



## ***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 10 o'clock.
- 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 race at poolside.
- The course will be clearly signposted with marshals at every junction. 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.

### ***Swim***

Competitors need to be poolside with goggles and swim hat for the race briefing. The swim will commence straight after the briefing. No diving starts. 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 will be lined up against the wall just outside the pool exit. You will then make your way to Transition 1, where your bike will be racked. On entering transition, competitors must fasten their helmets before removing their bikes from the racking. Do not mount your bike until you have reached the mount line.

### ***Bike section:***

- No drafting!!!!
- Be mindful on the bike please, the grass may be slippery in places, and there are some sharp turns as well.

- 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.

Bike laps:

Tristart - 1 lap

Tristar 1 - 2 laps

Tristar 2 – 3laps

Tristar 3 – 4 laps

### ***Transition 2***

Competitors need to dismount before the mount line and hand 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 will commence down hill, the surface may be wet, so please take care.
- The run route is laps around the school field. The course is fully taped and the number of laps depends on the category of race:
- The run is on grass but suitable for normal road or off road trainers. Please make sure race numbers are pinned to your front.
- All competitors will receive a medal, there will be prizes for the top 3 boys and girls in each age group. Prize giving will be straight after the final wave.

Run laps:

Tristart - 1 lap

Tristar 1 - 2 laps

Tristar 2 – 3laps

Tristar 3 – 4 laps

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