



Hart Triathlon Series 2024

Junior Aquathlon

Thank you for entering the 2024 Hart Junior Aquathlon. We hope that the pack will provide all the information that you require. You will receive an email the week before the race with your wave time. If you do have any questions that we do not address, please do not hesitate to contact the team via email:

HartTriathlon@everyoneactive.com

Best wishes and good luck on Race Day

The Hart Tri Team



Hart Junior Aquathlon

SWIM - (Hart Swimming Pool 25 metres, 6 Lanes). No diving, in pool start. Staggered start of competitors every 10-15 minutes, the first wave of swimmers will start at 13.00. Please report to poolside 10 minutes before your swim time to assist organisers.

RUN - The run route will take place around the car park.

Tri Star Start 1 full Lap – 600m

Tri Star One 2 laps (1 full Lap, come in on the second lap) - 1,200m

Tri Star Two 3 laps (2 full Laps, come in on the third lap) - 1,800m

Tri Star Three 4 laps (3 full Laps, come in on the fourth lap) - 2,400m

Youth 5 laps (4 full Laps, come in on the fifth lap) - 3,000m

Distances of each Race Category

Category	Age*	Swim	Run
Tristar Start	8 years	50m	600m
TriStar 1	9-10 years	150m	1,200m
TriStar 2	11-12 years	200m	1,800m
TriStar 3	13-14 years	300m	2,400m
Youth	15-16 years	400m	3,000m

*AGE AS OF 31/12/2024



Race Registration

Race Registration will be open from 11.30am inside the leisure centre. At registration you must sign in, produce your current Race Licence or sign up to the day membership (please see below). All BTF Members that cannot produce a current race licence at registration shall pay the appropriate day membership fee in order to compete. You will be issued with your race numbers at registration along with your race timing chip. Please place the timing chip around your left ankle with the band provided. You will have your race number written on your arms and legs with a permanent marker. Race numbers must be clearly visible on your front for the run. Once registered please place any running equipment in the transition area.

Transition

Transition will be situated in the Leisure Centre car park and will be a secure, marshalled area where only competitors and officials will be permitted to enter. Please can we ask competitors not to bring large bags and boxes into the transition area as they can obstruct other competitors. Please ensure that all mobile phones are either turned off or are on silent mode whilst in the transition area.

Day Race Licence

If you are a non BTF Member the extra charge you paid on your entry fee will provide you with a day race licence with the BTF.

Accident/Injury/First Aid

In the event of a personal accident or injury during the race please make yourself known to the nearest marshal, who shall assist you in gaining the appropriate medical attention.

Changing Facilities

Dry side and wet side changing facilities will be available before and after the event.



PARKING AND ACCESS

Competitors are kindly requested to park in the school opposite the centre. Please be aware parking is limited and we would be grateful if competitors could car share where possible.

Spectators

The swim section of the race can viewed from the pool terrace. Alternatively spectators can congregate at the finish line in the car park which is adjacent to the centre.

Results

The results will not be posted out but will be made available on our race website.

Food

Catering will be available at the event but competitors are advised to bring snacks and plenty of fluids!

Photo Consent

Parents/guardians who do not wish photos to be taken of their children must inform the child not to take part in any photos. Children who do not have photo consent must wear the 'No Photos' sticker provided to prevent photos being taken of these individuals.

Triathlon Rules

For British Triathlon Federation (BTF) rules please log onto their website www.britishtriathlon.org.