

Carlisle City Aquathlon 2013

Race Information

MANY THANKS TO OUR KIND EVENT SPONSORS – APPLEBY POST OFFICE AND GDM HOSTING (WEB DESIGN AND PRINTING)

Venue

The race venue is the Richard Rose Morton Academy and Morton Pool, Wigton Road, Carlisle, CA2 6LB. There is ample free parking on site.

Registration is open from 1100 until 1200 and will be in a small room to the rear of the swimming pool building.

Children will be body numbered but will NOT be given a race number to actually wear. Adults will be allocated a single number to wear on the front of their race top.

Course maps will be on display.

Race Briefing

The briefing will be 1215 near transition.

Waves

Information on waves will be published with about a week to go but at this time it looks as though there will be 8 or 9 children's waves between 1230 and 1400 and 3 to 4 adult waves following soon after.

Swim

Morton Pool is a 4 lane 20m pool.

WE WILL TRY TO KEEP TO A MAXIMUM OF 2 SWIMMERS PER LANE OF SIMILAR ABILITY BUT WE CANNOT GUARANTEE THIS – SOME ATHLETES HAVE NOT BEEN ABLE TO PROVIDE ESTIMATED TIMES.

Each wave will be called to enter the pool by the main entrance and will be seated until the allotted wave time. Please listen out for your wave.

Distances

Tri Start - 2 lengths.

Tri Star 1 – 6 lengths.

Tri Star 2 – 10 lengths.

Tri Star 3 – 16 lengths.

Youth – 20 lengths.

Different coloured swim hats to be worn in each lane provided by the lap counters. THESE ARE TO BE DROPPED BY THE SWIMMER ON EXIT AND WILL BE RE-USED.

No diving permitted. Tumble turns are allowed.

Lap counters will indicate when a swimmer has 2 lengths to go. Please adhere to the instructions of the lap counters.

Transition

Exit the pool by the corner exit onto the matting and up into transition. The swim time will include T1. Follow the marshal's instruction out onto the run course.

Run Routes

Children

The children's runs are all within the confines of the school grounds and consist of a mixture of tarmac and gravel path and a short section of grass. For those who raced last year the run courses have changed.

Tri START competitors have their own small lap of the run course, basically one lap of the main school building.

The rest of the children will complete a 1000m circuit, only a different number of times depending upon their age group, as follows: -

Tri Star 1 – one lap.

Tri Star 2 – 2 laps.

Tri Star 3 – 3 laps

Youth – 4 laps.

Although marshalled we cannot count the laps for the children so they will have to remember this themselves, parents can help in this regard. At the end of each lap the children will return almost to transition for the run turn, this should make it spectator friendly and is a good place to shout encouragement.

I WOULD STRONGLY ADVISE EACH CHILD/PARENT/CARER WALKS OR JOGS A RUN LAP BEFORE THE RACE BEGINS TO LET THE CHILDREN FAMILIARISE THEMSELVES WITH THE COURSE.

Adult

The adult run leaves the school via a tarmac footpath to the rear of the school and goes straight to the rear exit from the site on to Queensway. This point will be marshalled. For the next 150m there is no footpath but there is a grass verge. After 500m turn right onto the footpath that runs alongside Wigton Road. There is a very wide footpath please use it and do not run on Wigton Road. This point will be marshalled. Run straight past the school entrance and continue on the footpath out of the

city boundary. There is a footpath all the way to the new roundabout which forms part of the new city by-pass. TURN RIGHT HERE. There may not be a marshal here so please know the course.

Follow the footpath/cycle way to the next roundabout then turn right (MARSHAL). The next 600m or so has no footpath so please run on the right and take care. The next right turn is just into the city boundary, turn right here (MARSHAL).

Re-enter the school and follow the direction of the marshal onto the gravel footpath to the left and follow the path/tape to the finish. You will be running in the opposite direction to the children were running earlier. Finish will be in the same location as the children near transition.

All children will receive a medal courtesy of one of our kind sponsors, Steve at **Appleby Post Office**.

Refreshments

A quality tea and coffee vendor will be on site once registration opens. Carlisle Tri Juniors will have a stand selling snack and confectionary.

Presentation

This will occur as soon as possible after the last finisher, without tempting fate we are normally pretty quick in this regard!!

Prizes

There are gold, silver and bronze medals for male and female top 3 in each child's age group, courtesy of our other event sponsor **GDM Hosting (Web Design and Printing)**

At this time there will be vouchers for the first three male and female open adults and the winner in each veteran age category.