



Bristol Junior Tri Sat 2nd June 2018



Thank you for entering the Bristol Junior Tri. All is organised apart from the weather so **dry calm** thoughts please over the coming few days

Below please find an explanation of how the day will work and attached is a plan of the course with race distances (these will be as accurate as possible on the day)

It is a busy day with between 230 and 250 athletes attending. There will be 11 wave starts in this Pool based triathlon.

Parking - At the Leisure Centre or in surrounding streets (be respectful of our neighbours drives please) or at Blaise Castle (pay and display about 10 mins walk)

Youth and Tri 3 are so often last on the agenda and most people have gone home by the time they finish. To this end they kick us off in this South West Series event.

Refreshments - Provided by our local scout group on site (ice cream van too hopefully)

Wave times are approximate please be present 30 minutes either side of these times after the 1pm start

Wave 1 Youth (400m swim) 1pm

Waves 2-4 Tri 3 (300m swim) 1:15pm - 1:30pm - 1:45pm

Wave 5 - Tri Start (50m swim) 2:15pm

Waves 6-8 Tri 1 (150m swim) 2:25pm - 2:35pm - 2:45pm

Waves 9-11 Tri 2 (200m swim) 3:10pm - 3:25pm - 3:40pm

Registration - names, numbers and swim waves will be available on a board in registration

To prevent all having to arrive too early we are running a live registration and transition area between 10:45 and 1:30pm

Youth and Tri 3 will be give priority to register between 10:45am and 12:30pm

Tri Start to Tri 2 register from 11:45am - 1:30pm

NO RACE NUMBERS THIS YEAR JUST RACE TATTOOS ON EACH UPPER ARM AND A BRACELET FOR YOUR BIKE

Timing chips will be allocated on poolside

Race Briefing

Youth and Tri 3 will be at 12:40pm in transition area - Race start 1pm

Tri Start, Tri 1 and Tri 2 will be alongside transition at 1:40pm - Race start 2:15pm

Cycle lap practice - we have been asked by British triathlon to make the bike a little more technical within limits of it being a grass field. Should the bike course be available for practice we will allow practice laps between 11:30am and 12:30pm on the day. ONLY IF SAFE TO DO SO (helmets compulsory)

Results - will be available on the K2 Sports website and BTF website once ratified. They will be posted for 20 minutes after each race has finished for any queries to be dealt with before the prizes are given

Prize Giving - Youth & Tri 3 asap after last finisher plus 30 mins. Rest at end of day

We all hope you have a wonderful day. Lots of organisation has gone into trying to give you an event that runs smoothly. Thanks you in advance to all our helpers. See you on the 2nd.