



HALTWHISTLE AQUATHLON

Saturday 16th April 2016

Juniors registration from 7:30am

Youth and Adults registration from 9:00am

**Welcome to the Haltwhistle Aquathlon, to be held at Haltwhistle Swimming & Leisure Centre,
Greencroft, Haltwhistle, Northumberland, NE49 9DP.**

Race Rules

The event will be run under Triathlon England rules, the current version of which can be found at http://www.britishtriathlon.org/britain/documents/about/competition_rules.pdf

Please note that when racing commences parents/ supporters may not assist competitors otherwise time penalties may occur, the level of penalty will be at the discretion of the race referee. **No pacing by cycles or on foot is permitted**, except where provided by the organisers but encouragement and praise is very welcome. Limited assistance, without penalty may be given by the marshals in case of problems for younger, inexperienced or special needs competitors – the level of help shall also be at the discretion of the race referee. The Marshals instructions must be obeyed at all times for the safety and enjoyment of competitors and spectators alike.

Etiquette

We expect every competitor and spectator to respect the race officials and members of the public alike and to act with integrity at all times, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy. Anyone found to be using foul and abusive language or behaviour towards any other person at the event will be ejected and banned from attending any further One Life organised events. The referee's decision on this matter is final. Further action may also be taken by Triathlon England or British Triathlon.

It is the responsibility of the parents, guardians and accompanying adults to ensure that your child understands these rules and that the child's equipment, clothing etc. is suitable for the race and the conditions, is correctly maintained, prepared and used.

Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner and failure to do so may result in disqualification of the competitor. As per rule 22.8 of the British Triathlon Rule Book misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening, abusive or insulting words or conduct. This could include over-zealous support and shouts of encouragement.
- Failure to obey marshals / officials instruction
- Tampering with equipment of others
- Unsporting impedance
- Handing water bottles or any other equipment (including inhalers) to, or collecting them from, competitors.

Failure to do so may result in the child's disqualification from the race and further disciplinary action being taken against the parent or accompanying adult by Triathlon England or British Triathlon.

Please consider your behaviour as an accompanying adult. Shouts of 'encouragement' can become a little 'animated' when watching your children. Do them a favour, take a step back and let them get on with their race on their own. It would be awful if your children were to be disqualified because of your actions.

Lost parents or children, welfare concerns

If you can't find the person you are looking for, go to the finish or ask any marshal for help. If you have any concerns about your safety or welfare however small, ask a marshal for help or see Katie Skinner our welfare officer.

Weather

The event will take place regardless of the weather conditions. In the event of extreme weather the race format may be altered to allow for the conditions. The race organiser will decide any alterations on the day on consultation with the referee. It is the responsibility of the competitor and their parents/ carers to ensure they are dressed appropriately for the conditions.

Parking and travel

Parking is available at the venue but is very limited. Please car share wherever possible. There are also additional public car parks in Haltwhistle if needed. Haltwhistle is also served by train and the 6:30am (gulp!) train from Newcastle or the 7:09am from Hexham will get you there by 7:30am. From Carlisle the 6:25am gets you there before 7am. The venue is an easy 5 to 10 minute walk from the station.

Registration

Registration will open at 07:30 for Tristart, Tristar 1, Tristar 2, Tristar 3 and close promptly at 08:15 and will be situated in the main sports hall. Please ensure that you have your race license if applicable (if you are a BTF member) ready for inspection at registration. Race numbers and start times will be allocated at registration.

Registration will open at 09:00 for Youth and Adults and close promptly at 09:30 and will be situated in the main sports hall. Please ensure that you have your race license if applicable (if you are a BTF member) ready for inspection at registration. Race numbers and start times will be allocated at registration.

Pre-registration will also be possible at the Wentworth Leisure Centre, Hexham, between 19.30pm and 20.30pm on Friday 15th April. If you live near Hexham, we really would appreciate it if you could pre-register on the Friday night, as it will make our job on the Saturday morning so much easier (and you will get more of a lie in!)

Timing chips will be given out as you enter the pool area so if you register on Friday evening you will not have to be in Haltwhistle on Saturday until your race briefing.

Photography/ Video recording

If you wish to take photographs or film of the event, please report to Registration where you will be issued with a badge. Only people wearing the official badges will be allowed to take photographs.

Changing

There are full changing room and shower and locker facilities available on site for all competitors. Please remember to take your belongings home with you, the race organisers cannot be held responsible for lost items.

Race Briefing

A briefing for Tristart, Tristar 1, Tristar 2 and Tristar 3 will take place at approximately 08.15 adjacent to the registration area, **the first swim wave will begin at 08:30.** It is essential that all competitors, parents and

supporters attend. There will be an opportunity to ask any questions after the briefing. The first swim wave will commence immediately at the end of the briefing.

A briefing for Youth and Adults will take place at approximately 09.45 adjacent to the registration area, **the first swim wave will begin at 10:30**. It is essential that all competitors, parents (of Youth. If you're an adult you are excused from bringing your parents) and supporters attend. There will be an opportunity to ask any questions after the briefing. The first swim wave will commence immediately at the end of the briefing.

Numbers and Race Belts

Race belts are permitted. If you do not have a race belt then your number must be pinned to the FRONT of your run kit. All competitors will be body marked for identification/recording purposes by the marshals.

Race Distances and Order of Events

Wave order is listed below. Race distances are also illustrated. Age group is determined by your age as of 31st December in the year of competition. **The first event will begin PROMPTLY at 08:30.**

Order	Age Group	Distances (approx.)
1st	TriStar Start (8 yrs)	50m swim/500m run
2nd	TriStar 1 (9-10yrs)	150m swim/1.5km run
3rd	TriStar 2 (11-12 yrs)	250m swim/2km run
4th	TriStar 3 (13-14 yrs)	400m swim/3km run
5th	Youths (15-16 yrs)	400m swim/4km run
6th	Adults (17-100+ yrs)	400m swim/4km run

Race Instructions

The Marshals instructions must be obeyed at all times for the safety and enjoyment of competitors and spectators. Full instructions will be given at the race briefing including the number of laps you will race.

Swim

Swim caps will be provided. It is compulsory to wear these during the swim section (you can wear your own if you prefer and if the colour isn't the same as someone else in your lane). Please ensure you return your cap at the end of your swim. If anyone has latex allergy please inform race officials before the event.

The swim will take place in a 4 lane, 25metre outdoor heated pool. Competitors will race in waves; there will be up to 5 competitors to a lane starting at 5 second intervals. If a faster swimmer wishes to overtake they must touch the feet of the swimmer in front, that swimmer must then let the faster person pass at the end of the length.

Tumble turns are NOT permitted due to safety reasons. The rail that runs around the edge of the pool means there is a small risk of injury when tumble turning. Lane Marshals will aim to indicate when there are 2 lengths left to swim, it is, however the competitors responsibility to ensure they complete the correct number of lengths for their age group.

Entry and exit will be at the shallow end of the pool, take care when exiting the pool as the footpath will be wet and possibly slippery. Only swimmers and officials may use the exit from the pool via the footpath when racing is in progress. If there are any special requirements please ensure you contact the race organiser prior to race day.

Transition Area

The transition area will be situated near the pool and will be pointed out during the briefing. Only competitors, parents/carers and marshals will be allowed to enter the transition area. Kit can be placed in the transition area only when competitors are called forward for their wave. Goggles and towels will then be cleared from the immediate area by marshals ready for the next wave to start. It is the competitors' responsibility to ensure their kit is in the transition area prior to their race start.

We recommend that competitors familiarise themselves with the location, entry and exit points from the transition area. If your race has finished and you wish to collect your belongings, please show consideration for other competitors who may still be racing, time penalties will be imposed for interference in the transition area. Competitors must be wearing appropriate kit when leaving transition, public nudity at any age is not permitted, tops must be worn on run.

Run

The course is a multi lap course, as with the swim it is the competitor's responsibility to ensure they complete the correct number of laps, time penalties will be imposed if laps are missed. Walking is permitted. **No 'pacing' by parents/carer's will be permitted.**

Post Race

Provisional results will be available as soon as possible after competition has finished, these will include split times where possible.

Subject to final confirmation from the North East Regional Triathlon Board, for competitors from the North East region results will automatically be entered into the NE regional series statistics.

Presentation

Will take place in the sports hall shortly after the last competitor has finished, which should be about midday.

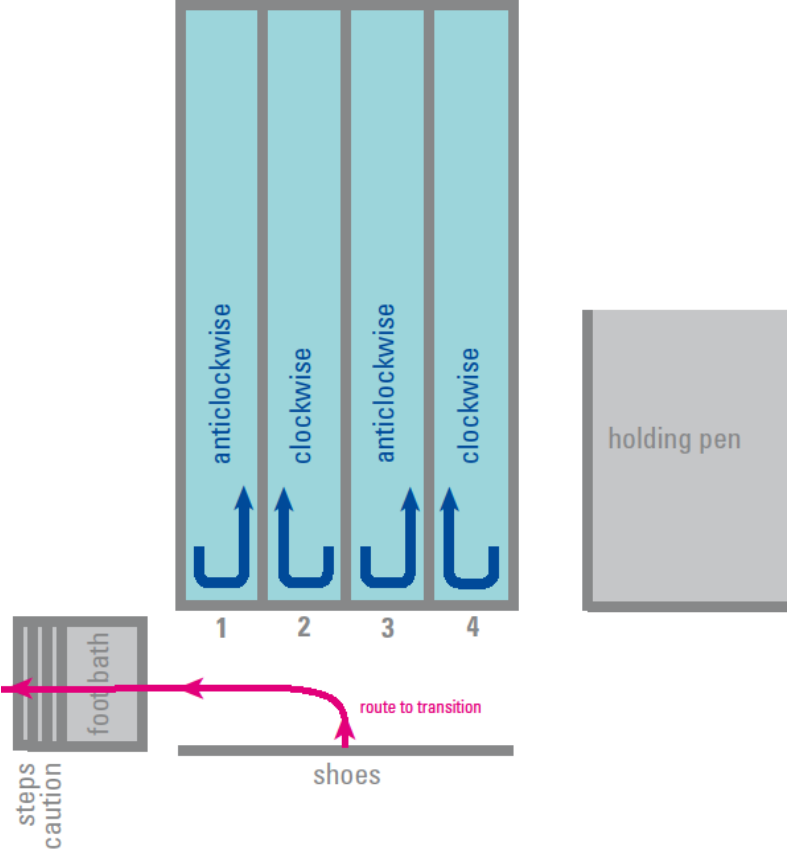
Risk Assessment

A copy of the event risk assessment can be viewed at registration.

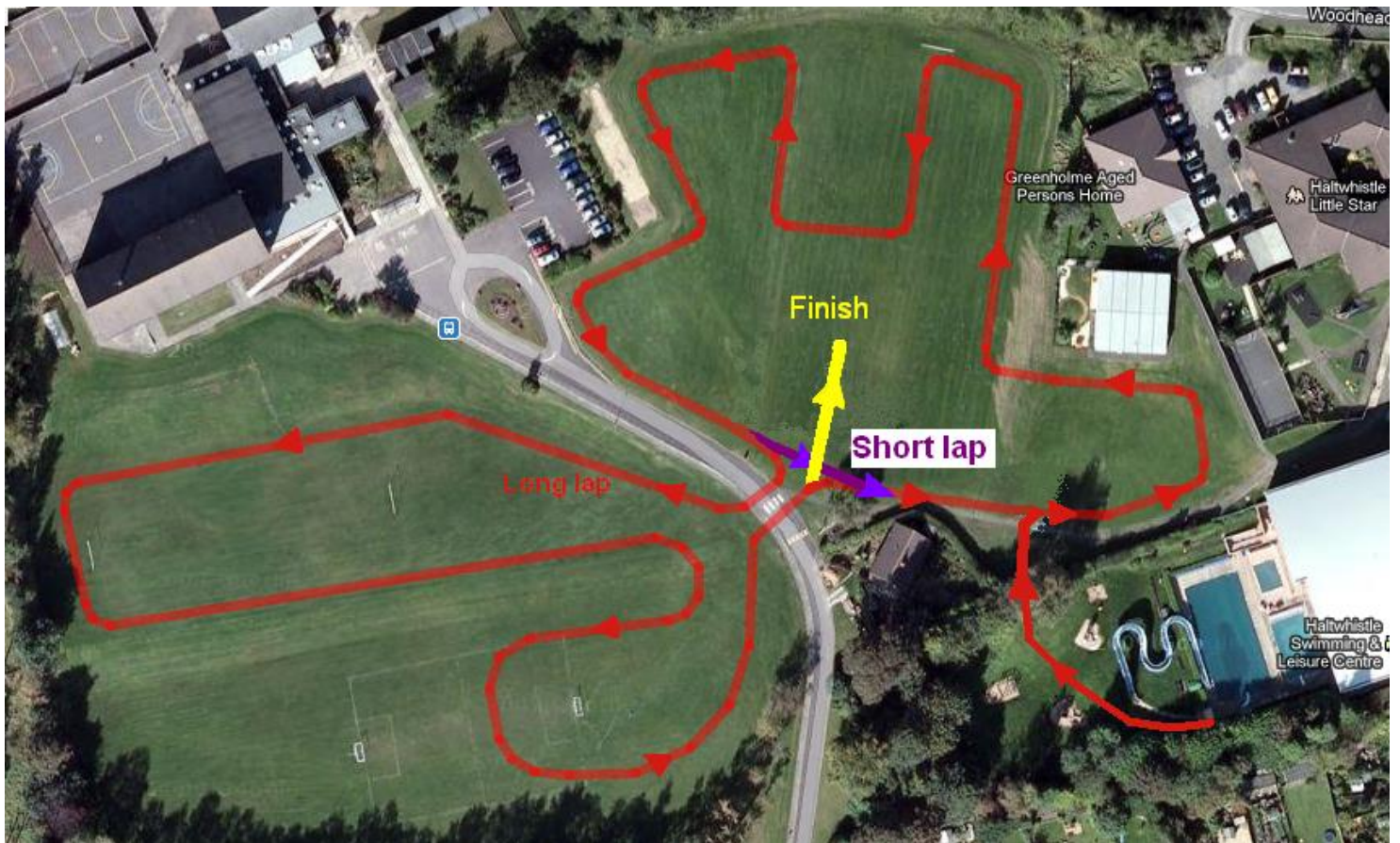
Race Organisation and Marshals

May we take this opportunity to say a big **THANK YOU to all the various volunteers** who have already come forward in order to make this event possible. However, we can never have too much help or too many Marshals, if you are willing and able to help please contact us at **events@oneliferacing.co.uk**

Pool layout



Run route



Lap(s) for each category

Tri start (500m)	1 SHORT lap
T1 (1500m)	3 SHORT laps
T2 (2000m)	2 LONG laps
T3 (3000M)	3 LONG laps
Youth (4000M)	4 LONG laps
Adults (4000M)	4 LONG laps

How to find the event

The leisure centre is situated in Haltwhistle in an estate to the rear of Main Street. It is clearly signposted from the Town centre. **Haltwhistle Swimming & Leisure Centre, Greencroft, Haltwhistle, Northumberland, NE49 9DP.**



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We hope to have signposts to the event from the A69 both East and West but please familiarise yourself with the location beforehand. The leisure centre is situated adjacent to the Middle School and is accessed through a small housing estate.

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