



01 May 2011

Moss Farm Leisure Complex

Northwich

Registration opens at 08:30

1st Race starts at 9:45

Free Car Parking is available at the leisure center. Please follow the instructions of the car park marshals upon entry.

Wave start times

The times below are provisional, please check at registration for updates or amendments

Please ensure that you arrive at the briefing and start at your allocated time.

Category	Poolside briefing	Start time
Tri start	09:45	10:00
Tri star 1	09:50	10:10
Tri star 2	10:10	10:25
Tri star 3	10:35	10:45
Youth/ Junior	10:55	11:10
Senior wave 1	10:55	11:10
Senior wave 2	11:25	11:40

Please check the website www.warringtontri.co.uk for updates prior to the race

Race registration

This starts at 8.30 and will close half an hour before the start of the last swim wave. Please register at least 30minutes before your start time.

The first wave will start at 10.00am & will run in the following order -

Tristart, Tri Star 1, Tri Star 2, Tri Star 3, Youths/Junior & Adults

Race registration will take place in the Sports Centre café area. All competitors will need to register on the morning. Please ensure you have your race number before registering. This can be found on the notice board in the Leisure Centre. If you have a 2011 BTF licence, please be ready to show this – a £2/£1 charge for a day licence will be made in the event of members failing to produce a valid licence.

Day Licences will be issued to non-members ensuring you are appropriately insured.

Collect your race number for the run section.

To assist in identification of competitors race numbers will be marked on legs. This is not compulsory and permission will be requested prior to marking. Please state whether you would like to be marked.

Outdoor shoes WILL NOT be permitted on poolside or in the changing area, please use shoe covers provided.

Race briefings and warm up

These will take place prior to the swim start. Please be at the poolside at least **15 minutes** prior to your start time. The briefing will inform you of any safety issues. If you have any queries, please ask them after the briefing. There will also be a warm up for the competitors.

Transition Area

The transition area is located outside the pool, immediately through the door adjacent to the exit point for the swim. This will be marshalled at the exit where the first split time will be recorded, please ensure that numbers are visible to the marshals to ensure that your split can be taken. The exit point of the transition will be at the opposite end to the entrance point.

Competitors will be permitted to enter the transition zone to position their run equipment after the previous wave has left the area. Please try to refrain from collecting any items left in transition while other competitors are in passing through.

Only competitors will be allowed into the transition area.

Please follow the marshal's instructions at all times whilst in transition.

What will you need?

You will definitely need a swimsuit or trunks (goggles are also recommended) and running shoes.

NB Competitors are not permitted to complete the run bare chested.

The swim

The swim will take place in the 25m pool at the Leisure Centre. Distances vary for the Tri-star races so please familiarise yourself with the number of lengths (shown in brackets).

Tristart	50m (2 lengths)
Tri Star 1	150m (6 lengths)
Tri Star 2	250m (10 lengths)
Tri Star 3	400m (16 lengths)
Youths/Junior	500m (20 lengths)
Adults	500m (20 lengths)

The Marshal will highlight the pool exit and the timekeeper will start you at your start time which will be calculated based on the estimated time on your entry form. Lap counters at the end of each lane will count your lengths. Should you wish to get completely changed after the swim, please use the changing area. No nudity is allowed in transition.

The run

Distances vary with the run.

Tristart	600m	1 lap
Tri Star 1	1.5km	1 lap
Tri Star 2	2km	1 laps
Tri Star 3	3km	2 laps
Youths/Junior	5km	4 laps of the long course
Adults	5km	4 laps of the long course

If necessary, please ensure you are aware of the number of laps you need to complete. From transition, follow the Marshall's instructions and if you are completing numerous laps please call out your number to a marshal at the turning point.

In the event of poor weather the run laps may need to be shortened and the number of laps run increased, notification will be made at registration of any changes, please follow marshals instructions at all times.

Race rules

The event is held under the British Triathlon Federation rules. This means that all competitors must be insured by an appropriate body - BTF members are insured as part of their membership and all other competitors as part of their day license.

A copy of the race rules will be available at registration.

Photos

If you wish to take photos, you will be required to register prior to the start of the event. Forms are available from the main complex reception desk.

Refreshments

Refreshments will be available from a food van on site for the duration of the race. You will be able to buy hot drinks and various rolls.

Medical cover

The safety of our competitors is paramount. Should you require the services of a medical professional, please approach one of the volunteers available on the day.

Medical conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number along with your medical condition on the back of your number. This will only be used in the event of an accident.

Race numbers

Race numbers must be worn for the run section. Numbers must be pinned on all four corners. Please remember to bring some safety pins. Race belts are permitted.

Dogs

Moss Farm is public amenity run by the local authority and has a 'No dogs' policy. So please do not bring your dog along to the event as you will be asked to leave.

Results

Results will be displayed within the Sports Centre as soon as possible after each race finishes.

Provisional results will be available to download from www.warringtontri.co.uk on Monday. Any disagreements over timings should be raised with the race organiser on the day.

Prizes

There will be prizes for first place only in all categories, for both male and female competitors.

These will be awarded in the Sports Centre and announced by the race director. Please make up sure you are there to pick up your prize, as they will not be forwarded on.

