

Basildon Aquathlon Sunday 10th April 2016

Event Information

Welcome

Thank you for entering the 2016 Basildon Aquathlon. We look forward to helping you get the most from your Aquathlon experience. There will be plenty of helpers to advise and guide you on the day but this information pack is designed to help you prepare thoroughly in advance. Please take time to read the information carefully so that you understand what to expect and can concentrate on the main objective for the day – enjoying the race!

Event Programme

All timings may be subject to change. Any changes to the programme will be highlighted at registration.

Time	Activity	Where
10:30 – 12:00	Tristar Registration	Registration Area
12:30	Tristar Briefing	Grandstand
12:45	Tristar Event Start*	Swimming Pool
14:45	Trophy Presentations	Grandstand

*Tristar event starts oldest first – T3, T2, T1 then TS

13:00 – 14:30	Adult Registration	Registration Area
15:00	Adult Briefing	Grandstand
15:15	Adult & Youth Event Start	Swimming Pool
17:15	Trophy Presentations	Grandstand

Venue

Event address is: **Basildon Sporting Village, Cranes Farm Road, Basildon, Essex SS14 3GR**

- Entry to the event area is via the large green gates located to the left of the main building.
- The main entrance, which is situated at the opposite end of the building, should only be used for access to the onsite cafeteria and not to enter the event area.

Getting Here

The venue is a short walk (20mins) from Basildon Town Centre which is well serviced by local bus and rail links. It is also easily accessed by road being placed almost centrally between the A13 and A127. There will be limited parking available at the venue on race day and we do not have priority parking over regular visitors to the sporting village. Please be considerate of other users and park responsibly. We would recommend car sharing wherever possible.

- There will be marshals in the car park at Basildon Sporting Village to assist on the day.
- If instructed please park where they ask you to and be polite in all dealings with them. As with all our marshals, they are volunteers giving up their time to host this event for you and/or your children.
- Overspill parking will also be available on Crompton Close and Howard Chase (opposite the venue) but again we do not have priority over other road users so please park responsibly.

Registration Area

The registration area is situated at the top of the stairs, on the right as you enter the large green gates.

- You will be given your race number which must be pinned to the front of your top for the run leg. There will be safety pins available at registration. Race belts are also permitted.
- You will also receive a race chip and strap. Fit the chip to your left ankle using the strap provided. Ensure it is securely fastened to prevent it falling off during the swim or run.
- Your race number will also be written on your left and right upper arm.
- Non-BTF members will receive a BTF day membership by email prior to the event. It is not necessary to print this out to bring on race day. Those with valid Triathlon England (BTF) membership cards will have the £1 (Tristar) or £3 (adult) day membership fee returned at registration.
- **Please remember your membership card as this MUST be shown on the day to receive the refund.**
- If you have paid for 2016 Triathlon England (BTF) membership and have yet to receive your card, bring along an email confirmation of your membership.
- Please ensure an emergency telephone number is written on the back of your race number. If you suffer from any medical conditions please ensure all relevant details are added to the back of your number and mark the front of the number with a large cross.

Spectators

The two main spectating areas are the pool viewing area and the main grandstand. Both of these are accessible from the pavilion at the top of the stairs, outside the Registration Area. The grandstand seating offers excellent views of transition and the track finish with views of the Tristar run route available from the top of the grandstand. Due to the short duration of the Tristar events we recommend that spectators travel from the pool viewing area directly to the grandstand where they can view the run course and finish areas. Spectator traffic at the foot of the grandstand and around transition will be restricted so as to not interfere with the course. Please respect marshals instructions in these areas and avoid if at all possible.

Safeguarding for Junior Competitors

As a permitted Triathlon England event we are duty bound to provide a safe and friendly environment for your child to participate in the sport. This includes the nomination of a Safeguarding Officer to deal with any child safety issues on the day and the implementation of basic child safeguarding procedures as outlined below:

- Junior competitors are to be accompanied by a responsible adult all times except where the area is deemed 'competitors only'. In this instance suitable marshals will be provided to ensure child safety.
- Parents and guardians should be aware that the venue is a public venue and will remain open to the public during the event. This includes all toilets and changing areas. Please do not leave your child unattended.
- The pool changing village is unisex so will be used by male and female patrons.
- **Those of you wishing to photograph the Tristar(t) races must register at registration prior to the event. This includes the use of camera phones. You will be issued with a wristband which must be clearly visible whenever you are using your camera/camera-phone.**
- **AS HALF THE POOL AREA WILL BE OPEN TO THE PUBLIC THERE MUST BE NO PHOTOGRAPHY WITHIN THE SWIMMING POOL COMPLEX.** Outside of the building photography is allowed for those who have registered.
- Our marshals are instructed to challenge anyone seen photographing children without the relevant registration sticker and inform the authorities if necessary.

Changing Facilities

There are changing facilities, lockers (£1 coin refundable) and showers available at the venue. Please use the free blue shoe covers available in dispensers at the entrance to all the wet changing areas whenever you go into the changing rooms.

Toilets

There are toilets on the upper floor outside the Registration room, in the corridor on the lower floor outside the changing village, inside the changing village itself and in the main foyer opposite the cafeteria.

Refreshments

Competitors should ensure they bring suitable sustenance for before, during and after their event. For spectators there is a café within the Sporting Village which serves hot and cold drinks, cakes, etc. There are also vending machines within the complex.

The Race

This is a multi sport event comprising of a pool swim immediately followed by a run. The event is for Adult, Youth and Tristar competitors, subdivided into the following age categories and distances.

Category	Born between	
Tristar 3 (T3)	01/01/2002	31/12/2003
Tristar 2 (T2)	01/01/2004	31/12/2005
Tristar 1 (T1)	01/01/2006	31/12/2007
Tristar Start (TS)	01/01/2008	31/12/2009
Youth and Adult	01/01/1901	31/12/01

The event is suitable for both beginners and the more experienced athletes among you.

The Transition Area

This will be a taped off section of the tarmac area at the foot of the grandstand. We operate a 'closed transition' policy which means strictly competitors only in the transition area. Spectator traffic at the foot of the grandstand and around transition will be restricted once the event is under way as this area forms part of the course..

- Prescription glasses may be left poolside for swim exit.
- No baggage is to be left in transition.
- Transition will close once event has started.
- Transition will be sectioned by age group for the Tristars. Please check with the transition marshals before laying out your kit.
- **ONLY COMPETITORS WILL BE ALLOWED IN TRANSITION AREA AT ANY TIME!**
- There will be experienced marshals to provide assistance to competitors if needed.
- Marking of a competitors transition area with any item, including excessive talcum powder, is a direct infringement of BTF rules and will result in a statutory 2 minute time penalty.

The Briefing

There will be a compulsory race briefing for all competitors (and parents/guardians/supporters of Tristars) held in the grandstand area. There will be one briefing for Tristar(t)s and one for the adults. It is compulsory that you attend the race briefing and listen carefully. The briefing will confirm the race course, the programme and any late changes. It is also an opportunity for you to ask any questions.

The Swim

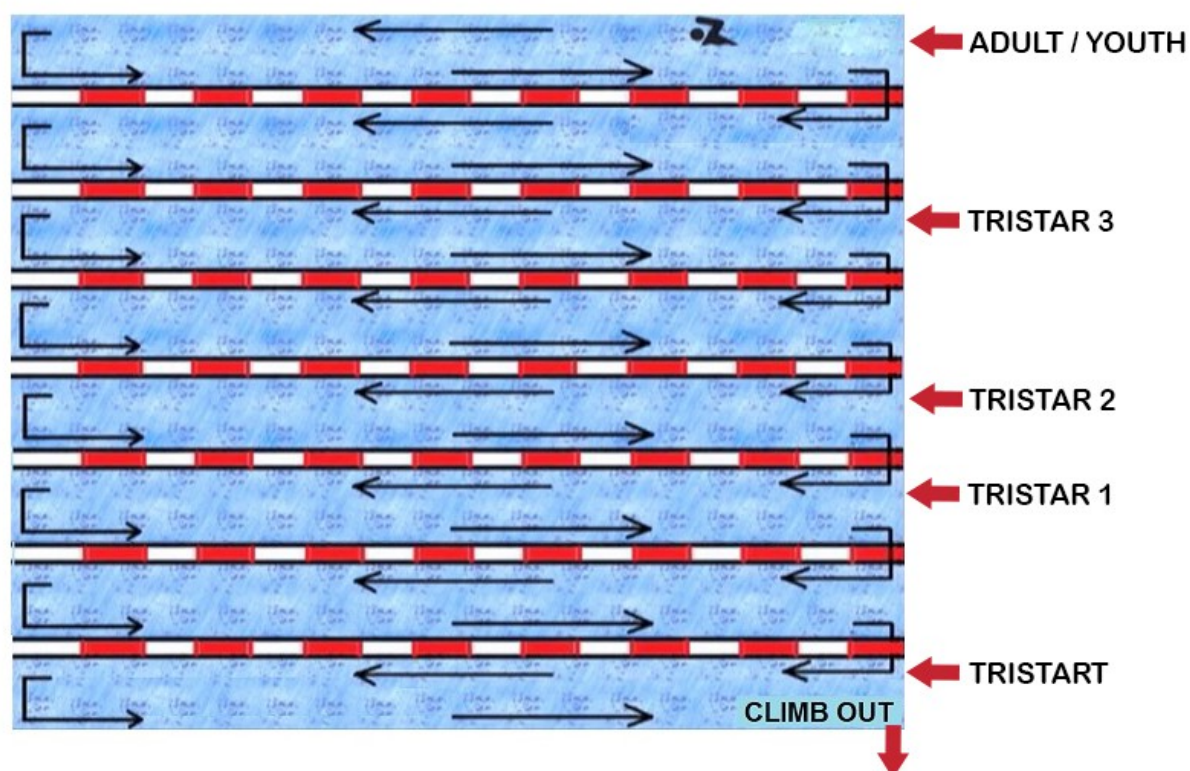
The race starts with the swim section and will proceed in the order shown below.

Tristar 3	300m	12 lengths
Tristar 2	200m	8 lengths
Tristar 1	150m	6 lengths
Tristar Start	50m	2 lengths
Adult & Youth	400m	16 lengths

We start the eldest children first for several reasons, primarily safety: the biggest and fastest children are off the course by the time the younger ones start. It also gives a great opportunity for the less experienced competitors to watch how the event runs so they know what to do when it is their turn. There is seating above the pool area and the outside grandstand overlooks the transition and finish areas so take this chance to watch the early competitors and talk your children through the various stages.

When entering the pool area please do so through the changing rooms. The changing rooms and pool viewing area can both be accessed via the entrance to the Registration Area at the top of the grandstand.

Once poolside, competitors will be called forward in race number order. Please note your precise start time and do not be late for your race. The swim will take place in the deep end of the pool, with everyone starting at a point which allows them to finish by the exit. This race will use the 'snake swim' format as shown here:



You will swim along the right hand side of the first lane, turn at the end, and swim back down the right hand side of that lane. At the end of the first two lengths (back at the starting end), go under the lane ropes and complete two lengths in the next lane – **keep to the right hand side of the lane at all times**. Continue to do this until you reach the final lane under the seating area where you will climb out of the pool and walk to the exit to transition – **DO NOT RUN UNTIL OUTSIDE**.

The Run (TSS, TS1, TS2, TS3)

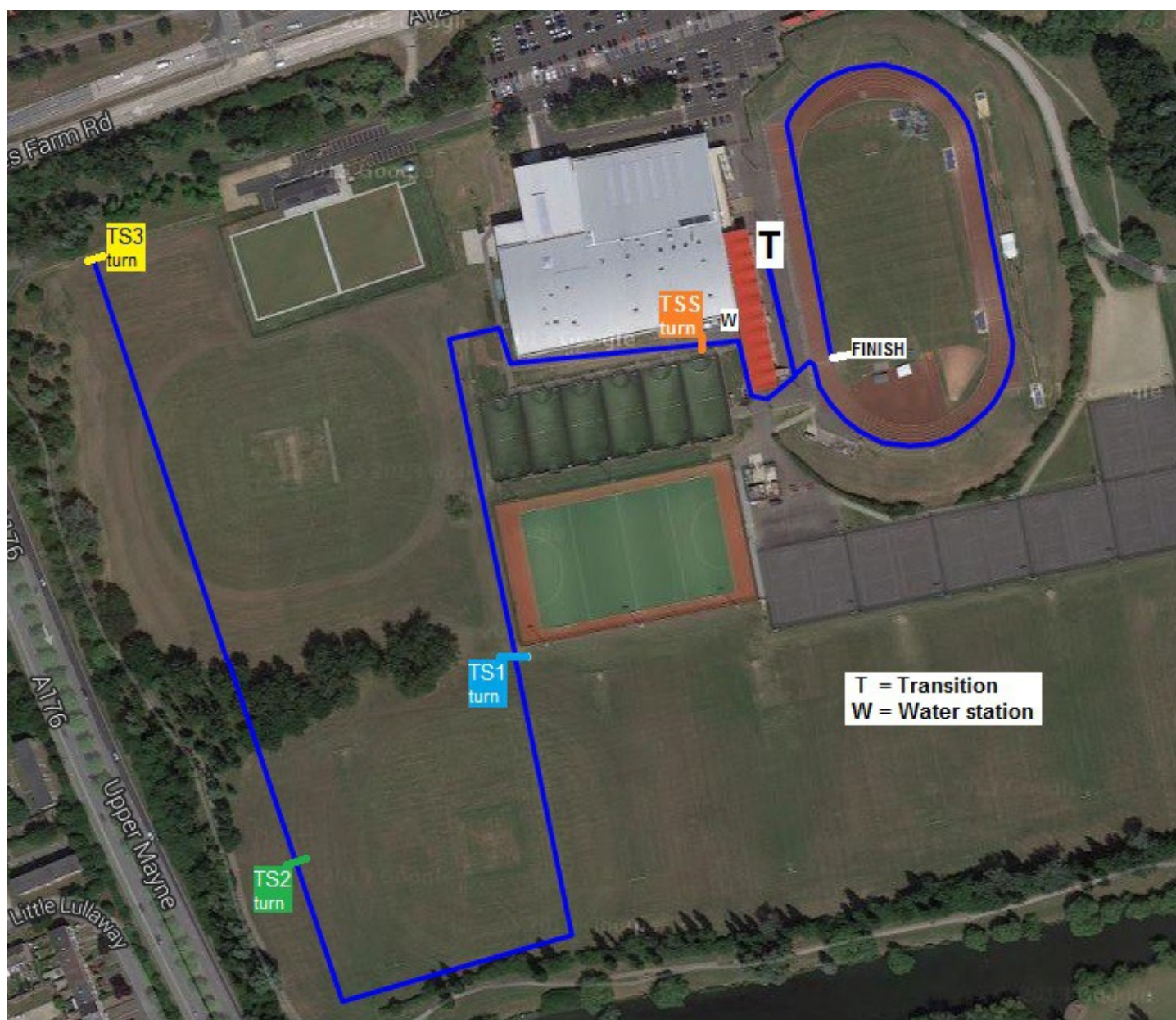
The Tristar run will be entirely within Gloucester Park grounds, in sight of Basildon Sporting Village. After getting changed in the transition area, follow the course out to the water table where Tristar Starts will turn at the ORANGE sign and head back to the athletics track.

All other age groups carry straight on to the field and follow the out-and-back course:

- The following colours will match the colour of your race number:
 - Tristar competitors turn at the ORANGE sign
 - Tristar 1 competitors turn at the BLUE sign
 - Tristar 2 competitors turn at the GREEN sign
 - Tristar 3 competitors turn at the YELLOW sign

Everyone will then complete one lap of the athletics track finishing in front of the grandstand.

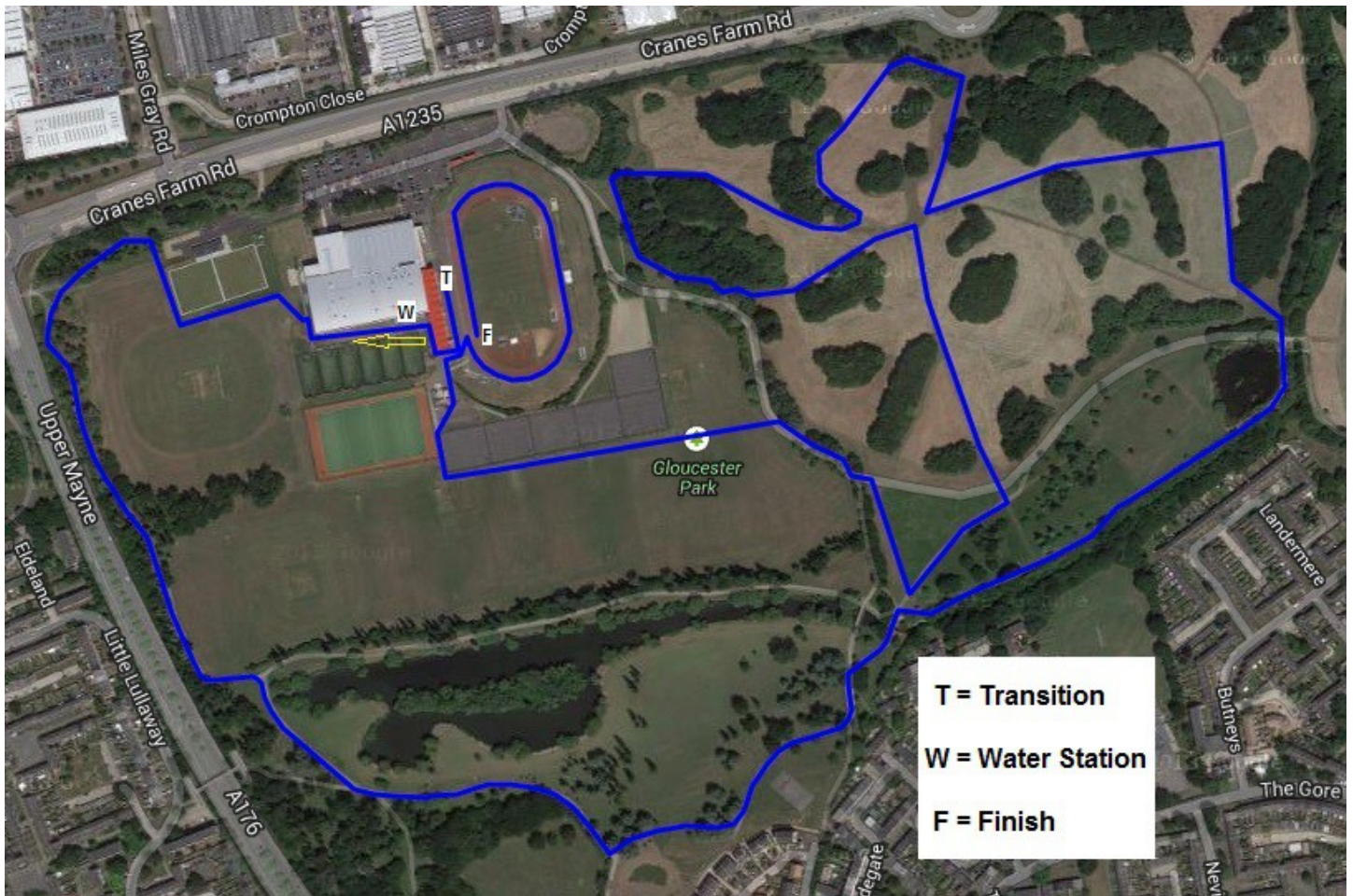
Tristar 3	2400 metres	900m out&back on field+track
Tristar 2	1800 metres	600m out&back on field+track
Tristar 1	1200 metres	300m out&back on field+track
Tristar Start	600 metres	To water station+1 lap of track



The Run (Adult & Youth)

The adult & youth run will comprise of one lap of Gloucester Park, the first half using the perimeter footpath and the second half a marked course across the grass and over 'Helicopter Hill', before a lap of the athletics track finishing in front of the grandstand.

Adults	5k	Course on field+1 lap of track
--------	----	--------------------------------



The park is open to the general public throughout the event and is a shared space. We do not have any special priorities over regular park users. Please be aware of other users, especially dog walkers and cyclist and be prepared to give way if needed.

The Presentation

The presentations usually take place around the grandstand area but in the case of bad weather this will move indoors. For the Tristar race this should be around 14:45 and for the adult race around 17:15.

General

- The event will be run under British Triathlon Federation rules. A copy of these can be downloaded at www.britishtriathlon.org.
- Please note that all marshals are volunteers, friends and family of the organisers, who have given up their Sunday to allow the event to proceed and who we hope will do so again in the future. Please treat them with respect and follow their instructions at all times. **Be aware that the BTF rules 22.8, 29.5, 33.6 and 33.7 allow for disciplinary action or disqualification of competitors due to the bad behaviour of their families or supporters.** If you have any concerns or complaints, come and see the race referee or race director rather than the marshals themselves or email the event organiser after the event.
- Please do send your feedback after the race, positive or negative. We have made changes each year based on what our competitors have said to us and it helps us make the event

better for everyone. The days after the event are very busy for us but we will read all the emails we receive and pass on your comments where necessary.

- Spectators (and competitors who have finished) are encouraged to stay in the athletics stadium after the race to support those still racing. We hope to have access to the public address system to give a running commentary of finishers and there is a café in the sporting village for food and drinks, so we are really hoping that lots of competitors and their families will spend the day at Basildon Sporting Village to enhance the atmosphere for everyone's enjoyment.

Useful Tips for Beginners

General

- Your last meal should be two to three hours before your start time. A simple breakfast of cereal and toast is ideal.
- You can do the whole event in your swimming kit, which means that you will only need to put on your shoes and t-shirt/vest to display your race numbers (boys/men – chests must be covered for the run).
- Have a drink and eat something soon after completing the event. This will replace the energy you used and help you to recover quicker.
- The marshals are there to help you, don't hesitate to ask them if there is anything you don't understand.
- Equipment (suggested list) Swimming costume, goggles, t-shirt, shoes, shorts, socks, towel and warm clothing for afterwards.

Swimming

- Nothing new on race day – stick with the kit and race plan you've practiced.
- You will start in the pool. No diving will be allowed.
- Doing some light stretching exercises to warm-up beforehand can help to avoid strains.
- Don't let nerves get the better of you and go off to fast – pace yourself. If you feel panicky or short of breath stop at the end of the lane and take a breather.

Transition

- The clock starts at the start of the swim and ends at the end of the run so practice your transitions to save all important seconds.
- Don't spend too long getting dry but do practice putting on a top when you're wet and in a hurry. You'd be surprised how stuck you can get.
- Put a little talcum powder in your running shoes as this will make them easier to get wet feet into but DON'T spread it all around your area. That's not allowed.
- Pin your race number to your shirt before the race or even quicker use a race belt.
- Tying laces in a hurry can be tricky. Using elastic laces is quicker as they don't need tying.
- Keep your kit in your area as we don't want another barefoot competitor stepping on your goggles/nose clip/swim hat and falling over.
- Please remember to collect your equipment from transition after the race!

Running

- Nothing new on race day – stick with the kit and race plan you've practiced.
- Try to keep running – a slow jog is quicker than a walk.
- Don't let nerves get the better of you and go off to fast – pace yourself.
- We can't predict the weather, please bring suitable clothing for any condition.

Overall the most important thing, ENJOY YOURSELF