



University of Nottingham
Varsity Triathlon – 24th April 2016
TriStars Race Information



Please download for your safety and information

Overview

Parking

- Parking can be accessed via the University West Entrance (NG7 2QL).
- It will be located in the car parks of nearby Halls of Residence.

Registration

- Will be open from 6:30am for the main triathlon event and will remain open until the end of the TriStars event.
- We recommend you register at least 1 hour before your designated start time.
- Located in the University of Nottingham Temporary Sports Centre.

Changing

- Located in the University of Nottingham Temporary Sports Centre.
- Lockers are available in the Sports Centre and require you to bring a padlock.
- Limited lockers available in the Swimming Pool for £1 (refundable).

Briefing

- Race briefing will take place in the pool **15 minutes before** your wave start time.
- **All competitors must attend.**

Swim

- Competitors must adhere to their wave start time and wear the designated hat colour.
- Competitors will be set off at 10 second intervals.
- Observe the correct lane rotation.
- Overtaking is best done at the end of the length. Touch the toes of the person in front just before they get to the end. They should then wait for you to pass at the turnaround.
- Competitors are responsible for counting their own lengths.

Run

- The course will be clearly marked and marshalled.
- Competitors must give way to traffic – including cyclists – when crossing roads.
- Competitors must respect members of the general public using the route.
- Attempts will be made to ensure the route is clear for all TriStars athletes, including the road crossing.

Timing

- Chip timing is in operation. These will be given out at registration and collected upon crossing the finish line in exchange for a medal.
- A cost of £6 will be incurred for lost timing chips.



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Competitor Information

Rules and regulations

All competitors should familiarise themselves with the BTF rules and regulations under which this event shall be run.

https://www.britishtriathlon.org/britain/documents/about/competition_rules.pdf

The event will be under the jurisdiction of a BTF qualified official. Any penalties will be posted on the penalty board located in the Sports Centre. Appeals should be submitted in writing to the race official in accordance with BTF rules.

Arrival

Please arrive in sufficient time to register, set up transition and prepare for your race. We request that competitors arrive 2 hours before their wave start time. Parking for competitors will be available in the car parks of nearby Halls of Residence (Willoughby, Cavendish, Ancaster, Nightingale, Rutland and Sherwood). Please use the University West Entrance (NG7 2QL) to access this. The University Park Campus will be operating on a one-way system on race day so please avoid driving through campus to access parking.

Registration

Registration opens at 6:30am for the main Varsity Triathlon event and is located in the University of Nottingham Temporary Centre. This is a ten minute walk from the designated parking area and will be clearly signposted. Registration will remain open throughout the day until after the TriStars event has concluded. We would recommend you register at least 1 hour before your designated start time.

Once registered, you will be presented with a T-Shirt, a goodie bag and an envelope containing your race numbers. This envelope will also contain your wave start time and timing chip.

If you wish to withdraw from the event, you should do so in accordance with the Terms and Conditions of the event. These are available at: <http://www.nottsvarsitytri.com/terms-and-conditions/>

Note: it is strictly forbidden to give your entry to another person or to compete under an entry that is not your own.

Numbers

The large, tear proof race numbers in your envelope are to be worn on the run section. BTF rules state that a number must be visible on the front for the run. Number belts are allowed but it is your responsibility to ensure numbers are visible in the correct positions at all times.

If you have any medical conditions, these should be clearly written on the back of your race number along with an emergency contact number. All competitors are encouraged to write an emergency contact number on the back of their race number in the event of an accident.

Timing Chips

You will be presented with a timing chip at registration. It is to be worn throughout the race on the left ankle. It should be returned at the end of the race in return for a medal. Failure to return your chip will result in a fine of £6.



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Transition Set-up

There will be a designated area for TriStar athletes to set up their shoes, t-shirts and any other kit they would like to use for the run section of the race. The exact location is to be decided but will be near to the transition exit of the swimming pool as used by the main triathlon event. More information about transition set-up for TriStars will be provided at registration.

No headphones or mobile phones should be used when in the transition zone at any time, not just during the race. Lockers are available in the Sports Centre and require a padlock. Limited lockers are available in the Swimming Pool and require a £1 coin. The event organisers take no responsibility for loss or damage to items stored in this way. **Only competitors with race identification (such as a race number) are allowed in the transition zone.**

Race briefing

Each wave will have an individual race briefing. This will take place **poolside 15 minutes before the start of your wave**. Please arrive in sufficient time. All competitors must attend. This is for your safety as it will inform you of important event information and any late changes that may affect your race. **No briefing, no race.**

Swim

The swim length is dependent on your TriStars age group. This is shown on the map below and will be reiterated in the race briefing. Please enter the building by the main entrance as the rear fire exit will be used for competitors already racing. Competitors will race in a single lane and will be set off at 10 second intervals. You will be required to wear a coloured swim hat – this will be provided – and must adhere to the correct starting order (TBC). All competitors must start in the water, absolutely no diving. For safety reasons, we ask that competitors do not swim backstroke.

Competitors are responsible for counting their own lengths and incompleteness will result in disqualification. On completion of your swim, exit the pool and leave via the fire exit to transition. Please do not run on poolside for safety reasons. On race day, if you are on an inside lane and are struggling to exit the pool via the ledge, you may proceed under the lanes to the side of the pool but it is your responsibility to not interfere with any other competitors.

Transition

Proceed to the transition area where you set-up your running kit. Before heading onto the run section, make sure you have a race number visible on the front.

Run

The run length is dependent on your TriStars age group. This is shown on the map below and will be reiterated in the race briefing. This will be clearly marked and marshalled. You must run on the path and respect the Highway Code when crossing the road at designated points - give way to vehicles, this includes cyclists. Please respect members of the public that you may encounter on the route, they have an equal right to be on the path. Some TriStars age groups are required to do multiple laps. It is your responsibility as a competitor to count these laps but they will be clearly signposted.

Finish

The finish line is in the Triathlon Village. Return your timing chip in exchange for a medal. You can obtain a printout of your result from the result tent.



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Spectators

Spectators should not interfere with competitors at any point during the race and transition is a strictly competitor only zone. The course is very spectator friendly though and we encourage support of competitors. Due to space restrictions, spectators will only be allowed into the pool viewing area for the wave of the competitor they are supporting, as well as one wave before and after.

Sandcliffe Triathlon Village

The event will include a Sandcliffe Triathlon Village adjacent to the finish line where refreshments can be obtained from various outlets. Prehabilitation Sports Massage will be available for purchase and TFN – Total Fitness will be on hand to provide you with any last minute kit or purchases. Athletes and spectators alike are encouraged to make use of this area as it will be a vibrant race hub.

Miscellaneous

- Medical cover will be at the event all day. If you require any medical attention please speak to a marshal as soon as possible.
- Provisional results can be obtained as a print out after you finish before official results are published online by StuWeb later that day.
- A presentation ceremony will take place after the last competitor has crossed the line. This will take place in the Triathlon Village. In the event of bad weather, alternative arrangements will be publicised.

Schedule of events

6.30am - Registration and Transition Opens (Transition will be secure and only registered participants will be able to access it).

9am-12.30pm – General Entry Waves. Start times will be based on estimated 400m swim time. A start list with exact start times will be emailed to registered participants and released on the Varsity Triathlon website the week of the race.

11.15am – Elite Varsity Waves. These are the top 8 female – four from UoN and four from NTU – and top 8 male – four from UoN and four from NTU – athletes.

1pm – Varsity Triathlon Award Ceremony held in the Sandcliffe Triathlon Village

2pm – Varsity TriStars Aquathlon

4pm - Varsity TriStars Award Ceremony held in the Sandcliffe Triathlon Village.

4:30pm - Transition Closes (although participants can collect their bikes earlier while yielding to those still racing).



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The event organisers would like to thank our partners for this event. Many of these will have stalls in the Triathlon Village that we encourage competitors and spectators to visit.





VARSITY TRISTARS AQUATHLON					
Category	Age	<i>speedo</i>  Swim	Run		
	Years	Metres	Lengths	Metres	Paths
TriStars Start	8	50m	2	600	— — — —
TriStars 1	9-10	150m	6	1,500	— — — — 1x — — — —
TriStars 2	11-12	250m	10	2,000	— — — — 2x — — — —
TriStars 3	13-14	400m	16	3,000	— — — — 3x — — — —

