



NATURES WAY FOODS CHICHESTER TRIATHLON SERIES RACE INFORMATION PACK

Adult Sprint Distance Aquathlon, Aquabike, and Duathlon Races

Thank you for entering the 2023 Natures Way Foods Chichester Triathlon. 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:

ChichesterTriathlon@everyoneactive.com

Best wishes and good luck on Race Day

The Chi Tri Team



Sprint Distance Aquathlon

- SWIM - 400m 12 lengths. No diving, in pool start. Staggered start of up to 30 competitors every 15-20 minutes. Please report to poolside 15 minutes before your swim time to assist organisers. Swimmers will be tapped on the head when they have 2 lengths to go, but please count your own lengths also. The first wave of swimmers will start at 9am.
- RUN - 5km (Please follow yellow and black signs)

Sprint Distance Aquabike

- SWIM - 400m 12 lengths. No diving, in pool start. Staggered start of up to 30 competitors every 15-20 minutes. Please report to poolside 15 minutes before your swim time to assist organisers. Swimmers will be tapped on the head when they have 2 lengths to go, but please count your own lengths also. The first wave of swimmers will start at 9am.
- BIKE - 33km (Please follow yellow and black signs) Competitors will not be allowed to start without a fastened helmet! Drafting is not permitted. Your finish time will be taken at the point at which you enter Bike In. You may walk/jog/run though the finish gantry at your discretion

Sprint Distance Duathlon

- RUN - 5km (Please follow yellow and black signs). The first wave of runners will start at 10am.
- BIKE - 33km (Please follow yellow and black signs) Competitors will not be allowed to start without a fastened helmet! Drafting is not permitted.
- RUN - 5km (Please follow yellow and black signs).

Race Registration

Race registration will be open from 6.15am in the Westgate Leisure Centre Sports Hall. 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. Numbers must be clearly visible on your back for the cycle and the front for the run. You will be issued with 2 stickers; please place one on the front of your bike helmet and the second one to the seat post of your bike. Once registered please rack your bike in the transition area.



Transition

Transition will be situated on the adjacent Chichester College's front field 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 note if you are a team entry, from swim to bike transition it is safer for the swimmer to tag, pass the chip, then bike to be un-racked. Your helmet can be on and fastened before the tag. From bike to run transition your bike must be racked first before you tag and pass the chip to your run team member. Your helmet may remain in place while the chip is passed. Please ensure that all mobile phones are either turned off or are on silent mode whilst in the transition area.

Finish and Chip Timing

The finish is located on the adjacent college field through a funnelled finish and inflatable arch. Once through the finish please collect your goodie bag and put your race timing chip in the bin provided. Please note that any competitor who does not return their chip will be charged a £5 replacement fee.

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. Lockers require a £1 coin, which is refundable.



Parking and Access

Competitors are kindly requested to park in the pay and-display multi-story car park which is opposite Westgate Leisure Centre due to restricted car parking at the centre. Please be aware Sunday car parking charges now apply and competitors are not permitted to park within Waitrose Supermarket.

Spectators

Spectator facilities at the pool are rather limited but swimmers can be viewed from the pool terrace or cafeteria. Alternatively spectators can congregate at the finish line on the Chichester College front playing field which is adjacent to the centre.

Results

The results will not be posted out but will be made available on our website www.everyoneactive.com/chichester-triathlon

Food

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

Triathlon Rules

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