



**SOUTH CENTRAL
JUNIOR SERIES
2019**

Welcome to Chapel Tri Junior Aquathlon – MONDAY 27th MAY 2019

Where to find us:

The Aquathlon is taking place at [Hamble Sports Complex, Satchell Lane, Hamble-le-Rice, SO31 4NE](#)

Parking:

Free parking is available on site – Please park 1st left as you enter.

Event Timetable:

	YOUTH	TS	T1	T2	T3
Registration opens:	9:00am				
Registration closes:	9:15am	9:45am	10:10am	11:00am	12:30pm
Race Briefing	9:45am	10:15am	10:45am	11:30am	13:00pm
Race Starts	10:00am	10:30am	11:00am	11:45am	13:15pm
Prize Giving	11:15am	11:45am	12:45pm	13:15pm	14:15pm

Please be aware that these are subject to change. Please arrive with plenty of time to register, familiarise yourself with the course layout and to be poolside when required.

Please sign in at registration in the main cafe area to collect your race number and have your number written on your arms and legs. Your race number should be attached to your race belt or T-shirt and left in the transition area with your trainers and a towel.



Bring with you:

- A swim suit or Tri-suit (if swimming in a swim suit you will also need a tshirt for the run section)
- Goggles
- Race belt (we will have safety pins available)
- Jacket or other suitable top to put on in transition (if weather necessitates)
- Trainers
- Towel
- Talc, Vaseline and other transition items
- Drink/ energy provisions
- BT membership card or race license for day event
- Change of clothes for afterwards and sliders/alternative footwear to wear prior to taking part

REGISTRATION: In the Main Entrance Building.**At registration you will receive:**

- Race number (for your running belt or tshirt)
- Timing chip
- You will also have your race number marked on your arm and leg for the swim

TRANSITION SET UP:

PARENTS WILL NOT BE ALLOWED TO ENTER THE TRANSITION AREA ONCE THE FIRST RACE STARTS AT 10:00. ONLY ATHLETES WITH THE CONSENT OF THE MARSHAL WILL BE ALLOWED IN TO TRANSITION AFTER THIS TIME.

Transition set up:

Trainers (quick fastening, either Velcro or lock laces, optional)

Talc – to try and take away water/moisture from your feet and to make it nice to run in.

Vaseline – (rub a little around the heel to slip your wet foot in easier)

An old towel to stamp on to try to dry your feet (again not the one used to dry yourselves after the swim, as it will also be wet and covered in talc).

Race belt if you have one (ideal for pinning your number on).

T-shirt if you don't have a belt.

Here's an idea of the kit you should have ready for racing.



A plastic box is a good idea as it can be used to transport and store your kit as well as a cover for your shoes and towel if it's raining on race day.

RACE BRIEFING:

Please be poolside **15 minutes** before your scheduled race start time for a race briefing. Parents are not allowed in the pool area for the briefing so please ensure you are familiar with where to go.

SWIM:

You will be given a colour-coded swimming hat (to indicate starting position and to assist pool counters).

Swimmers will start in the water, either at the shallow or deep end as instructed. There will be no more than 4 swimmers in each lane. Your coloured swim hat will indicate your starting position in the lane. Swimmers will be started between 5-10 second intervals.

You will be given a 2 length warning that your designated swim distance is coming to an end. This will be a swimming float shown as you approach the deep end of the pool. Please prepare yourself for exit from the pool after 2 more lengths. All swims will end at the deep end of the pool.

It is important that as an athlete that you should be counting your own lengths to help avoid any miscounts.

If a miscount occurs please continue with your race and we will try and resolve any discrepancy at the end of the race.

During the swim, if someone catches you up you will be tapped on the foot and need to let them past. Likewise, if you catch someone up, tap them on the foot to pass by. Tumble turns are allowed if you wish to do so.

To exit the pool, climb out at the end of the lane and make your way to the open door at the side of the pool away from the windows.

TRANSITION:

To exit the pool, climb out at the end of the lane and make your way to the open door at the side of the pool away from the windows.

On exiting the pool area please do not run as we do not wish anyone to harm themselves.

Please note that ONLY competitors will be allowed in the area between the pool and transition. Spectators MUST use the route as marked to move around the venue. See Marshalls.

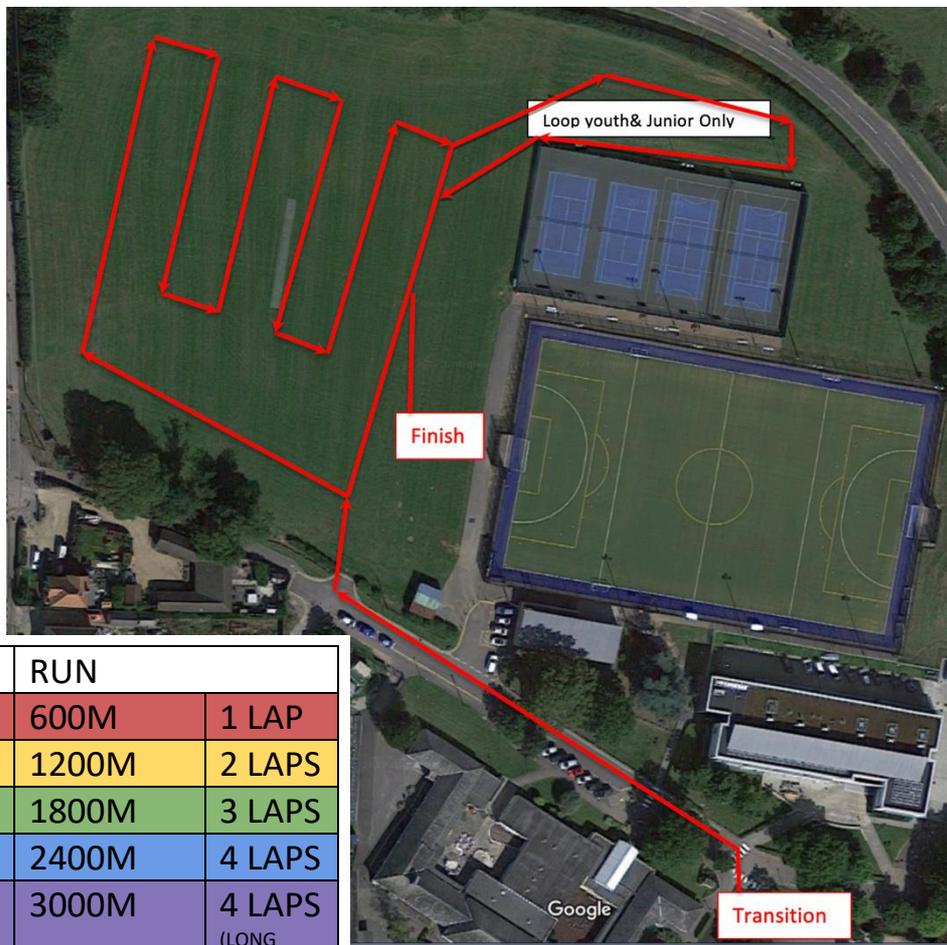
On entering the transition area, calmly and quickly prepare yourself for the run section. Remove your swim hat and goggles, put on your trainers and put on your race belt or T-shirt with number attached. Please leave your swim hat in transition for collection by the marshals.

Upon leaving transition, follow directions to the run course. Marshals will be present to guide you in the right direction. **No bare chests.** Race numbers are to be worn on the front for the run, either on a race belt or pinned to a T-shirt.

RUN COURSE:

PLEASE ENSURE YOU COUNT THE CORRECT NUMBER OF RUN LAPS.

At the end of each lap there is a split in the course. Stay right to do another lap and once you have completed the correct number of laps stay to the left to finish. The finish line is also on the playing field.



	SWIM		RUN	
TS	60M	3 LENGTHS	600M	1 LAP
T1	160M	8 LENGTHS	1200M	2 LAPS
T2	260M	13 LENGTHS	1800M	3 LAPS
T3	400M	20 LENGTHS	2400M	4 LAPS
YOUTH	400M	20 LENGTHS	3000M	4 LAPS (LONG COURSE)

FINISH:

Medals will be given out at the finish and results will be posted as soon as possible. (these will be displayed by the Skills Centre building). You can also view them LIVE on, www.race-results.info

PRIZES:

Prizes will be given to 1st, 2nd and 3rd place for the top male and female athletes in TS, T1, T2, and T3. Youth have 1st prize only for Female/Male. – This will take place in front of the Skills Centre building.

FINAL NOTES:

Could all spectators please adhere to the marshals' instructions at all times.
Please, if you have any questions throughout the event, do not hesitate to ask one of the officials, we will be glad to help.
Please remember the race is organised by volunteers/parents who give their time willingly to ensure all athletes have an enjoyable race.

Thank you for attending our Aquathlon and remember to enjoy your race. We would like this to be a fun event for all, whether it is your first time or you are a regular competitor.
A special thank you goes to Hamble Community Sports College/Everyone Active for their continued support and use of facilities, and to all the parents, friends and supporters of Chapel Tri Club without them the event would not be possible.