



ROE VALLEY JUNIOR TRIATHLON

Hey there!

RE: ROE VALLEY JUNIOR TRIATHLON SATURDAY 7th SEPTEMBER 2019

On behalf of Triangle Triathlon Club I would like to thank you for your entry to the Roe Valley Junior Triathlon. We are so excited that we have so many entrants and hope that everyone has a fun packed and safe day!

There is an immense amount of information contained within this document – most of it will be new to our young audience but don't be concerned – there will be plenty of help on the day to help guide our future stars. We will **not** be timing any races and as things can change on the day we can only provide you with the following **estimated** schedule:

9.30 – 11.30 Event Registration – All Events – Fees payable on day plus racing licence (excludes TI entries and members)
9.30 – 11.30 Transitions 1 & 2 Open!
Please note: This is the only time parents will have access to the transition areas

Please Note – for safety reasons road bikes are not allowed. If you attempt to enter transition area with a road bike you may be refused – please don't put your race at risk !

11.45 – 12.00 Event update – there will be multiple briefings by event and wave. We will outline this during the allocated time.
12.00 – 12.15 Duathlon Event (Run-Bike-Run) – We're going to try and get the Duathlon off early this year but please note, for safety reasons this may change on the day.
12.00 – 12.15 Aquathon Event Waves (Swim – Run)
12.15 – close Triathlon Event Waves (Swim-Bike-Run)

As we have a significant number of entrants over multiple heats we would ask that you be patient on the day. Announcements on start times and upcoming heats will be made within the Leisure Centre and on the playing fields.

One final note; the cycle route and running track are situated inside the playing fields access. Access will only be granted through dedicated points accompanied by a marshal. This is exceptionally important from a health & safety perspective. Please respect the instructions of the marshals at all times – **not only are they giving up their own time but they are there to protect your children!**

I wish to thank on your behalf the following people/organisations.

- (a) Triathlon Ireland
- (b) Roe Valley Leisure Centre
- (c) St Mary's High School
- (d) All marshals and the transition assembly teams
- (e) Our First Aid people - let's hope they are not needed!
- (f) All volunteers for their enthusiasm and dedication
- (g) Our sponsors Northern Velocity, Connected Talent, Fasthouse, Tesco, G Devlin Motors, IP Options, Spectrum Kitchens & Bathrooms, The Tyre Centre, Xperience Group, Bradagh Interiors, Irwin Mechanical Integrated FM
- (h) Hopefully I haven't missed anyone and if I have thank you !

To ensure you have a fun and safe day it is essential that you read the attached instructions very carefully – we will also be on hand to help make the event as smooth as possible

Yours sincerely,

Mervyn Kelly
RACE DIRECTOR

IMPORTANT INSTRUCTIONS – PLEASE HELP US MAKE THIS THE SAFEST RACE EVER !

Registration

1. Please register on time. The registration area will be clearly marked - please follow directions.
2. The registration tables will be clearly marked. We will have two for triathlon and one for the Aquathon & Duathlon.
3. **You will be asked to sign a standard waiver form and read some other important information. The waiver form must be signed by all parents. At least one parent / guardian must be present at registration and remain within the area of the Leisure and the playing fields for the duration of the event.**
4. **You will need to purchase a One Day Race Licence – this is a mandatory requirement as stated by Triathlon Ireland.**
5. At registration you will be given one race number and enough safety pins to attach this to your race top. If you are in the triathlon or Aquathon we suggest you put on a tee-shirt after the swim – the number should be attached to this.
6. If you have entered the Triathlon or Aquathon you will be issued with your swim lane – we will also have posters displaying lanes on the wall close to the registration area
7. At registration you will also receive a goody bag - - we hope you like it!

The Swim

1. On entering the pool please leave your trainers on the bench provided. For those of you doing the Aquathon please also leave your tee shirt which will have your race number also attached.
2. Swim distance will vary dependent on your age and event. You must bring your own swim cap. If there are 2 colours the same in any one lane we will give you a different coloured one which you can put over your own if you like. Please adhere to the marshals instructions as this this will help us count your lengths.
If you feel you cannot complete your lengths don't worry – just wait until the last person has completed their lengths and you can move on. Laps/Lengths required are as follows:

Aquathon

Primary : 6 laps / lengths
Group A : 10 laps / lengths
Group B : 18 laps / lengths

Triathlon

Primary: 4 laps / lengths
Group A: 8 laps / lengths
Group B: 16 laps / lengths

3. There will be swim direction boards on the wall behind the deep end – please swim in the right direction as it's much safer.
4. For safety reasons we cannot allow **Tumble Turns**
5. If you have been given a swim cap please drop it as you get out of the pool as it may be needed for the next race
6. Make your way to the benches and put on your trainers (and tee-shirt for Aquathon) – take your time as this will probably make you quicker!
7. Please exit the swimming pool carefully and then you can move quickly to the bike / run transition area – this will be well marked and there will be marshals to show you to **Transition 1** for the Triathlon or the run route for the Aquathon

The Bike – Please Note – for safety reasons road bikes are not allowed. If you attempt to enter transition area with a road bike you may be refused – please don't put your race at risk !

1. Once you have located your bike, please put your tee-shirt on and then your helmet - if you do it in that order it will make it a lot easier. Your helmet must be clipped and secure before you can head out to the cycle course. We will have marshals on hand to help kids get their bikes from the racks and clip their helmets if required.
2. The bike course is on grass and very safe – **it is your responsibility to count your own laps!** On your final lap you will turn off to **Transition 2**

We've calculated the following number of laps per category as follows:

Duathlon

Primary: 3 laps
Group A: 6 laps
Group B: 8 laps

Triathlon

Primary: 3 laps
Group A: 6 laps
Group B: 10 laps

3. At the end of the last lap you will be directed to **Transition 2** which is for the return of your bikes and start of the run phase. Again we will be on hand to help guide entrants and take bikes from them. Helmets must not be taken off until bikes have been safely handed over to a marshal.

The Run

1. You will leave the transition area at the opposite end to where you entered it. Please listen to the marshal's instructions and make your way to the running course. This too is on grass and again **it is your responsibility to count your own laps!!** On your last lap you will turn off to the Finish Line!!!

We've calculated the following number of laps per category as follows:

Aquathon

Primary: 2
Group A: 4
Group B: 8

Duathlon

Primary: 1 lap at start; 1 lap after bike,
Group A: 2 laps at start 2 laps after bike
Group B: 4 laps at start; 3 laps after bike

Triathlon

Primary: 2 laps
Group A: 4 laps
Group B: 6 laps

2. Once you have completed your laps make your way to the finishing line and make sure to smile for all the pictures which will be taken by your friends and family. You'll also be given a medal to mark your great achievement. **As there will probably be bikes on the course we will only allow entrants to exit through designated areas accompanied by a marshal**
3. Photographs. These may be taken by press or by other people. If you object, please let us know.

Please note after the transition areas close @ 11.30 we will only be allowing kids into the transition areas. We know that they will be full of beans and may get themselves into a muddle but we will be on hand to help !!! If you do not want us to help your child then please let us know and they can finish the event at any stage.

QUICK REFERENCE GUIDE

Some of this may seem a little daunting for kids (especially primary school). So I've created a couple of pointers:

The single most important thing is to have fun. This is your race and it's the taking part that counts !!!

1. Swimming

- a. Remember your goggles and swim hat
- b. We will count your lengths but if you can't complete wait until the last person is finished then get out and move to next area
- c. Remember your trainers are at the side of the pool – put some powder in them – this will help them go on easier!

2. Biking

- a. **Please Note – for safety reasons road bikes are not allowed. If you attempt to enter transition area with a road bike you may be refused – please don't put your race at risk !**
- b. Please bring a bag to hang over your handlebars for t-shirt and shorts. If the weather is poor this will keep them dry !
- c. Remember where your bike is ... if you don't see it immediately don't panic – ask a marshal - it will be in there somewhere and we'll find it together!
- d. Remember to put on your helmet and clip it – you won't be allowed to go out onto the bike course without it securely on. We will be checking helmets are secured and can assist securing them!
- e. If you are struggling with anything attract the attention of a marshal – they are there to help!

3. Running

- a. Start off easy – it will feel slow but remember you've just come off your bike and you were going faster on it !
- b. Count your laps
- c. **Smile at the finish line ☺**



YOU FINISHED IT!
It always seems impossible until it's done

EVENT DISTANCES & FORMAT – QUICK REFERENCE

Event			
Aquathon	Swim (laps/lengths)	Run (laps)	
Primary	6	2	
Group A	10	4	
Group B	18	8	
Duathlon	Run (laps)	Bike (laps)	Run (laps)
Primary	1	3	1
Group A	2	6	2
Group B	4	8	3
Triathlon	Swim (laps/lengths)	Bike (laps)	Run (Laps)
Primary	4	3	2
Group A	8	6	4
Group B	16	10	6

TRANSITIONS – SOUND COMPLICATED BUT EASY

Aquathon

Swim -> Run -> Finish

Duathlon

Run -> Transition 1 -> Bike -> Transition 2 -> Run -> Finish

Triathlon

Pool -> Transition 1 -> Bike -> Transition 2 -> Run -> Finish

