

CRYSTAL PALACE TRIATHLON – 23 May 2010

Junior Information

Youths, TriStar 3, 2, 1 and TriStart

LOCATION:

Crystal Palace National Sports Centre, Ledrington Road, Upper Norwood, London, SE19 2BB. There will be free car parking on the top terrace. Crystal Palace station and bus terminal have excellent links. Please arrive in good time to park, register and set up.

Please check with [Network Rail](#) for any planned engineering works over the weekend. The Network Rail link above also contains links to journey planners, phone numbers for helplines etc.

CATERING/REFRESHMENTS

There are cafés in the Sports Centre and within the grounds of the park. There are vending machines available next to the Sports Bar (near to transition) and in the Sports Centre. We will have a cake stall near the Finish so don't forget to bring cash to buy some well earned recovery cake!

GENERAL RULES & RACE CONDUCT

The race is governed by British Triathlon Federation rules. These can be viewed in full on the [British Triathlon website](#).

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

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 23 May 2010, have in place registration for those wishing to take photographs or video footage of children/young people. Please complete the form provided and bring this to 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.

No photography is allowed on poolside.

Before the Race

REGISTRATION & CHECK-IN PROCEDURE

Registration will be available for each age category approximately one hour before the relevant race briefing. Opening at 11:15 for the Youths. Please make sure you register in plenty of time to be ready for your race briefing at the times given below.

Registration is in the indoor track which will be clearly signposted. There you will collect your essentials for the race:

- 2 race numbers - One for your front and one for your back (race belts allowed)

Please note that Crystal Palace Triathletes and all other parties connected with this promotion accept no liability for any damage to equipment or loss of property whatsoever.

- Bike number to be attached to your bike. If this doesn't correspond to your race numbers your bike won't get in or out of transition
- Helmet number – To help our official photographer identify you

Don't forget to bring safety pins or a number belt.

By their nature, triathlons are physically demanding. By participating in this race you are declaring yourself medically fit to complete the course. In the case of known allergies, etc, we would recommend that details be written on the back of your race number.

Members of Crystal Palace Triathletes will be available in Registration to answer your questions. Please don't hesitate to ask, especially if this is your first triathlon!

TRANSITION AREA (Setting up)

The transition area is where you keep your bike, helmet and clothing and where you change into your clothes for the different events.

TriStart and TriStar 1 will rack your bike in a designated area on the Indoor track (near to Registration). **You will be allowed one helper in transition with you to help you set-up, but no assistance will be allowed once the race has started. Transition closes at 2.30pm.**

TriStar 2, TriStar 3 and Youths will rack your bikes in a designated area in the main transition area. **Helpers will not be allowed in transition with you.**

You should set out your kit in a tidy way so as not to get in the way of other competitors. You are responsible for keeping your kit within your space throughout the race. Marshals will be available to assist you. The organisers cannot accept responsibility for any loss.

CHANGING FACILITIES

After leaving your bike in transition, the swim changing rooms can be found by the 25m training pool for the TriStarts and TriStar 1s. There are no lockers in these changing rooms so you will need to leave your clothes with parents or in transition.

For TriStar 2s, 3s and Youths, the changing rooms are on the lower floor of the Sports Centre. The lockers in these changing rooms take a non-returnable 20p.

The Race

Once you start the swim, the clock runs until you go over the finish line at the end of the run. Triathlon is an individual sport, where everyone appreciates your effort whatever your standard. Please enjoy watching others doing the same. Un-sportsmanlike conduct will lead to disqualification.

RACE BRIEFING

Attendance at the race briefing for your age group is compulsory. Please meet in the Registration area at the times indicated below, where you will be given your Race briefing and led to poolside in the appropriate pool:

Youths 12:00	TriStar 3 13:00	TriStar 2 14:00	TriStar 1 14:45	TriStart 15:15
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SWIM SECTION

Please come to the pool wearing only what you are going to swim in, with your swimming hat (if you want to wear one) and your goggles.

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Swimming hats will not be provided so if you wish to swim in a hat please bring your own.

Youths, TriStar 3 and TriStar 2,

You will be swimming in the 50m pool. You will be escorted from your race briefing to poolside in time for the start of your swim and to collect your timing chip:

Youths 12:30 350m, 7 lengths	TriStar 3 13:30 300m, 6 lengths	TriStar 2 14:30 200m, 4 lengths
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You will start in the water and go when the timekeeper says so. Swimmers will be started at 15 second intervals and swim in a 'zig-zag' route.

Competitors will be directed out of the exit doors at the end of the building, down a short flight of stairs then you run alongside the old tennis courts, into indoor track.

There will be a two minute penalty issued to those running on the steps. Please walk down, carefully.

TriStar 1 and TriStart

You will be swimming in the 25m training pool. You will be escorted from the race briefing to poolside in time for the start of your swim.

TriStar 1 – 15:15 - swim 150m, 6 lengths	TriStart – 15:45 - swim 50m, 2 lengths
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You will start in the water and go when the timekeeper says so. When you have finished, please get out of the pool quickly as others will be finishing behind you. Leave the pool and run to Transition, alongside the old tennis courts, there will be a marshal to indicate the route back into the indoor track.

CYCLE SECTION

Find your bike, then put on any clothing you want to wear for the cycle section of the race. You **MUST** have your helmet in place and **FASTENED before you un-rack your bike**. You must not cycle in the transition area. Push your bike out of transition to the cycle mount area. Here you get on your bike and cycle round the marked cycle course.

Youths	Tristar 3	Tristar 2	Tristar 1	Tristart
11k cycle (5 x 2.2k laps of full sprint course)	8k cycle (4 x 2k laps of full sprint course)	6k cycle [3 x 2k laps of full sprint course)	4k cycle (4 x 1k loop)	1k cycle (1 x 1k loop)

Make sure you know, from the table above, how many laps you need to complete. You must count the number of laps you have cycled yourself. The 1k loop is on a closed tarmac road within the confines of the park. After you have cycled the correct number of laps, get off your bike at the cycle dismount area and wheel your bike back into Transition. Re-rack your bike in its original position **but do not unfasten your helmet until your bike is back on the rack**. Then prepare for the run section and follow directions to the run course.

Youths, TriStar 3 and TriStar 2 cycle section

Make sure you know how many laps of the cycle course you need to do. Stay on the right hand side of the cones around the course. **Competitors are responsible for ensuring the correct number of laps have been completed**. We suggest that competitors obtain the assistance of friends, etc. to count on their behalf or you might consider

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moving pieces of tape on your handlebars. Please do not throw any such tape onto the course. The laps are on tarmac roads within the confines of the park

At the end of your last lap cyclists must give way to runners passing the far end of the Jubilee Stand. A marshal will tell you to stop if required. **Remember not to undo your helmet until the bike is racked** again in your numbered transition area.

RUN SECTION (approx distances)

Youths	Tristar 3	Tristar 2	Tristar 1	Tristar
2.5k one lap of full sprint course, plus one and a half laps finish on athletics track	2.4k – one lap of full sprint course, finish with a half lap on athletics track	1k + one and a half laps on athletics track	1k + half a lap on athletics track	600m

Youths and TriStar 3 - Exit the transition area at the allocated exit and run on the same course as the cycle route with the exception of the hill by the fishing lake. Runners must keep to the left of the course. The run is on closed tarmac roads within the confines of the park. If it's dry the run will include one short hill on grass, but if it's wet we will keep everyone on the road. When you reach the beginning of the Jubilee Stand, at the end of your first lap, you enter the stadium. From here TriStar 3s will complete **half a lap** of the track and Youths **one and a half laps**. The finish line is at the end of the home straight at the transition end.

TriStar 2 and TriStar 1 – Exit the transition area and turn left alongside the cycle course (see map) and follow the signs and marshals directions for the appropriate number of laps. You will finish on the athletics track.

TriStart will be directed from transition to the athletics track on tarmac road, alongside the cyclists, but running in the opposite direction, where you will complete one lap.

You've finished, well done! Collect your medal and pat yourself on the back.

After the Race

FIRST AID

Paramedics will be on hand during the race as well as lifeguards in the pool hall.

PRESENTATION

The presentation will take place on the day, as soon as the results have been collated and checked.

Prizes will be awarded in the following categories for male and female 1st, 2nd & 3rd places:

Youths, TriStar 3, TriStar 2, TriStar 1 and TriStart,

RESULTS

Full results will be available on the Crystal Palace Triathletes website (www.crystalpalace-tri.co.uk).

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