



## TRISTAR, YOUTH, JUNIOR & SENIOR AQUATHLON 16<sup>th</sup> May 2010

The location, Pools on the Park, Spring Health Leisure Centre, Old Deer Park, Richmond TW9 2SF.

### Travel:

Trains: Richmond over-ground and underground station is a 2 minute walk from the leisure centre.  
 Bus: 65, 90, 190, 290, 391, R68, R70, H22, 371, R61 all stop at Richmond Station. 33, 337, 415, R69 also stop in central Richmond.

Car: There is only pay and display parking by the Pool. Overflow parking can be found on the opposite side of the A316 which is connected to the venue by a bridge walk-way. There is another running event being held in the park on the same morning so please arrive early to ensure availability of parking.

### Registration:

Registration will be open from 07:00 – 07:45 inside the Pool's Café area.

First wave, which will be the adults, will set off at 08:00 prompt followed by Tristart - Junior (no late entries allowed). Please bring your BTF membership card to registration if you have one otherwise you will be required to pay a day membership fee of £2.00 for Juniors and £5.00 for Seniors (unless paid with entry form).

There will be an athlete's village next to the finish area with refreshments and food.

Each leg of the race for each age group will be colour-coordinated. The colours for the individual age groups are given below.

The race categories are as follows (age as of 31<sup>st</sup> December 2010):

Age Group	Age	Swim	Run
Tristart	8	60	500
Tristar 1	9 - 10	180	1200
Tristar 2	11 - 12	240	1800
Tristar 3	13 - 14	300	2400
Youth	15 - 16	420	4000
Junior	17 - 19	540	5000
Senior	20 +	540	5000

### Race Briefing:

Will be by the pool side at 07:50 so please ensure you are there on time.

### The swim:

The swim will be in the 30m outdoor pool and we will start with seniors at 08:00, swim start times will be based on the estimated swim time put on the entry form.

There are steps at the start and finish end of the pool and so there will be a board to touch as at the turning point. Swimmers are required to touch the board and then turn **NO TUMBLE TURNS ALLOWED THIS END.**

Lengths to be swam are as follows:

Tristart: 2 lengths  
Tristar 2: 8 lengths  
Youth: 14 lengths  
Senior: 18 lengths

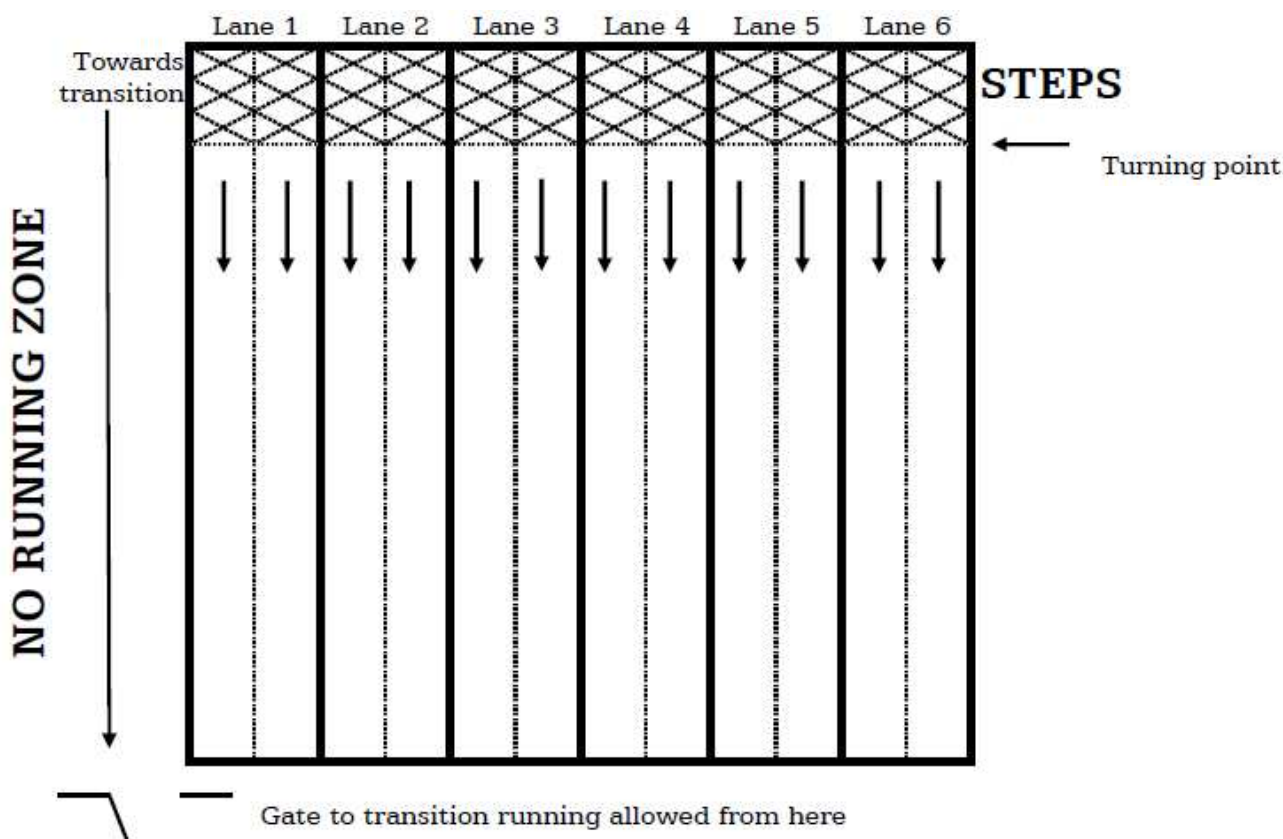
Tristar 1: 6 lengths  
Tristar 3: 10 lengths  
Junior : 18 lengths

The time keeper for each lane will hold a kickboard down in the water when there are 2 lengths to go.

There will be 2 swimmers in each lane at the same time swimming next to each other as shown below so make sure you stay on your side of the lane.

As the swimmers in lane 6 will walk longer than the swimmer in lane 1 there will be seconds added to the swim time as follows

Lane 1:	5 sec	Lane 2:	4 sec
Lane 3:	3 sec	Lane 4:	2 sec
Lane 5:	1 sec	Lane 6:	0 sec



**In and around the pool area is a “non competitive zone” so no running on pool side, if seen you will be given a 1 min holding penalty... safety first!**

**Transition:**

Will be on the grass area next to the pool, it is your responsibility to keep your transition area tidy. Each age group will have their own area which also will be colour coordinated. Transition In and Out will be well marked with signs. No spectators will be allowed in transition.

**Run:**

Will take place around Old Deer Park next to the pool complex, the run will be accurately measured and well marked/marshalled for the individual age groups. There will be one water station as you enter the park which some will pass more than once as they do their laps.

Run is as follows:

Tristart:	1 mini lap	Tristar 1:	1 full lap
Tristar 2:	1 full lap + 1 small lap	Tristar 3:	2 full laps
Youth:	3 full laps + 1 small lap	Junior B & C:	4 full laps + 1 small lap
Seniors:	4 full laps + 1 small lap		

If the athletes are doing laps they will be collecting elastic bands every time they start a new lap so this is the amount of bands each age group should collect

Tristart:	No bands	Tristar 1:	No bands
Tristar 2:	1 band	Tristar 3:	1 band
Youth:	3 bands	Junior:	4 bands
Seniors:	4 bands		

See enclosed running maps.

**PLEASE NOTE IT IS NOT ALLOWED TO RUN WITHOUT ANY CLOTHING ON THE UPPER BODT**

The run route is also excellent for spectators and the finish line will be in Old Deer Park which can be accessed by the same route as the competitors will be running.

If brining dogs please ensure they stay on lead.

**Prize Giving:**

Will be held next to the finish line straight after the last competitor has crossed the finish line.

Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for each category (male and female) and each finishing athlete will get a memento.

A helpful check list for the day:

- Goggles (swim hat will be provided)
- Swim wear (you will also be wearing this for the run)
- T-shirt to run in
- Running shoes (remember elastic laces if you want to be extra quick!)
- Talcum powder to put in the shoes so you don't have to put socks on
- Race belt or piece of elastic to put your race number on, safety pins will be provided at registration.
- Something warm to wear afterwards
- It may rain, it may be sunny please ensure you bring clothes for both

**With special thanks to our sponsors**



**UP & RUNNING**  *East Sheen*