



## **NATURES WAY FOODS CHICHESTER TRIATHLON SERIES RACE INFORMATION PACK**

### **JUNIOR AQUATHLON**

Thank you for entering the 2024 Natures Way Foods Chichester 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: [ChichesterTriathlon@everyoneactive.com](mailto:ChichesterTriathlon@everyoneactive.com)

Best wishes and good luck on Race Day

*The Chi Tri Team*



### **Natures Way Foods Chichester Junior Aquathlon**

- SWIM - (Westgate Swimming Pool 33.3 metres, 6 Lanes). No diving, in pool start. 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.
- RUN - The run route will take place around the Chichester College Campus. The run surface will be a mixture of grass and tarmac.

### **Race Distances**

		SWIM	RUN
Tristar Start	8 years	33m	300m
Tristar 1	9-10 years	133m	1,000m
Tristar 2	11-12 years	200m	1,350m
Tristar 3	13-14 years	333m	1,700m
Youth	15-16 years	400m	2,050m

Please Note: A competitor's age is taken as of the 31/12/2024.

### **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 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 or a locker token which can be purchased from the Westgate reception.

### **Parking and 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](http://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.

### **Aquathlon Rules**

For British Triathlon Federation (BTF) rules please log onto their website [www.britishtriathlon.org](http://www.britishtriathlon.org).