



## ***Junior Triathlon Race Briefing Document.***

### ***General information:***

- Registration is open from 9am.
- Race packs (containing numbers, bike stickers and race licence) should be collected from registration before 10am.
- Please attach one sticker to the front of your helmet and one to the front of your bike. You will need to rack your bike just before your wave starts, the racking will not be numbered so please choose your spot
- At registration you will also need to get marked up for the swim.
- Race briefing is compulsory and will take place 5 minutes before the start of your wave at poolside.
- The course will be clearly signposted. If you need to retire from the race at any point please inform the nearest marshal so that they can communicate with the race HQ.
- Transition is split; therefore once the bike course has been completed competitors need to dismount at the dismount line hand your bike to a marshal, and place your helmet in one of the plastic boxes. (They will be obvious). Then you will commence the run course.

### ***Swim***

Competitors need to be poolside with goggles and swim hat for the race briefing. The swim will commence straight after the briefing. There will be no more than 2 in a lane, and competitors will start in the water. No diving starts or tumble turns. A float will be waved in the water with 2 lengths to swim. However, please keep count of lengths. Please take care when exiting the pool as the surface will get slippery.

### ***Transition 1:***

Competitors' trainers and tops should be placed in Transition 1, where your bike will be racked. On entering transition, competitors must fasten their helmets before removing their bikes from the racking. Junior race numbers should be worn on the front. Do not mount your bike until you have reached the mount line.

***Bike section:***

- The bike section is entirely on grass and is flat.
- No drafting!!!!
- If you are overtaking a fellow competitor please warn them. If you hear a warning from behind, please ensure that you allow sufficient room to pass.
- Please shout your number to the officials each time you pass or enter transition.

***Transition 2***

Competitors need to dismount before the dismount line and hand their bike to a marshal situated in transition. There will be plastic boxes in transition for helmets. Please make sure that helmets are not removed until bikes are racked / given to marshals.

***Run section:***

- The run is entirely on a flat grass surface and is suitable for normal road or off road trainers. Please make sure race numbers are pinned to your front.
- There will be prizes for the top 3 boys and girls in each age group. Prize giving will be straight after the final wave.

All results will be published on the TriPurbeck website [www.tripurbeck.com](http://www.tripurbeck.com)