



# York Kids Triathlon

York Sport Village

Lakeside Way

YO10 5FG

Saturday 19th August 2023

Start from 1.00pm

## Race Day Information



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# Welcome

**Welcome to the York Kids Triathlon. Please take a moment to read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.**

## Parking Information

As you approach York Sport Village please follow the triathlon parking signs on to Grimston Bar park and ride

Parking is free unless you wish to use the Park and Ride service after the event to visit York.

Full details of the service can be found at <https://www.itravel.york.info/grimston-bar>

Check your vehicle and load height for any obstructions before you enter the car parks. There is a 2.1m height restriction. There is campervan parking which doesn't have height restrictions.

Please follow the "to the triathlon" signs allowing 10 minutes to walk to event registration.

## Race Day Checklist

- Race number (can be found on your race day email)
- Swim suit, towel and goggles
- Trisuit or appropriate cycling/running kit
- Additional clothing for wet/cold weather
- Cycle
- Cycle/Running Shoes
- Cycle helmet
- Drinks bottle
- Optional elastic race number belt (if required available to purchase next to registration for £10)
- Sunglasses
- Bike tools/puncture kit (if desired)

## Distances

Race	Swim	Cycle	Run
Tin	18m - 1 width (shallow end)	1k - 1 lap	500m - 1 lap
Zinc & Zinc Relay	25m - 1 length	1k - 1 lap	500m - 1 lap
Steel	50m - 2 lengths	2k - 2 lap	1000m - 2 laps
Bronze & Bronze Relay	50m - 2 lengths	3k - 3 laps	1500m - 3 laps
Silver	100m - 4 lengths	4k - 4 laps	2000m - 4 laps
Gold & Gold Relay	150m - 6 lengths	4k - 4 laps	2500m - 5 laps

# Essential Information

## Registration

Registration will be open on Saturday from 12:00pm.

Registration is situated in the orange Mornflake marquee, please follow signs from the car park.

Please know your race number for registration and arrive at least 60 minutes before your start time or as early as possible to familiarise yourselves with the layout of the event.

## Race Envelope

At registration you will receive a race envelope containing: Race Number x1, Bike Sticker x1, Helmet sticker x1, Numbered Wristband x2. Safety pins will not be enclosed however they will be available if required.

## Wristband

You will be issued with two wristbands if applicable, one for the participant and one for the parent or guardian to wear that the supporting parent/guardian must wear, this will permit access into the Cycle Transition Area. It's fine if you are responsible for several children, just wear all numbered wristbands corresponding to the children.

## Race Number

The race number must be worn on the front throughout the duration of the bike and run.

It is good practice to write your child/children's name, blood group (if known) and any allergies they may have on the back of their race number.

You may use an elastic race number belt to attach the race number to, opposed to pinning the number directly to a T-shirt or tri-suit. (available to buy for £10 next to registration.



## Bike

Any type of bike can be used as long as it is road worthy. The bike sticker must go on the front of the handlebars.

## Helmet

Your helmet sticker must be attached to the front of the helmet. Helmets are compulsory for the cycle and must be fastened before the bike is touched.



## What to wear?

Shorts and T-shirt (or something a little warmer if the weather isn't so kind!) are absolutely fine to wear or a tri-suit is also permitted. You can also purchase an official UK Triathlon event T-Shirt at the event.

Trainers must be worn for the bike and Run as barefoot running is not permitted.

## Race Conduct

Everyone involved in the event is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all technical officials, event organisers, race crew, volunteers, and spectators with courtesy. Any abuse towards these people will not be tolerated and as a result you may be disqualified.

# Essential Information

## Cycle Transition

Once registered, take your child's cycle and rack it in the cycle transition area along with anything else they need for the cycle and run.

Supporters must wear the supplied wristband to gain entry into the cycle transition area.

When leaving equipment in the Cycle Transition Area, please note we cannot be responsible for any items lost or stolen, although we allocate security staff to specifically watch the transition area.

## Race Safety Brief

Once the cycle transition area preparation is complete, make your way to the start line 10 minutes before your start time for your compulsory race safety brief.

## Music

For personal and other competitors safety, mobile phones or any type of personal music system that restricts hearing are not permitted whilst competing in the event.

## Littering

All litter must be placed in bins or keep hold of it until you can dispose of properly.

# Frequently Asked Questions

## What should I do when I arrive?

- Once you've parked your car, follow the signs to Registration (inside the orange marquee).
- At registration, you will be asked for your race number (which can be found on your email), once your details have been checked you will be handed your race envelope and an instruction sheet, please read this carefully (see page 3).
- After your bike and helmet stickers are attached (see page 3) you can enter the Cycle Transition Area and rack your bike.
- Rack your bike in an empty space – the racking is not numbered but there is marker tape to indicate where to position your bike. Prepare your kit ready for the cycle.
- When ready, exit the cycle transition area via the exit gate and follow the swim start signs to the poolside.

## Where are the toilets and changing facilities?

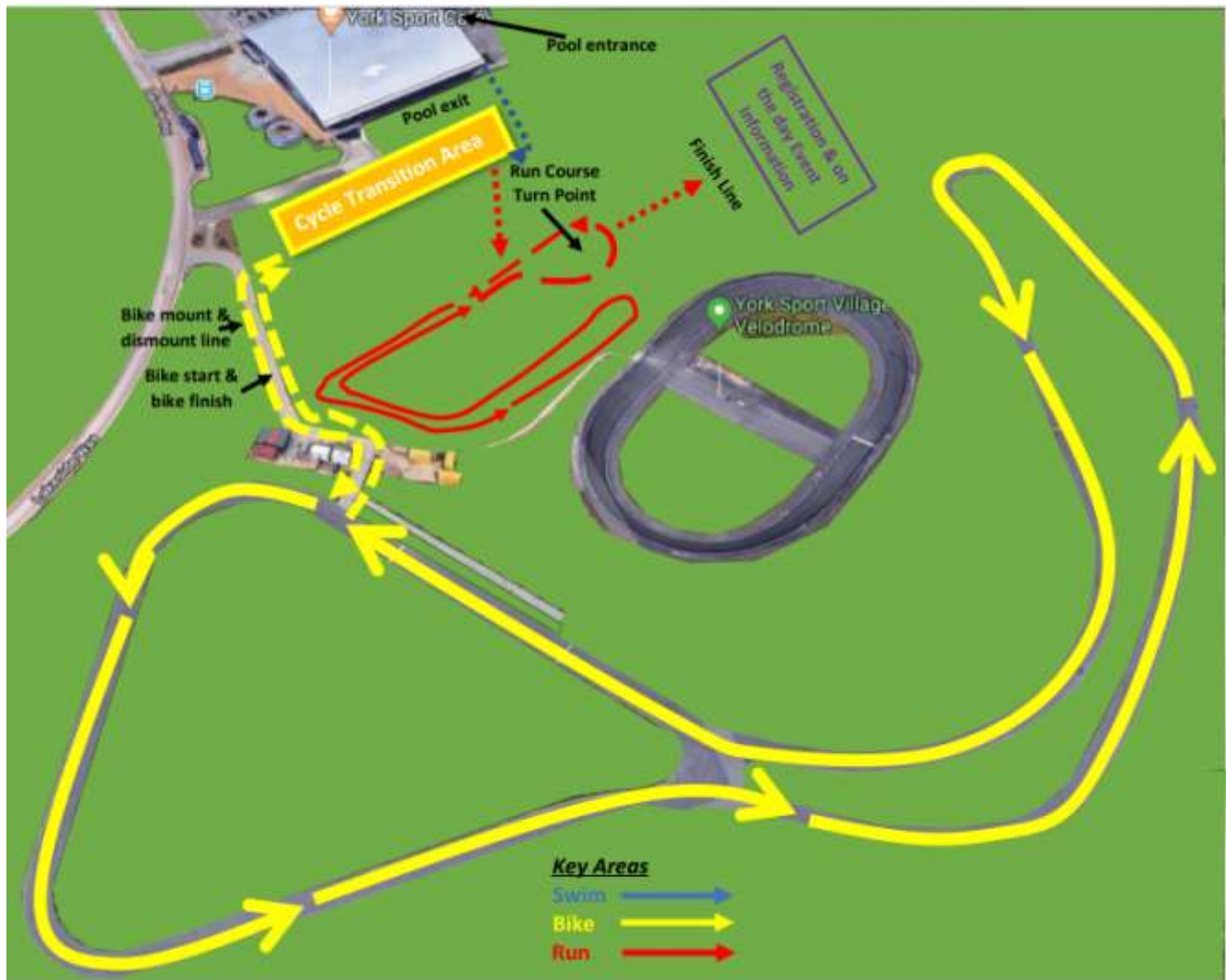
Toilets are available inside the leisure centre. You may also use the leisure centre's changing and shower facilities before and after your race.

## Can my friends and family spectate?

Yes! Friends and family are welcome to spectate. There is a viewing area within the Leisure Centre if you want to watch your child swim. No parents will be allowed pool side.



# Event Map



UK Triathlon reserve the right to alter the course without prior notice should the need arise.

## Swim

### Swim Caps

Swim caps are not compulsory so it's not a requirement to wear one. If a swim cap is desired, either use your own or ask for one at registration.

### Swim Course

The swim course is very straightforward.  
The pool is 25 metres long.

### Completion of the Swim Course

When the swim course is completed, you can escort your child/children if required into the **Cycle Transition Area** and you can help to put on their helmet, shoes, race number, etc.

# Cycle

## Bike Maintenance

Make sure your child/childrens bike is working properly before the race.

## Cycle Mount Line

Your child/children can walk or run to the cycle mount line where they will commence the cycle section of the triathlon (no cycling in the Cycle Transition Area).

## The Course

The start and finish of the cycle is on grass. Each full lap is on tarmac.

The course is flat.

## Counting Laps

It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.

## Cycle Dismount

Cycles must be dismounted at the end of the course and be placed on the rack in the Cycle Transition Area.

# Run

## The Course

The run course is entirely on grass and is post and taped.

## Counting Laps

It is yours or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help do this.

## Drinks Station

There is a drinks station during the run course and at the finish line that will be serving water.

## Finish

Once your child/children have completed the required number of laps they turn onto the finish alley and continue through the Mornflake finish gantry. Don't forget to collect your finishers medal!

# Relay

## The Team

Each member of the relay team completes one or two of the three disciplines of the triathlon.

## During the Triathlon

After completing the swim, the swimmer passes the wristband to the cyclist inside the Cycle Transition Area next to where the cycle is racked. The cyclist completes the cycle course and passes the band over to the runner at the cycle dismount area. The runner completes the run and hands in the band at the finish line. On completion, each member of the relay team will receive a 2023 finishers medal.

# Further Information

## Timing

This event is intended for all abilities to complete the challenge of the triathlon and therefore we don't publish results in fastest to slowest order, instead they are published by race number. We believe this is important to encourage all children to take part without the pressure of coming last, or not doing as well as other children. Every child will be a winner of the York Kids Triathlon. We will take an overall time for each competitor. Results will be published in alphabetical order later the same day on our website [www.uktriathlon.co.uk](http://www.uktriathlon.co.uk).

## Finishers Medal

There is a commemorative 2023 medal for all finishers.

## Health & Wellbeing

If your child is suffering from any kind of bad chest, cold, sore throat or ear infection we advise they do not take part. If it is a sunny day apply sunscreen to protect against sunburn.

## Hydration

Make sure your child/children are sufficiently hydrated before the event.

## My Sport Photos

Our official event photographers, My Sport Photos, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event. We will email you once the photos are available. For any photography inquiries please contact [info@mysportphotos.co.uk](mailto:info@mysportphotos.co.uk) or [www.mysportphotos.co.uk](http://www.mysportphotos.co.uk).

# UK Triathlon 2023/24

## Event Calendar

York Kids Triathlon	19th August 2023
York Triathlon	20th August 2023
British Sprint Championships	2nd September 2023
Shropshire Triathlon	3rd September 2023
North West Kids Duathlon	16th September 2023
North West Triathlon	17th September 2023
Warwickshire Triathlon	1st October 2023
Stratford Triathlon	28th April 2024
Cheshire Kids Duathlon	18th May 2024
Cheshire Triathlon	19th May 2024
Henley Kids Triathlon	1st June 2024
Henley Triathlon	2nd June 2024
Alderford Kids Triathlon	15th June 2024
Alderford Kids Duathlon	15th June 2024
Alderford Triathlon	16th June 2024
Ultimate Triathlon	30th June 2024
Ultimate ½ Triathlon	30th June 2024
Ultimate Olympic & Sprint Triathlon	30th June 2024

For more information please visit [uktriathlon.co.uk](https://uktriathlon.co.uk)



# OFFICIAL UK TRIATHLON KIDS TRI WEAR



**KIDS TECH SHIRTS £13**



**KIDS HOODIES £20**

**EMBROIDERED  
TECH CAPS  
£10**



**AVAILABLE TO BUY AT THE EVENT**



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#### ASK THE PHYSIO & COACH

Is there a physio or training issues that is affecting the development of the junior triathlete. Come and speak to Physio / Coach Barry to see if we can help!

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