



# Pulse Junior Pool Triathlon - Race Briefing

## Saturday 7 October 2017

### Located at Westpark Fitness Centre, Bancroft Park and Tallaght Athletics Track

Welcome to the Pulse Junior Pool Triathlon 2017.  
If you have any queries or comments please mail us at [juniors@pulsetri.com](mailto:juniors@pulsetri.com)

The Junior Pool Triathlon consists of a swim in the 20m swimming pool of Westpark Fitness Centre followed by a bike stage in the adjoining Bancroft Park and finishing with a run on the Tallaght Athletics Track.

Please park in Overflow Carpark of Westpark Fitness Centre. This is in St. Mary's School beside the Westpark centre on the right hand side as you enter Westpark; it will be sign posted

Wave age-group is based on the child's age on the day of the Triathlon. The age group distances are:

Age-Group	Swim	Cycle	Run
6-7	40m	2km	400m
8	40m	2km	400m
9-10	80m	4km	800m
11-12	120m	6km	1200m
13-14	160m	8km	1600m

#### WHAT TO BRING

Participants will need the following:

- a swim suit, togs or a triathlon suit
- swim goggles
- a towel
- a t-shirt/top for the bike and run stages
- bike in good working order (we will inspect bikes for safety reasons)
- bike helmet
- runners
- proof of age
- a valid Triathlon Ireland Membership Card or a One Day Membership (ODM)

## **TIMETABLE**

Registration is open from 10.30 to 12.15 and will take place in the Pulse tent which will be in the car park at the back of Westpark (to the left hand side of the building).

Race briefing will take place beside the Pulse tent which will be in the car park at the back of Westpark (to the left hand side of the building) at 12:45. Please ensure all children are present for this briefing.

The race schedule is as follows:

10:00 – Pre-race registration opens.

12:15 – Pre-race registration closes.

12:40 – Transition closes for 11-12 and 13-14 yr olds

13:00 – Holding area for bikes for other age groups closes (this is situated at the back of the bike-collection point)

12:45 – Competitors race briefing.

13:00 – Race start (wave start times will be staggered beginning with the oldest age group working down to the youngest age group)

16:00 – Race finish and prize-giving.

Juniors will be led by the 'Head of Swim' from the car park to the race start in the swimming pool in order of race wave.

1<sup>st</sup> wave to start at 13:00, for 11-12 and 13-14 yr old age groups please ensure your child is ready to race when attending the race briefing. For other age-groups please listen for further instruction.

## **REGISTRATION**

Registration is open from 10.30 to 12.15 and will take place in the Pulse tent which will be in the car park at the back of Westpark (to the left hand side of the building).

### **THERE WILL BE NO ON THE DAY REGISTRATIONS**

Competitors will be given their race number and goody bag at registration. Your child's number will be written on your hand, for handing back your junior athlete at the end of the race at the entrance to the track.

Note that Race T-Shirts are only available for the first 100 children that were entered online for this race. The t-shirts will be distributed to the children at Saturday morning registration.

All competitors must have a valid Triathlon Ireland Membership Card or a One Day Membership (ODM) with them on the day

## SWIM

Juniors will be led in order of race wave by the 'Head of Swim', from the Pulse tent in the car park where the race briefing takes place, to the race start in the swimming pool.

- 1<sup>st</sup> Wave to start at 1300 (Wave start times will be staggered beginning with the oldest age group working down to the youngest age group). For 11-12 and 13-14 yr old age groups please ensure your child is ready to race when attending the race briefing. For other age-groups please listen for further instruction
- They should be wearing what they will race in; they will place their runners, T-shirt/Shorts in a box beside the pool before their wave starts
- Each Age-Group after that will be called to the Pulse tent before their race start.
- After the last competitor of the older age-group has left the bike pick up transition the younger age-groups will be moved in. (There will be someone to direct you)

The swim distance will be determined by the age of the child the day of the triathlon:

Age-Group	Swim	No of Lengths
6-7	40m	2
8	40m	2
9-10	80m	4
11-12	120m	6
13-14	160m	8

- There will be marshals counting at one end of the pool, who will tell the athlete how many lengths they have left to do
- When the child is finished they will be directed to WALK to transition by on the bank marshals
- Parents will be asked to stand on the pool deck on the far side of the pool to where the juniors are racing
- Parents entering the pool deck are asked to wear the blue overshoes provided at the entrance at the glass doors
- Please do not enter the transition area from the changing rooms; you will not have access to the juniors.
- The athletes will be closely monitored and anyone unable to finish will be aided out of the pool.
- We ask that no one takes photos or videos in the pool area.

**IMPORTANT: THERE IS NO RUNNING ON THE POOL DECK – ANY BREAKING OF THIS RULE WILL RESULT IN A DISQUALIFICATION**

## POOL TRANSITION

The Pool Transition is where athletes will collect their clothes and runners after the swim and it will be located indoors beside the emergency exit door at the back of the pool

- there will be boxes in the Pool Transition where athletes will put their runners, t-shirts/shorts, towels before their wave start
- Runners, shorts/t-shirt or tri suit and race number are mandatory for the run. Athletes will be prevented from leaving transition until they are properly attired
- Athletes will be directed out of the Pool exit and down the steps to the Bike Pick-up Transition where they will collect their bicycle and helmet.
- Hats, goggles and other items left in the pool transition will be brought out to the finish area after the race.

## BIKE PICK-UP TRANSITION

The Bike Pick-Up Transition is where athletes will collect their bicycle and helmet after leaving the Pool Transition and it will be located behind the Pulse tent in the car park (at the back of Westpark where registration and race briefing will take place).

- bicycles and helmets must be placed in this area before the race starts
- the bicycles will not be on racks and will be lined up on the grass
- athletes will be directed out of the Pool exit and down the steps to the Bike Pick-up Transition where they will collect their bicycle

## CYCLE

The cycle stage of the triathlon will take place in Bancroft Park which is behind the Westpark Centre and the cycle will take place on a path within the park. Although there will be no vehicles in the cycle area it **must be noted that the park is not closed to the public and there may be members of the public using the path within the park, we will have marshals throughout the course and will try to limit the contact but please give way to pedestrians.**

Once the athlete has collected their bike from the 'Bike Pick-Up Transition' they will be directed to cycle towards the park and will join the cycle loop.

Each athlete must count the number of laps that they have completed and ensure that all laps are completed on the bike course.

**Please obey the marshals at all times; they are there for your safety.**

The cycle distance will be determined by the age of the child the day of the triathlon:

Age-Group	Cycle	No of Laps
6-7	2km	2
8	2km	2
9-10	4km	4
11-12	6km	6
13-14	8km	8

## BIKE DROP-OFF TRANSITION

The Bike Drop-Off Transition will be at the far end of the Tallaght Athletics track beside the rear gate entry to the track which will be open for the Triathlon.

- the athletes will be instructed to slow down and dismount at the Dismount line
- this area will be used by athletes to place their bicycle in once they have completed the cycle course
- the athletes will then enter the athletics track via the gate and begin the run
- anyone using cycling shoes and cleats please let the marshals in the Drop-off transition know and place runners beside track
- the bikes will be left with marshals and lined up for collection later (number will be needed for this)
- marshals will remain in the Bike Drop-Off transition and accompany the bicycles in this area at all times
- after collecting bicycle at race completion you will need to return to the Westpark car park via the outside of the fence of the athletics track to avoid collision with athletes still competing

## **RUN**

The run will take place on the Tallaght Athletics track with athletes entering the track via the rear gate which will be located by the Bike Drop-Off Transition.

- On the first lap the athletes will enter the track and run approx. 200m to a turnaround point at which they will change direction and continue to run in the opposite direction towards the finishing chute
- Each athlete must count the number of laps that they have completed and ensure that all laps are completed on the run course
- Marshalls will be monitoring all athletes to ensure the full distance is completed

The run distance will be determined by the age of the child the day of the triathlon:

Age-Group	Run	No of Laps
6-8	400m	1
8	400m	1
9-10	800m	2
11-12	1200m	3
13-14	1600m	4

## **FINISH CHUTE**

The finish will be located on the athletics track and Junior athletes will be expected to be collected from the exit at the top of the track (opposite end to where they will be entering, near the clubhouse) by parents or designated person, the number will be checked by marshal.

- All juniors will be presented with a medal at the finish chute

## **PRIZE GIVING**

Age group prizes we will awarded beside the finish gantry as soon as possible after the race has finished.

Prizes will be awarded in the following categories:

Age-Group	Placing	Category
6-8	1, 2, 3	Male & Female
8	1, 2, 3	Male & Female
9-10	1, 2, 3	Male & Female
11-12	1, 2, 3	Male & Female
13-14	1, 2, 3	Male & Female

## **PHOTOGRAPHS**

Photographs will be taken on the day by a Pulse member who is a volunteer photographer. The photographs will be available through our Pulse Flickr page and access to Flickr photos will be via Facebook.

## COURSE MAPS

The following map shows a birdseye view of the Triathlon Course. Details are:

- The Swimming pool area is identified in Blue text
- The Bike Pick-Up Transition is identified as 'Transition'
- The cycle course is identified with Green path. The large loop is approx.500m in distance
- The Bike Drop-Off Transition is identified as 'Bike drop'
- The entrance to the run course is a gate at the back of the track beside the 'Bike drop'
- The run course is identified with Red path
- The finish chute is identified as 'Finish'



The following map shows a birdseye view of the Triathlon Run Course. Details are:

- The distance from the run entry point at 'bike drop' to the turnaround point, and back to 'finish line' is 400metres.
- This will make up the first 400 metres and athletes must then complete the relevant number of 400m laps to complete the run course

## **TOILETS/ CHANGING FACILITIES**

Westpark Fitness Centre is kindly allowing us to use their facilities, but it is still open to their members. To minimise disruption to their members we ask you to follow the rules below:

- There are family changing areas in the changing rooms, if using these please do not leave bags there, so to leave free for other people to use.
- Children must be accompanied by an adult at all times in toilet and changing areas.
- In the case of different gender parent for a child over 6, it is Westpark's policy that the family changing area is used – this is located on the pool deck at the end of the pool.
- There is also a toilet in the reception area that can be used for this purpose.
- There are also toilets and changing areas in the Tallaght Athletic Clubhouse, this is located beside the track.
- Please ensure your child is accompanied at all times when using the facilities.
- If necessary, please ask a marshal for assistance.

That's all the official details out of the way, now just to say we hope you and your Juniors enjoy their day on Saturday.

We would like to thank our partners: Westpark Fitness Centre and Cycle SuperStore for their continued support and sponsorship, and South Dublin County Council and Tallaght Athletic Club for access to their facilities, all of whom allow us to stage the event.

And most of all we would like to thank our junior members, their parents and all other junior competitors and supporters for taking part in this event and supporting Pulse Triathlon's Junior Club.

We hope everyone has a great day and a great race.

See you on Saturday!!

Liz O'Connor  
Junior Pool Triathlon Race Director

Dave Adams  
Chairperson Pulse Triathlon Club