

# Haltwhistle aquathlon

One Life Racing



29TH APRIL 2017

Ages 8+

A fun, friendly event  
open to all



WEBSITE [WWW.ONELIFERACING.CO.UK](http://WWW.ONELIFERACING.CO.UK)

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# ONE LIFE RACING HALTWHISTLE AQUATHLON 2017 RACE INSTRUCTIONS

Thankyou for entering the One Life Racing Haltwhistle Aquathlon 2017. Please take the time to read through this information before the race. We look forward to seeing you on the 29<sup>th</sup> April.

## Registration

**Registration will open at 01:45** and will be situated in the main sports hall. At registration you will be given your race number and timing chip. Please do not lose these. We advise that you put your chip on straight away. You will also have your number written on you at registration to aid the marshals in lap counting.

Please ensure that you have your race license if applicable (if you are a BTF member) ready for inspection at registration. If you forget your licence you will have to purchase a day licence to be allowed to race.

## Race Briefing

**A compulsory race briefing will take place at approximately 2.45pm** adjacent to the registration area. It is essential that all competitors, parents and supporters attend. There will be an opportunity to ask any questions after the briefing.

## Race Rules

The event will be run under Triathlon England rules, the current version of which can be found at <https://www.britishtriathlon.org/events/competition-rules>

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 event organiser. **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 event organiser.

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.

## Numbers

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

Category	Swim	Run
Junior/Adult	400m	4000
Tristar Start	50m	500
Tristar 1	150m	1500
Tristar 2	250m	2000
Tristar 3	400m	3000
Youth	400m	4000

## Start Times

### Swim

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 competitor's 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.

Lane marshals may ask competitors to wear a swim cap to differentiate between swimmers. You may also wear your own if you want. If anyone has latex allergy, please inform race officials at the event.

## Transition

The transition area will be situated near the pool and will be pointed out during the briefing. Kit can be placed in the transition area only when competitors are called forward for their wave. It is the competitors' responsibility to ensure their kit is in the transition area prior to their race start. Competitors must be wearing appropriate kit when leaving transition, public nudity at any age is not permitted, tops must be worn on run.

Only competitors and marshals will be allowed to enter the transition area with the exception of the Tri-Star start race when parents will be allowed to help with set-up but **not** during the race.

Goggles and towels will then be cleared from the immediate area by marshals ready for the next wave to start. You will be able to collect your belongings from the picnic tables near to the exit from transition after your race. Please show consideration for other competitors who may still be racing, time penalties will be imposed for interference in the transition area.

## Run

The course is a multi lap course, 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. **Pacing of any form is not permitted.** The run route will be clearly marked however competitors are advised to familiarise themselves with the course prior to racing. Access to the course during racing is strictly for competitors and marshals only.

## Results

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

The presentation will take place in the sports hall shortly after all competitors have finished.

## 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 event organisers 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 marshal's / 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 Children

Any lost children should report to the nearest marshal who will report them to the event organisers. Similarly, any parents who have lost their child should also report to the nearest marshal.

## Welfare Concerns

If you have any welfare concerns no matter how small, please ask the event organiser. Any marshal can point you in the right direction.

A copy of the event risk assessment is available to be viewed at registration.

Please let us know if you do wish for yourself or child to be photographed or videoed at the event by contacting [events@oneliferacing.co.uk](mailto:events@oneliferacing.co.uk).

## 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.

## First Aid

If you require any first aid seek out the nearest marshal who will direct, you to one of our first aiders. Whilst in the leisure centre and pool area the centre staff will also be able to provide any first aid assistance.

## 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 event organisers will decide any alterations on the day. It is the responsibility of the competitor and their parents/ carers to ensure they are dressed appropriately for the conditions.

## 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.

## Parking

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. Please be considerate when parking and don't block people in or block driveways. It is important to keep the road clear in case of the need for emergency vehicle access.

## Travel

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.**

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.



## Thankyous

We would like to thank Haltwhistle Swimming and Leisure Centre and Haltwhistle Community Campus for the use of their facilities, StuWeb for providing the chip timing and results service, Bluseventy for the prizes and most importantly to all the marshals for giving up the time to help us, the event could not happen without the support of our volunteers.