finishes, we will be running a 70m dash from near the finish line for any under 7yr old children that would like to take part. There are no medals, timing or race numbers required, it's just a bit of fun for the younger kids.

## LOST CHILDREN & SAFEGUARDING

Please notify one of the race officials (yellow vests) in the event that a child is lost or if you are suspicious of any inappropriate activity. The event Welfare officer will then be notified and take control of the situation.

If you do not wish to have pictures used in publicity of the event, please obtain a Gold 'No Pictures' wristband at Registration. This is to be worn by the competitor and we will endeavor to honor your wishes.

Anyone taking photos or videos **MUST** wear a Photographers sticker (included in race number packages provided at Registration).

## CHANGING FACILITIES & TOILETS

There are SIGNPOSTED toilets and changing facilities in the school (NEAR THE SWIM EXIT DOOR). If you cannot find them, please ask a marshal and they will point you in the right direction.

Please note that children changing into their swim kit are your responsibility; the leisure centre changing rooms are in a public area so please ensure your child changes safely.

With lots of children, the toilets can become quite messy quite quickly, so we ask that as parents, you please encourage your children to keep them as clean and tidy as possible. Let us know on the registration desk, if there is a problem. Thank you.

## DISABLED ACCESS

The car park and field are all generally accessible using a wheelchair, although the spectator area is of course a school playing field & grass access will be dependent on the weather. Disabled toilet facilities are available in the Leisure Centre.

## DOGS

Dogs are allowed on the playing fields but **must be kept on leads** and any mess cleared up immediately. We reserve the right to ask you to remove your dog if it becomes a danger or nuisance to other competitors or spectators.

## BIKE CHECK

There will be a bike check before you can take your bike into the transition area. You need to have your bike helmet (with number sticker in place) on your head and done-up. The bike sticker needs to be clearly visible on your bike and all numbers must correspond with the number on your race bracelet.

**It is highly recommended that your bike is serviced by a reputable bike shop before the event.**

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**Please note:** Please ensure your handle bar ends are suitably capped, tape will be available to cover bar ends that are not capped. This must be done before entering transition. Mobile phones and MP3 players are NOT permitted for use during the race.

In the interests of safety, **Tri-bars or aerobars** are **NOT** permitted.

### TRANSITION AREA

- **Competitors only in transition area please\***; parents are not allowed in the transition area **AFTER** the race has started; marshals will help children where needed.
- **All kit to be stowed in a tidy manner and clear of the walkways**
- **Bikes must be in roadworthy condition**

**\*For Novices only;** one parent may enter the transition area **BEFORE** the race to help set up. All those entering the transition area must either have a numbered bracelet or must show a Supporters race number to gain entry in and out. Marshals will be on hand to help if there are any difficulties or questions.

Please place your bike and kit **TIDILY** at your numbered position in transition.

All Tristarts (Purple), Novice 1 (Red), Novice 2 (Yellow) + Tristars 1 (Blue) competitors should lay their bikes down by their numbered peg with the saddle next to the peg.

All Tristars 2 (Green), Tristars 3 (White) and Youth (Orange) will use the cycle racking in the second section of transition. ALL racking is numbered so please place your bikes correctly. Even race numbers are on one side of the racking and odd numbers on the other.

Marshals may have to move your bike and kit to allow room for other competitors if you are taking up too much room. **Only bikes and helmets (& cycle shoes if appropriate) should be placed into transition.** NO boxes are allowed. Keep everything else with you for the briefing.

Please familiarize yourself with the transition area entrance (Swim/Bike In) and exit points (Bike/Run Out). It is not the marshals' responsibility to direct you so please don't shout at them if you don't know where you are going! Indeed, you will risk a time penalty from the Technical Official! This will be enforced.

## SWIM SECTION

- We encourage parents and supporters to remain on the main field, the swim is over quite quickly, and it works well to let the marshals get on with encouraging the children through the swim.
- Access to the Spectator area is via the Leisure Centre Main entrance. No parents are allowed direct on poolside. Please do not obstruct the side doors.
- Prior to entering the pool the children will be asked to line up in race number order. This reflects the swim time given by you on your entry.
- At the pool the children will be asked to place their kit (trainers, t-shirt or race belt etc) in a designated kit area. **Ideally, you should not change your line up order on poolside.**
- The **children will be started in the water.** There are no diving starts
- **All races** will be a 'Snake swim' where the swimmer will swim up one side of the lane, down the other side and **then duck under the adjacent lane rope** to repeat the same in the next lane. This will be repeated across the required number of lanes to reach the exit. Please see the diagrams below.
- **Before you enter the water please check that your ankle chip is securely fastened; marshals will be there to help you.**
- Swimming hats will **not be** provided so if you wish to swim in a hat please bring your own. Wetsuits are not allowed!
- Only front crawl or breast-stroke are allowed in the pool.
- **If a swimmer needs to overtake, please tap (not grab!) the toes of the swimmer in front firmly.** At the end of the lane, the swimmer in front should then stand aside and let the faster swimmer through before continuing.
- Please note **NO TUMBLE TURNS** are allowed in any category. Time penalties will be awarded with or without suitable warnings and this can be served on the spot.

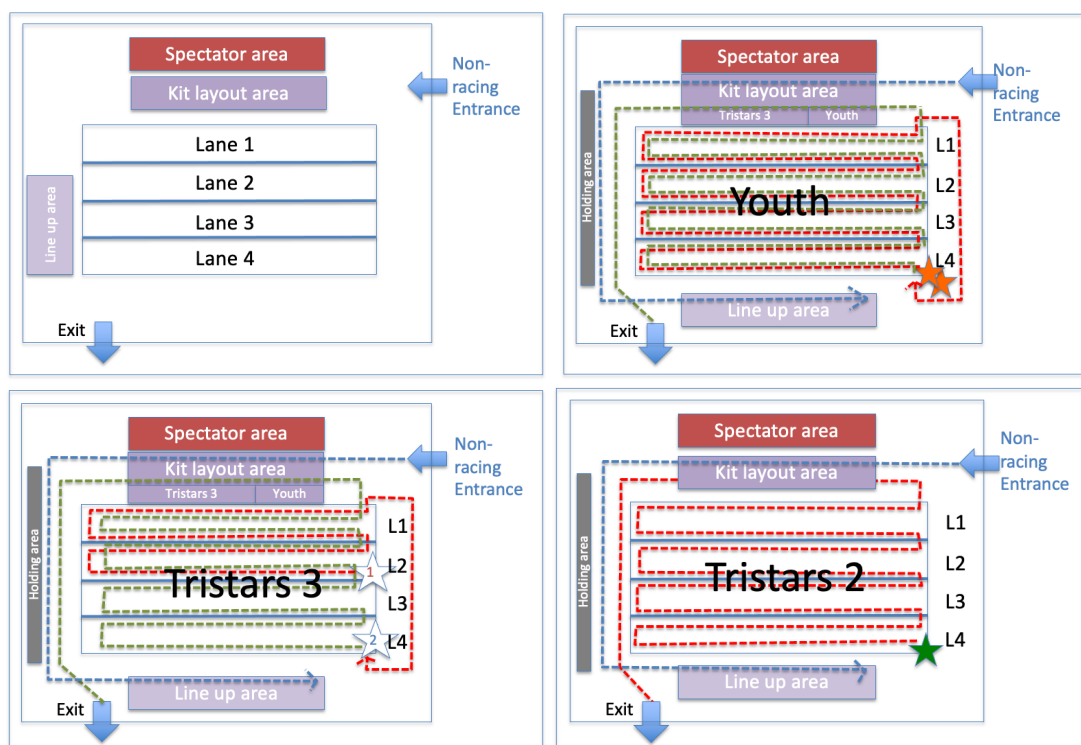
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## POOL LAYOUT AND STARTING POINTS BY CATEGORY

Category swim start and end points			
Age Group	Start Point	Distance	Exit Point
Novice 1 (8-10yrs) Red	Shallow end Lane 1	1 length (25m)	Deep end Lane 1 via steps
Novice 2 (11-14yrs) Yellow	Deep End Lane 1	2 Lengths (50m)	Deep end Lane 1 via steps
Tristart (8yrs) Purple	Deep end Lane 1	2 lengths (50m)	Deep end Lane 1 via steps
Tristars 1 (9-10yrs) Blue	Deep end Lane 3	6 lengths (150m)	Deep end Lane 1 via steps
Tristars 2 (11-12yrs) Green	Deep end, Lane 4	8 lengths (200m)	Deep end Lane 1 via steps
Tristars 3 (13-14yrs) White	Deep end Lane 2, re-enter deep end Lane 4	12 lengths (300m)	Deep end Lane 1 via steps..walk round deep end of pool.. ...re-enter Lane 4 Final exit; deep end Lane 1 via steps
Youth (15-16yrs) Orange	Deep end, Lane 4, re-enter deep end Lane 4	16 lengths (400m)	As per Tristars 3

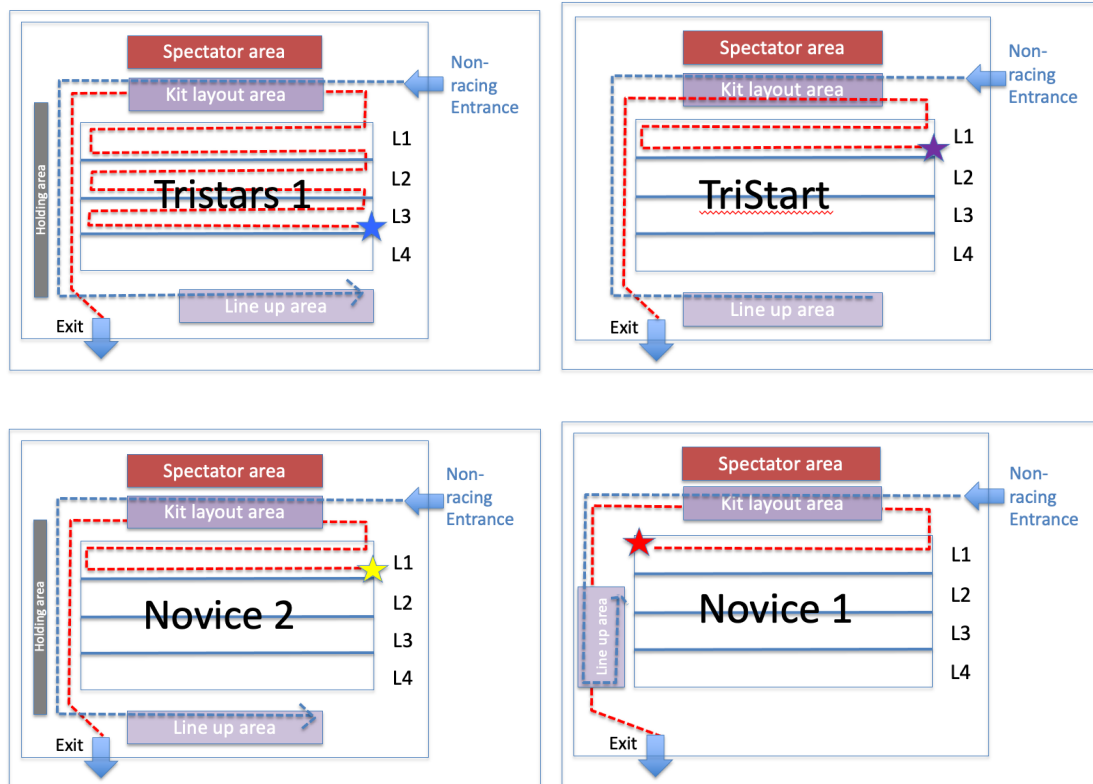
## INDIVIDUAL CATEGORY SWIM DIRECTIONS





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## TRANSITION FROM SWIM TO BIKE

- Upon exiting the pool **walk** to where your kit has been laid out
- Put on trainers and tie laces. Please note that appropriate running shoes must be worn and laces must be tied. **If you have cycle shoes, please leave them next to (or attached to) your bike and change your footwear on reaching transition.**
- Put on your numbered t-shirt (with number on the front) OR your race belt (with number to the front for this short run please, for identification) over the top of swimwear or trisuit. T-shirts must be on BEFORE exiting from the pool if you are not wearing a trisuit.
- ALL REMAINING SWIM KIT (goggles, towel etc.) needs to be gathered up and **taken back to transition by the athlete.**
- Trisuits should remain fully zipped up at all times throughout the race.

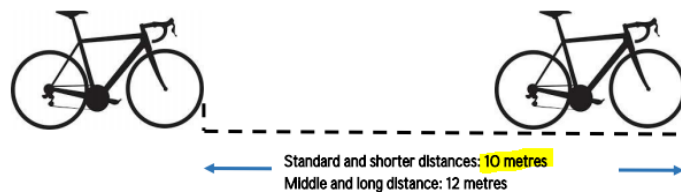
## CYCLE SECTION

- Run to your bike
- Put any unrequired swim kit next to your bike
- Put your helmet on and do it up first **before** doing anything else!
- If wearing a race belt, swing the number around to your back
- Pick up or un-rack your bike and run/walk with it to the Bike Out exit. **No cycling is allowed in the transition area**

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- On exiting the transition area, cross the MOUNT line BEFORE getting on your bike and starting to cycle.
- Follow the cones around the cycle course. There will be marshals to direct you.
- **Please note that it is your responsibility to count the number of bikes laps you do.** A parent can call from the spectator area. Marshals and timekeepers are not responsible for counting the laps.
- **Too few laps means disqualification so it's always better to do one more if you lose count.**
- Each cycle lap is 1500m (Youth/TS3/TS2) or 665m (TS1, Tristart, Novice waves).
- Overtake on the **outside** of other competitors
- Drafting (cycling close behind another competitor) is not permitted during the race. You must stay at least 10 meters behind the cyclist in front of you (ie 10metres front of wheel to front of wheel)



- Please report any medical incidents to bike course marshals who will take the appropriate action.
- Please ride within your ability and experience levels.
- Once you have done the required number of laps turn in towards the transition area
- You must dismount from your bike BEFORE crossing the dismount line

### TRANSITION FROM BIKE TO RUN

- Once dismounted run/walk with your bike to where your numbered peg or racking position is and laydown/rack your bike
- Only then should you remove your helmet
- Change your shoes if you were wearing cycling shoes. If not, run to the Run Out exit to start the run
- If you are wearing a race belt, swivel the number round so that it moves to your front for the run.
- Help will be on hand if needed, for those competitors using the racking Tristars 2 (Green), Tristars 3 (White) and Youth (Orange).

### RUN SECTION

- Each run lap is 600m- that is an 'Out and Back' = 600m = 1 lap
- On leaving the transition area collect a wristband from the marshals.

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- Collect a wristband each time you **start** a lap. This means that the number of bands collected will equal the number of laps completed.
- On completion of the correct number of laps, take the route to the finish line.
- Try and finish with a smile as your supporters are bound to be there wanting to get a picture!

### FINISH

- Medals will be waiting for each competitor, in all categories, at the finish line.
- Trophies will also be awarded for 1st, 2nd and 3rd male and female in Youth, TS3, TS2, TS1 and Tristart categories. There are no trophies in the Novice categories as these categories are for beginners and are not meant to be competitive.
- We will aim to put full interim results onto the event website by 7pm on the day. Final results will be emailed and added to the website as soon as they are completed.
- Interim results that will include the number of laps done, will be available via a small printer at the Registration tent.

### PAT ON YOUR BACK

If you've read this far, full marks and thank you. Pat yourself on your back and smile sweetly because you will already be at an advantage to those that haven't 😊. Not far to go now.....

## GENERAL RULES & RACE CONDUCT

The race is governed by British Triathlon Association rules. These can be viewed in full on the British Triathlon website:

<https://www.britishtriathlon.org/events/competition-rules>

There will be a Technical Official (race referee) from Triathlon England at the event. They are there to help and assist competitors with the application of the rules but can issue time penalties for serious or repeated infringements.

These rules are basic, but necessary for the safety and enjoyment of competitors, spectators and the general public. Here are some of the main points:

- It is the competitor's responsibility to know and correctly complete the full course of the event.
- Triathlons are individual endurance events. Any teamwork or outside assistance that provides an advantage over the other competitors is expressly forbidden.
- Foul or abusive language is not permitted - nor tolerated!
- One race number will be issued which must be worn unaltered on the front of a t-shirt. If using safety pins to attach to a t-shirt, they must be attached at all four corners. Use of a race belt is permitted provided it can be swiveled around to the back and front as appropriate.
- You must supply your own bike and cycle helmet. Bikes must be in a safe and roadworthy condition with brakes in good working order. Checks at the non-racing gate to transition will be made to verify this. No fixed wheel bikes allowed.
- Cycle helmets must be approved by BSI, ANSI, Snell or equivalent standards authorities. Your cycle helmet must be on your head and done up **before you touch your bike** to take it from the rack. You must not undo it until the bike is re-racked at the end of the bike section.
- All competitors must ensure that they are adequately clothed at all times. The minimum being a one or two-piece, non-transparent swim suit.

## EARLY RETIREMENT

If for any reason you do not complete the race, please report to either the race Technical Official, the Race Director or the Registration desk. **It is imperative that you also return your ankle-timing chip to the finish line crew.** Thank you.

### DISPUTES

If you have any queries or dispute regarding your times, please speak to the Triathlon England Race Official or the Race Director.

Please note that if a competitor doesn't complete the required number of laps, whilst we will record their time, they will be disqualified and given no placing. If a competitor completes too many laps the time they finish the race in will be the time recorded. There will be no time adjustments. The Race Director's decision is final.

As mentioned above, could we also just ask that in the unlikely event that you may have a dispute, you remind yourself first that we are all volunteers 😊.

Thank you.

### COLLECTING CYCLES / SWIM KIT AFTER RACE

Although we would like to encourage you to stay for the medal and trophy ceremonies, we appreciate some of you have travelled a long way to race with us & you may wish to leave before the completion of the event.

Please understand that whilst the race is live, ONLY competitors are allowed in the cycle transition area.

Competitors should go to the Transition Manager at the *non-racing entrance* who will, when safe to do so, allow the child (only the child, not the parents) in to collect equipment. This will be limited to 2 or 3 at a time, so please be patient.

A check is carried out to ensure the numbers on the cycle and helmet match that on your child.

### CATERING/REFRESHMENTS

There will be a tea, coffee and cake stand provided by the clubs on the field by the event. We also highly recommend bringing a picnic, as there is plenty of space to sit on the grass and spectate.

Alternatively, there are numerous places to buy food, have teas, coffees or a meal on the delightful historic Steyning High Street that is only 10 mins walk away – and shouldn't be missed, even if you have already eaten!



## **FIRST AID**

At least one qualified First Aider will be on hand in case of any medical issues. They will be positioned near the finish of the race. If you need First Aid, please make yourself known to a marshal and they will contact the First Aid team for you.

## **FIT TO COMPETE**

By their nature, triathlons are physically demanding. By participating in this race you, the parent, are declaring that your child/children are medically fit to complete the course. In the case of known allergies or other important medical information we would recommend that details be written on the back of your child's race number in the section provided. If you have specific things to discuss e.g. para-triathletes, please email us as soon as you can at [kidstri@brightontri.org](mailto:kidstri@brightontri.org)

## **PUBLIC ADDRESS**

There will be a public address system used throughout the event. Please listen out for announcements that may affect the race.

## **WEATHER / CONDITIONS**

We reserve the right as the race organiser to take decisions prior to the start, on the day, to ensure the safety of competitors. If the weather is too wet then this might mean a shortened cycle course or a change of event to a Swim/Run.

In the unlikely event that there is a technical problem with the pool, we also reserve the right to alter the structure of the event.

## **LOST PROPERTY**

Any lost property at the end of the event will be left at the pool reception desk.

## **PHOTOGRAPHY AND VIDEO**

Provided you are wearing an event Photographers' sticker, you will be permitted to take photographs and video. Please don't be offended if you are challenged by any of the Race Officials as safeguarding the children is a paramount concern of ours.

We ask that you respect the wishes of the parents of children with gold bracelets not to publish any images of their children publicly, online or in print.

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### AIDE MEMOIRE

Please feel free to print and cut out this table to use to help you remember the number of laps that your children should do;

Number of laps per category					
CATEGORY	AGES	BRACELET COLOUR	SWIM LENGTHS	BIKE LAPS	RUN LAPS
Novice 1	8-10yrs	Red	1	1	1
Novice 2	11-14yrs	Yellow	2	2	2
Tristart	8yrs	Purple	2	1	1
Tristars 1	9-10yrs	Blue	6	3	2
Tristars 2	11-12yrs	Green	8	3*	3
Tristars 3	13-14yrs	White	12	4*	4
Youth	15-16yrs	Orange	16	4*	4

\* = longer (1,500m) bike course