



NATURES WAY FOODS CHICHESTER TRIATHLON SERIES RACE INFORMATION PACK

JUNIOR TRIATHLON

Thank you for entering the 2023 Natures Way Foods Chichester Junior 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



Natures Way Foods Chichester Junior Triathlon

- **SWIM** - (Westgate Swimming Pool 33.3 metres, 6 Lanes). No diving, in pool start. Staggered start of up to 25 competitors every 15-20 minutes, the first wave of swimmers will start at 13.00. Please report to poolside 10 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.
- **BIKE** - The bike route will take competitors out onto a closed road adjacent to the Chichester College Campus.
- **RUN** - The run route will take place around the Westgate Leisure Centre and the adjacent Chichester College Campus. The run surface will be a mixture of grass and tarmac.

Race Distances

		SWIM	BIKE	RUN
Tristar Start	8 years	33m	1,500m	600m
Tristar 1	9-10 years	133m	3,000m	1,200m
Tristar 2	11-12 years	200m	4,500m	1,800m
Tristar 3	13-14 years	333m	6,000m	2,400m
Youth	15-16 years	400m	7,500m	3,000m

Please Note: A competitor's age is taken as of the 31/12/2023.



Race Registration

Race Registration will be open from 12.00 in the Westgate Leisure Centre Sports Hall and will close at 2.30pm. 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 then be issued your race number, transition band and race timing chip. Please place the timing chip around your left ankle with the band provided. Once registered please take your bike and running gear to the transition area and be on poolside at least 10 minutes before your wave time.

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 Access

Competitors are kindly requested to park in the pay-and-display multi story car park located opposite Westgate Leisure Centre due to restricted car parking at the centre. Please note car parking is not permitted at Waitrose supermarket for this event.

Spectators

Parents and spectators will not be permitted on poolside or in the transition area but swimmers can be viewed from the pool terrace or cafeteria. Spectators can also congregate around the outside of the transition area or at the finish line; which are both located on the Chichester College front playing field, which is adjacent to the Centre.



Results

The results will be made available on our race 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!

Clothing

It is advisable to bring the following: swimming costume, goggles, trainers, shorts and t-shirt for when you are competing, wet weather gear and a coat if it looks like rain, warm clothing for when you are not competing and a hat, sunglasses and sun lotion if it is going to be a hot day!

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.