



**NYP TriStars**



**Ripon Junior Triathlon**  
1<sup>st</sup> July 2018



**EVENT  
PERMIT  
2018**

# INTRODUCTION

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We are delighted to welcome you to the 5<sup>th</sup> Ripon Junior Triathlon! We want to make this a great event for you so below is some important information and helpful tips. If there is anything you are unsure about then please send us an email or ask one of the marshals on the day, we are all here to help. The Ripon Junior Triathlon will take place after the adult sprint triathlon in the morning, hence the later start time.

The Junior triathlon is part of the very popular 'Black Sheep Ripon Triathlon Festival Weekend'

The format for the weekend will be:

<b>Friday 29th June</b>	<b>6pm:</b> Q&A with Elite Triathlete Gordon Benson, Pro Triathlete Suzie Richards, Triathlon 220 columnist Martin Brunt and Julian Norton, TV celebrity from the Yorkshire Vet series and NYP member. <b>12pm onwards:</b> Campsite, evening meal provided by 'Indulge' and bar 2pm - book early to avoid disappointment
<b>Saturday 30th June</b>	<b>1pm:</b> Standard distance race incorporating the inaugural Yorkshire interclub championships and a new bike route Expo, children's entertainment, BBQ served provided by Indulge, live music!
<b>Sunday 1st July</b>	<b>8-9am:</b> Ripon Sportive run by Velo29 - 44 mile start time <b>9am-12pm:</b> Ripon Sprint Triathlon <b>1-6pm:</b> Ripon Junior Triathlon Expo, children's entertainment, catering provided by Indulge

For full details: [click here](#)

## DIRECTIONS

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The race site is located at Ripon Racecourse on the B6265, Boroughbridge Road, Ripon, HG4 1UG. For directions please [click here](#).

## REGISTRATION

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On arrival, head to registration which will be clearly signposted. If you are a British Triathlon member, you will need to show your membership card, or you'll need to pay for a day license (£1) to ensure you are suitably insured.

At registrations, you'll be given a swim cap, time chip and race pack.

Secure the time chip around your ankle with the chip on the outside. A bike number will also be provided with cable ties to secure to the front of your bike, so we can count laps. Make sure it is positioned so the marshals easily see it as you fly past them each lap.

Place the helmet sticker on the front of your helmet. You will be given one race number to attach to your race belt. Secure your number to your belt.

Responsibility for roadworthiness and compliance with BTF rules of bikes rests with the competitor. Your bike and helmet will be checked upon entering transition by a BTF referee or Marshal.

## ***PROGRAMME OF EVENTS***

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Description		Time
Registration opens for Tristart, Tristar 1 & 2		12:00 - 12:45
Transition opens for Tristart, Tristar 1 & 2		12:00 - 12:45
Tristart report time (in transition)		12:45
<b>RACE START: TRISTART</b> (capacity 50)		<b>13:00</b>
Tristar 1 report time (in transition)		13:15
<b>RACE START: TRISTAR 1</b> (capacity 100)	<b>Boys</b>	<b>13:30</b>
	<b>Girls</b>	<b>13:32</b>
Tristar 2 report time (in transition)		14:00
<b>RACE START: TRISTAR 2</b> (capacity 100)	<b>Boys</b>	<b>14:15</b>
	<b>Girls</b>	<b>14:17</b>
Presentation for Tristart & Tristar 1		15:00
Registration opens for Tristar 3 & Youth		13:30 - 14:30
Transition opens for Tristar 3 & Youths		14:00 - 15:00
Tristar 3 report time (in transition)		15:00
<b>RACE START: TRISTAR 3</b> (capacity 100)	<b>Boys</b>	<b>15:15</b>
	<b>Girls</b>	<b>15:17</b>
Youth report time (in transition)		16:00
<b>RACE START: YOUTH</b> (capacity 70)	<b>Boys</b>	<b>16:15</b>
	<b>Girls</b>	<b>16:17</b>
Presentations for Tristar 2, 3 & Youth		Once Youth finished (estimated as 17:05)

## ***OW SWIM DISCLAIMER***

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By entering this event parents are declaring that their child is both experienced and capable of swimming the distance appropriate to your age category in open water. You are also declaring that you understand the risk associated with open water swimming. In the unlikely event you feel ill after the event consult your doctor and tell them you have been open water swimming. Ripon Racecourse Lake is a natural environment with high quality water which is monitored. If you do not agree with this statement, please tell us in writing by email, before the race, us on [chairman@nyptristars.co.uk](mailto:chairman@nyptristars.co.uk).

## ***TRANSITION SET UP***

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A Marshal will be present at the entry point to transition. Have all of your numbers and stickers on your equipment prior to racking. In transition there is a row of racking for each age category and a Marshal to assist you position your bike. Place your kit anywhere along that row. If you need help, ask a Marshal – they are there to help you and ensure you have a great day out!

Tristart and Tristar 1 may have parental help in transition, restricted to 1 adult helper per athlete. After 12:45pm only competitors will be allowed in transition.

Once set up in transition, it is also important to familiarise yourself with the transition routes you will use during the race. We would recommend you walk through both transitions by:

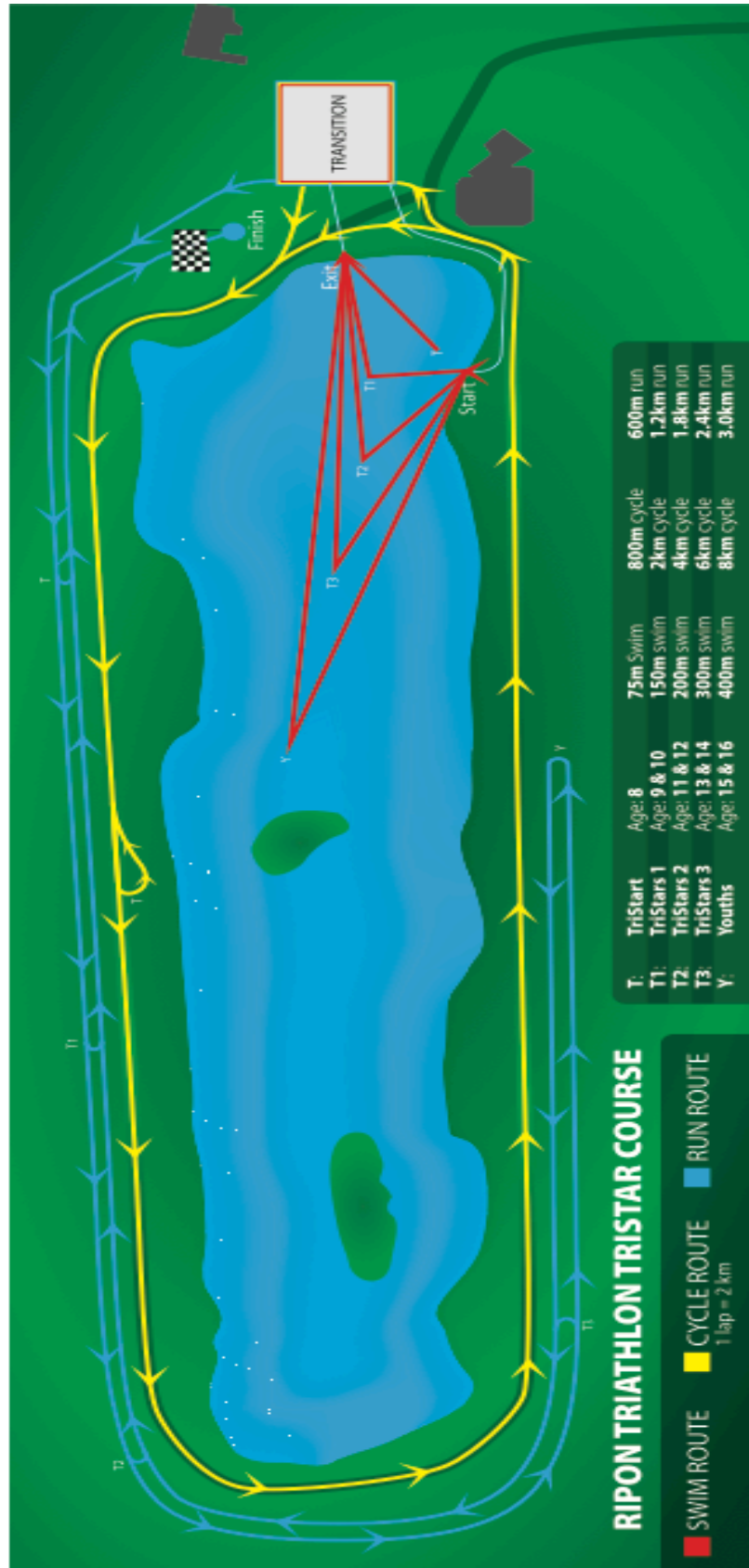
1. T1 Practice: Start at 'swim in', walk to your bike racking point using the arrow routes below and then walk to 'bike out'. Find the 'mount line'.
2. T2 Practice: Start dismount line, walk to your bike racking point using the arrow routes below and then walk to 'run out'.
3. Then, why not try both 1 and 2 above at a jog?

Once complete, you are free to exit transition, look around the expo site and warm up until your report time. It is very important that you listen for the PA announcement and are back in transition by your report time and ready for your warm up.

We will check you in at the 'wave holding area' (see transition map) and walk you and the rest of your age group to the swim start. As a full-length wetsuit is compulsory for this triathlon swim, you may need to be in transition earlier than your report time to get your suit on. They can be tricky, especially if you are rushing! A safety briefing will be conducted at the swim start and there will be time for any last-minute queries that you may have to be answered.

# THE RACE

## COURSE MAP



## THE SWIM

Age Group*	Category	Swim Distance
8 years	Tristart	75m
9-10 years	Tristar 1	150m
11-12 years	Tristar 2	200m
13-14 years	Tristar 3	300m
15-16 years	Youth	400m

\* Age on 31<sup>st</sup> December 2018

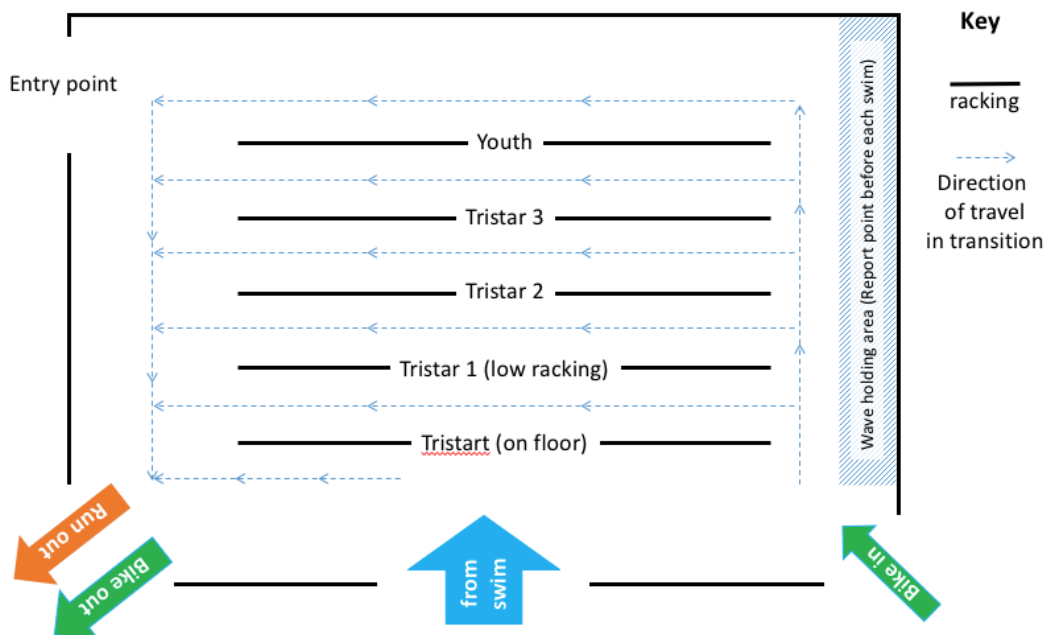
You will start the swim in the water. It is a deep-water start (which means your feet cannot touch the ground) so please be aware of others around you and try to avoid unnecessary collisions.

There will be a motor boat, rescue kayakers and adult swimmers with torpedo floats in the water with every swim wave. We will do everything we can to help you enjoy the experience and finish your race. A full safety brief and mini warm up will be given prior to the race start.

Water temperature: Wetsuits are banned for water temperatures greater than 22°C

### TRANSITION 1 (T1)

Tristarts and Tristar 1 may get additional help from marshals, but all other age groups will need to complete transition without any assistance. It is always recommended to do a full walk through familiarisation of T1 and T2 so that you don't waste valuable time searching for your bike. Please also note that BTF rules do not allow for the marking of your bike location. The race referee will remove anything deemed to be a marker. Please also remember to put on and fasten your bike helmet before touching your bike.



## **BIKE**

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Mount and dismount lines will be clearly marked. Check where these are on your transition familiarisation.

TriStarts will then ride out to a cone where they will turn and return the same way to cover 800m.

For all others the bike route is made up of a series of 2km laps around the lake. When you have completed your laps head back into transition and dismount your bike before the dismount line. Please remember, this is a non-drafting race.

Age Group*	Category	Distance	Bike Laps
8 years	Tri-start	800m	Part lap
9-10 years	Tristar 1	2km	1
11-12 years	Tristar 2	4km	2
13-14 years	Tristar 3	6km	3
15-16 years	Youth	8km	4

\* Age on 31<sup>st</sup> December 2018

The surface is part track and part short grass. Be careful of track hazards, uneven ground, gravel, and loose material. The NYP TriStars regularly cycle around here and it is passable on a road bike. If you are not a confident cyclist, a mountain bike may suit you better.

## **TRANSITION 2 (T2)**

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Re-enter transition and rack your bike in your place. Remember to keep your helmet on and fastened until your bike is racked. Turn your race number to the front and head back out of the run exit.

## **RUN**

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The run route is an 'out and back' down the side of the lake, and is all on grass. You will run to a marshal who will turn you around to head back for the finish line.

Age Group*	Category	Distance
8 years	Tristart	600m
9-10 years	Tristar1	1.2km
11-12 years	Tristar 2	1.8km
13-14 years	Tristar 3	2.4km
15-16 years	Youth	2.4km

\* Age on 31<sup>st</sup> December 2018

## **FINISH LINE**

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The finish line is clearly marked. Remember to smile as you cross the finish line as its always a great photo opportunity for your parents. A Marshal will take your timing chip from you before

you leave the finish compound. Tristart and Tristar 1's will be kept in the finish compound until picked up by their parent/guardian/older sibling.

## ***RESULTS***

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Result are available immediately on event ipads and after the event on [my.raceresults.com](https://my.raceresults.com).

## ***COLLECTING YOUR BIKE (AFTER THE RACE)***

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To get your bike after the race show your number belt - this will match the number on your bike. One parent/guardian of Tristart and Tristar 1 competitors can enter transition to help competitors with bikes and other kit. Transition will be opened for 10 minutes between races or you can wait until the end of all the races to collect your bike then.



## PACKING LIST

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- Full length wet suit
- Tri suit or swimming costume
- Race number belt (or 4 safety pins for your race number)
- T-shirt if you are wearing a swimming costume
- Goggles
- Bike
- Helmet
- Running trainers

Other helpful things you may like to have

- Water bottle
- Towel
- Talc (for run shoes)
- Elastic laces

## Competitor guide

# HELPFUL HINTS FOR TRIATHLETES

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If you're new to triathlon, here are a few helpful thoughts to make your day a little bit more enjoyable:

- ✓ Practice transition at home before the race. It is the 4<sup>th</sup> discipline and it is amazing how difficult it is to fasten a helmet if you are trying to be quick!
- ✓ Eat something two hours before your start time and keep sipping water up until the start. Dehydration slows you down and makes you feel terrible.
- ✓ Arrive in good time so you can find your way around and look at the course and transition area.
- ✓ There are lots of marshals to help you out and answer any questions you have. They are there to make sure you have a good day.
- ✓ If you are wearing a swimming costume practice putting a t-shirt on while you are damp.
- ✓ Loosen your laces (or use elastic laces) and put some talcum powder in your shoes to help them go on easily with wet feet.
- ✓ Go to the toilet at least 10 minutes before your report time.
- ✓ Do a thorough familiarisation of transition by walking from the swim exit to your bike and then onto the bike exit. Check the mount and dismount lines. Then walk through the bike entry point, bike racking and onto the run exit point.
- ✓ Warm up before the event. Have a jog and a stretch and get your blood circulating around and muscles prepared and ready to race.
- ✓ Pace yourself. You have to go a long way so start off steady and speed up (this is called a negative split). If you are struggling, slow down – even walk is you have to – just don't give up and don't stop. Keep moving forwards to the finish line where your friends and family will all be waiting to congratulate you!
- ✓ Smile – especially when it is getting tough - as smiling helps your whole body to relax.
- ✓ Don't focus on your overall position but instead how you felt each bit went, i.e. the swim, transitions, bike and run.

## Parental code of conduct

### ***THE 10 COMMANDMENTS FOR PARENTS***

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- 1) Thou shalt love unconditionally. It is crucial that your child understands that your love for him/her does not in any way depend on his/her performance.
- 2) Thou shalt behave responsibly as a spectator and treat everyone equally and sensitively. Encourage all children no matter what their ability, age or gender.
- 3) Thou shalt encourage thy child to know and obey BTF rules and compete within them whilst also respecting the event officials.
- 4) Thou shalt not run alongside thy child shouting encouragement... it doesn't help them.
- 5) Thou shalt follow the same rules of good sportsmanship as thy child.
- 6) Thou shalt not compare. Comparing your child to other athletes is unhealthy and pointless.
- 7) Thou shalt never punish or belittle a child for losing or making mistakes. They are learning how to race.
- 8) Thou shalt recognise good performance and not just results. The focus is on the process of learning race craft, and not on the outcome.
- 9) Support your child's involvement and help them to enjoy their sport. Remember that the aim of the Sport is for the children to have fun, improve and feel good.
- 10) Thou shalt not walk on the horse racing track.

# ADMIN

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## ***SAFEGUARDING YOUR CHILD***

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Parents/guardians are responsible for collecting their child or children from the finish compound (Tristart and Tristar 1 only). The Event Team will not release the child from the compound until they are collected. Please be prompt as the next race will start within minutes of the finish.

As parents you agree to abide by the British Triathlon Child Protection Guidelines ([Click here](#)) and understand that any behaviour that contravenes these rules could lead to your exclusion from attending further British Triathlon sanctioned events.

## ***RULES***

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The event will be held in accordance with British Triathlon rules. A copy of these rules can be obtained from the web-site ([www.britishtriathlon.org](http://www.britishtriathlon.org)). The event referee will be wearing a grey British Triathlon jacket or gilet and will be able to answer any further questions you may have on the day. The referee will also enforce any penalties /hear any appeals.

## ***PHOTOGRAPHY/VIDEOS***

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Any parent/supporter who wishes to take photographs or video any parts of the event must register (at registration) and wear a numbered sticker. Anyone not wearing a sticker should not be taking pictures. This is in compliance with the BTF child protection policy.

An official event photographer will be capturing the day. If you do not wish your child to be pictured by this photographer please inform the registration desk at time of registration.

## ***FACILITIES***

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Showering and changing facilities are available at the race course.

## ***CATERING AT VENUE***

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Some basic food options should be available but not guaranteed so please bring whatever food options you might need for your race preparation and spectating.

## ***PARENTS AND SUPPORTERS***

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We are hoping that everyone will be well supported but we do ask that all spectators obey directions by marshals and stay off the race course. There is a 'Pop Up Arena' stadium at the swim exit and another at the race finish for great viewing. Spectators must not help competitors during the race. This will result in competitors gaining a penalty or at worst being disqualified (this includes running alongside them).

You will be asked to read a race disclaimer document. This is confirming your child is fit and well, ready to swim in open water and understands the issues which arise from such swimming. Their bike and equipment adheres to BTF rules and they will generally abide by the rules of the BTF.