



ILKLEY AQUATHLON

Saturday 16th September 2017

Competitor Information

Thank you for entering the Ilkley Aquathlon. The event has been organised for Ilkley Swimming Club and Ilkley Harriers and is organised under British Triathlon rules. We would like to thank Yorkshire Runner for supplying the race numbers and the Co-op for supplying bottled water. We hope you have a fun and successful day.

Set out below is some information about the event and some useful tips to help you, especially if this is your first Aquathlon.

Before Race Day

Make sure all your race equipment is ready and packed and you have read the top tips at the end of this document.

Tri suit or swimming costume and T-shirt, goggles, running trainers and if you wish a small towel, swim hat and number belt or safety pins.

Directions and Car Parking

Ilkley Swimming Pool is on Denton Road, LS29 0BZ. There is good parking in the swimming pool car park or alternatively park considerately on surrounding streets (but not on Denton Road!). There will be some coned off areas around the lido to allow Ilkley Triathlon organisers to set up for the race the next day – please do not park in these areas.

Registration

This will take place in the café area of the lido next to transition. Registration will open from 11.30 pm and will close at 1.20pm. Please arrive early to avoid long queues. Later registration will be available for Tri 3, youth and adult competitors only by prior arrangement. BTF members please ensure that you bring your valid membership card to claim back your day membership fee. No card, no refund (1 child/£3 adult).

Please register by name and age group. You will be given everything that you need for the race, including your race number, wave number and estimated start time and will have your race number marked on your arm and leg.

Course maps and the full list of waves with approximate start times will be available on the notice board at registration area on the day.

Please note that Dogs are not permitted in the lido so please do not bring them to the registration/transition area but are fine on leads by the run course where the coffee van/cake and bun stall will be.

In addition, following registration and race briefing the lido / café area will not be accessible for supporters.



Changing Rooms and Toilets

The main toilets and changing rooms are located adjacent to the swimming pool and give direct access to the pool. **These facilities are for athletes only.** Competitor are asked not to leave items unattended, lockers are available for a £1 returnable fee. There are also outside toilets, which non-competitors are kindly requested to use.

Transition Area

Before your race begins you will be required to put your running gear in the transition area which is in the grounds of the lido. The transition area will be marshalled and cordoned off.

Transition will be divided into different marked sections for each age group so please look out for the signs, or ask the transition marshals. Please only use dedicated zones. Due to the high number of athletes we **request no parents in the transition area during setting up.** The marshals will assist if required.

***Only competitors** will be allowed into the transition area and they must carefully follow the marshal's instructions to avoid collision with those racing. This also includes collecting items from transition.*

Trainers, t-shirt and a small towel (optional) are placed in the transition area. **No boxes or bags will be permitted to be left in transition during races and will be removed.** Please use lockers for all other items.

Your race number should be attached in all four corners to the **front** of the **t-shirt/vest** that the competitor will be wearing during the run. Alternatively it can be attached to a **number belt which is to be worn at the front.** Remember that your race number needs to be clearly visible and not folded or changed from its standard size in any way, otherwise you will get a time penalty.

Briefing

One race briefing will take place at approximately 1.30pm by the registration area. Following the briefing we ask you watch the event from the pool viewing or run area, the lido / transition area will be for athletes only.

The Event

Swim: The indoor pool is 25m long and will have 6 lanes. You should ensure that you are on pool side 15 minutes before your **estimated** swim time. The full list of waves with approximate times will be available on the notice board at registration area on the day. You will need to listen to instructions from the swim marshal to be put into race order for your wave. The Tri Starts (2009 year of birth) will race first with the first swim wave starting at 1.45pm.

The marshal at the pool will check your race number and direct you to your lane. Only 2 swimmers will be in a lane at any one time. You will be told which side of the lane to swim up and down for the whole of your swim race. Do not get into the water until directed to do so. You will start in the water (no diving is permitted) at the same time as up to 11 other swimmers. Tumble turns will be permitted. **Backstroke is not permitted.**

Lap counters will tell you when you have 2 lengths to go by placing a float in front of you as you approach. They are there to help you but **it is your responsibility to make sure you do the correct number of lengths so please count yourself.**



| Age Group | Lengths to Swim | 1 st wave approx. swim start time |
|-----------------|-----------------|--|
| Tri Start | 2 (50m) | 1.45pm |
| Tristar 1 | 4 (100m) | 2.00pm |
| Tristar 2 | 8 (200m) | 3.00pm |
| Tristar 3 | 12 (300m) | 3.50pm |
| Youth and Adult | 16 (400m) | 4.20pm |

Transition: At the end of the swim you will need to climb out at the deep end and, as directed, **walk** (for safety reasons) out of the pool area through the middle doors to the lido. Please remember to walk otherwise you will receive a time penalty! Remember your race time does not stop, so put on your trainers and t-shirt as quick as possible. You are required to have two shoes on and your torso covered, and your race number clearly visible on the front (either pinned to t-shirt or number belt). Nudity is not permitted, however many women/girls run in their swimming costumes but men/boys are required to either put on a t-shirt or wear a tri-suit (which covers their upper body).

Please note, parents will not be allowed to view race from, or enter, the transition area.

Run: From transition you will run out from the top end of the lido behind the pool building to the gates at the top of the car park. There will be a safety marshal here stopping any traffic to ensure a safe crossing to the field. You will then run clockwise around the run course where you will be required to complete the number of laps for your race category. You will be given bands to confirm the number of laps that you have done. When you have completed your laps run through the finish line with a smile and receive your well-earned medal. Drinks will be available at the finish and on run course.

| Age Group | Run Laps (distance) | Number of bands |
|-------------------------|---------------------|-----------------|
| Tri Start | 1 (600m) | 1 |
| Tri Star 1 | 2 (1200m) | 2 |
| Tri Star 2 | 3 (1800m) | 3 |
| Tri Star 3 | 4 (2400m) | 4 |
| Youth, Junior and Adult | 5 (3000m) | 5 |

Please remember that you must take a band when you start each lap. This means that you will finish with the same amount of wristbands as laps you have run and these will be checked. Please make sure that you return all bands at the finish line.

Collecting your kit after the race

After you have finished your race you will need to go back into the transition area to collect any items you have left there. Please go to the transition area via the main lido entrance. Unless you are one of the last groups off it is likely that other competitors will still be racing and using the transition area, so please wait by the taped transition area until the marshals indicate it is safe for you to collect your things.



Parents / Supporters

Only competitors are allowed on poolside, in transition area or on the run route during the event.

There is a spectator area next to the pool where you can watch and encourage your child, and you can watch at any point around the run route, outside of the taped areas, without impeding the role of the marshals. The middle of the run course will be out of bounds to all non-competitors.

No assistance is to be given to participants at any stage during the event, it is against the rules and your child could be disqualified for it. This includes running alongside them.

Encouragement of participants is welcome, but please avoid putting undue pressure on your child. It should be fun!

Good Conduct

We would like all children taking part and parents/supporters to enjoy the day and behave fairly. Please do not obstruct other children during the race, be aware of others racing around you, treat others how you would hope to be treated. Aggressive or rude behaviour towards other competitors, marshals or officials from children or parents/supporters will not be tolerated and will lead to disqualification.

Photographs

If you wish to take photographs at the event please register at the registration as in compliance with the BTA child Protection Policy. No photography is allowed in the pool area. Please inform registration if you do not wish your child to be on any public photographs after the event.

After the Race

There will be a refreshment tent on the field selling cakes and buns and a coffee van. Please do bring a picnic as there is no other catering facilities at the Lido. Please do stay and cheer on others as they cross the finish line.

Results and Presentation

Your individual time will be available to as soon as you have finished racing. Full results will be published on <https://racebest.com/races/ilkley-aquathlon> within 48 hours of the event.

There will be prizes for the top 3 in each age/sex category. Presentations will be at:

Tri Start and Tri Star 1 – approx. 3.00pm

Tri Star 2, Tri Star 3, Youth and Adult – approx. 5.15pm

Rules

The event will be held in accordance with British Triathlon rules. A copy of these rules can be obtained from the web-site (www.britishtriathlon.org). The event referee will be wearing a grey British Triathlon jacket or top and will be able to answer any further questions you may have on the day. The referee will also enforce any penalties/hear any appeals.



Top Tips

- Don't try anything new in the race –practice with it before!
- Eat a good meal to provide you with race energy but make sure you eat it at least 1 hour before your event so that you don't feel sick when swimming
- Arrive in good time and familiarise yourself with the course
- Pace yourself –don't sprint the first length in the pool and then suffer for the rest of the event.]
- Stay safe and watch out for other runners and members of the public
- Practice putting on your t shirt whilst wet and find the best position to lay your t-shirt and trainers so that you can put them on quickly.
- Elastic laces or velcro straps are quicker to fasten than ordinary laces. This is essential if your child cannot tie laces as no help will be allowed to be given to competitors during the race.
- You might want to use some talcum powder in your shoes to help get them on.
- Bring a drink and snack for after the event.
- Try not to stop –you can walk if you need to, but try to keep going
- Ask questions at the race briefing. If in doubt, ask a race marshal
- Bring warm, dry clothing for after the event
- Bring spare trainers or flip flops to wear once your trainers are in transition. They are also useful for after racing as your trainers will be wet.
- No littering please
- MOST IMPORTANTLY -Enjoy yourself and have fun

We thank you for supporting the event and look forward to seeing you on Saturday 16th September.