



## 2009 CRYSTAL PALACE TRIATHLON: Spectator Information

Doing triathlons is a lot more fun with the support of family and friends so Crystal Palace Triathletes hope to make the event as much fun and as exciting for spectators as it is for the competitors. We are proud of the social aspects of our sport so spectators giving loud and vigorous encouragement are more than welcome. Fortunately the Crystal Palace National Sports Centre and park lends itself to safe, close to the action spectating for all ages.

To support someone from the start please follow the signs to the pool side seats by entering the building at the main reception (which is now upstairs off the promenade). TriStarts and TriStar 1s will be swimming in the 25m pool, this is located on the same level as Registration and will be signposted. No photography is allowed on poolside.

At the end of the swim please leave up the stairs and past the cafeteria, exiting the building to the promenade. This allows you quick access to an excellent view of the transition area.

If you then make your way to the end of the bridge (above the indoor track) you will be able to see competitors in transition and as they start and finish each lap (x 9) of the bike course. You will also see them pass twice on the run.

As the competitor you are following heads off on their second and final run lap you may wish to make your way to the other end of the bridge and take the stairs into the stadium. There you can await their arrival and see them finish close up on the track.

Please keep area around the Finish line clear and do not attempt to cross the track onto the grass area in the middle.

You may wish to watch from other viewpoints around the park. Whilst you are free to do so, please ensure that you do so safely and do not get in the path of the competitors.

Toilets and refreshments are located within the park and in the Sports Centre.

If you have any questions or queries during the race, please feel free to ask at Registration or any of the marshals.

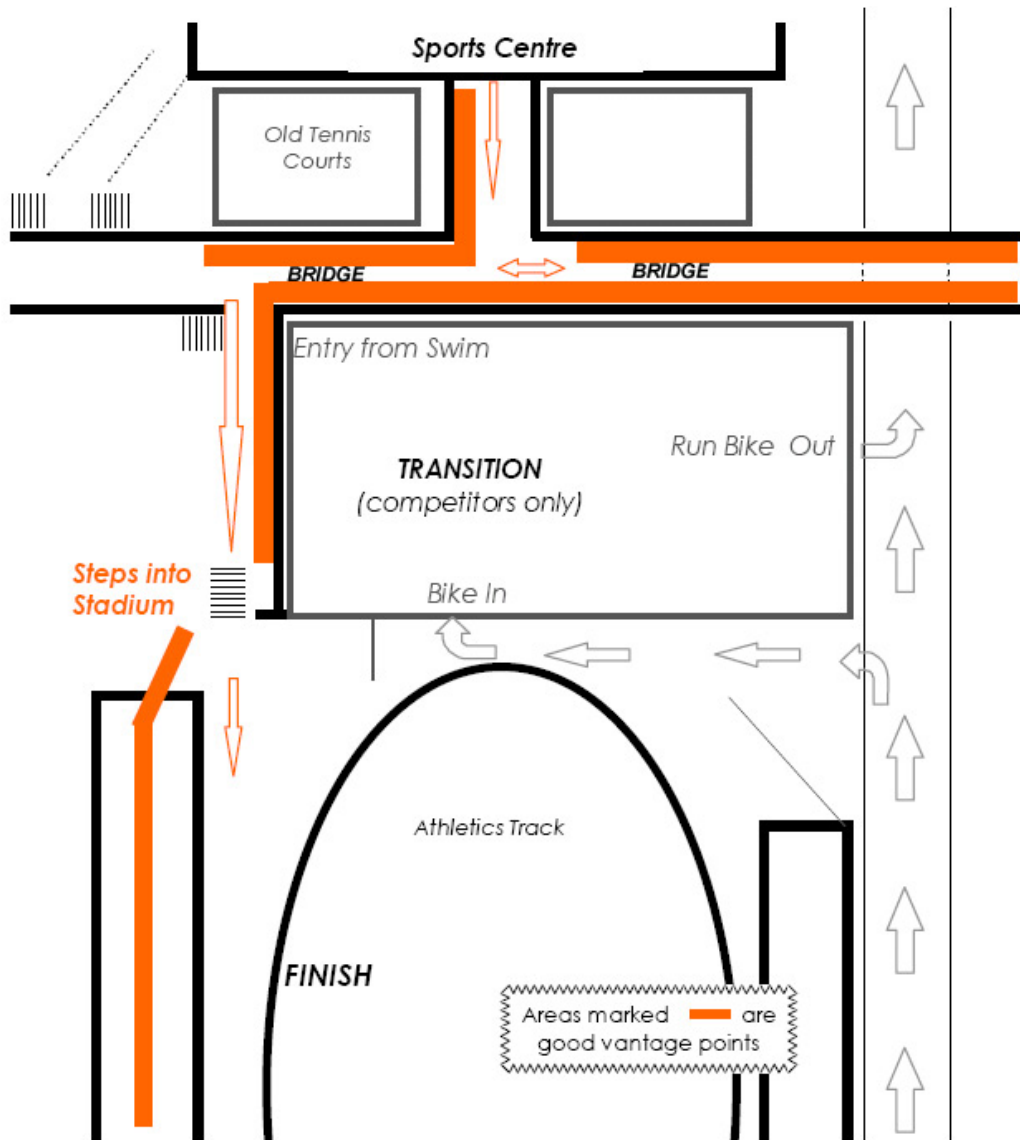
### **Don't forget your cameras!**

#### **Junior event photography**

Crystal Palace Triathletes does not want to prevent parents/carers or other spectators being able to take legitimate photographs or video footage of competitors. However, there is evidence that certain individuals will visit sporting events to take inappropriate photographs or video footage of children/young people. As a Club and a race organiser, it is essential that we should be vigilant about this possibility.

CPT will therefore, for the purposes of our event on 31 May 2009, have in place registration for those wishing to take photographs or video footage of children/young people. You should apply at Registration, where an identification pass will be issued giving an individual the authority to take photographs or video footage of children/young people at the Crystal Palace Triathlon.

**Please see spectators map on reverse.**



No photography is allowed in the pool areas.