

Bolton Junior Aquathon

Thankyou for entering the Bolton Junior Aquathon.

Please read these notes carefully. We have tried to put as much information as possible into them to avoid lengthy race briefings. There will however, be a short briefing at poolside for competitors, prior to their event. If there are any queries not dealt with by these notes, you can either make enquires on the day at the registration desk or contact the race organiser Stuart Carter on 0161 762 9182 or 07789 773 581 or at sscarter@unisonfree.net or the race safety officer Steve Jones on 07939 461238 or at steve.jones@btinternet.com

These notes and any updates to them will also be accessible from our website www.boltonmetrotriclub.com.

This event will take place between 10am and 2pm on April 23rd at Turton Leisure centre, it will consist of a swim in an 25m indoor heated pool followed by a cross country run on the adjacent school playing fields. The transition time is part of the race. The only exception is the Tots event, they will do the swim and run seperately.

Directions

From either the North or the South, get onto the M61. You need to exit at junction 5 and head East. (If you are coming from the North, take the first left at the bottom of the slip road. If you are coming from the South, you will effectively turn right.)

Carry on for 1.2 miles to the first set of traffic lights and turn left (there is a Shell garage at this junction.) Follow this road for 1 mile until you reach a T-junction with traffic lights. At this junction turn right then immediately left. You are now on Bolton's ring road. It is sign posted A58 Bury.

Continue along this road for 4.2 miles. You will cross one roundabout and then turn left at the 5th set of traffic lights. At this junction, there is a signpost, Ramsbottom A676. The junction is also recognised by there being another Shell petrol station on one corner and a pub called Bolton Castle on the other.

After turning left, proceed for 0.6 miles to the 1st set of traffic lights where the road forks. Take the left fork (signposted Blackburn A666) and continue for 0.7 miles until you go under a railway bridge. Immediately after this you take a right turn into Chapeltown Road which is signposted Edgeworth B6391. The leisure centre is 150m from this junction on the left hand side.

For those with access to computer facilities, you can obtain detailed directions from www.multimap.com. Select the directions button and enter your own postcode and the leisure centre's, which is BL7 9LT.

Parking

There is only limited parking in front of the school but there is a car park on the corner of Bromley Cross Road and Chapeltown Road and another at the back of the Recreation Centre which can be entered off Chapeltown Road. There is also a carpark at Edgeworth railway station.

Registration

Registration will be open from 8.30 to 10.30 am. Novice, Tristart, T1 and Tots should register before 9.30am. T2 should register before 10am. T3, Youth and parents should register before 10.30am. At registration you will be given information about what time you should report to poolside for your event. There will be a short race brief on the poolside 5 minutes before every race.

Tots, Novice and Parents events

These are designed to be an enjoyable introduction to multi-sport events, participants will be of different ages and therefore they are not competitive events. All participants will receive a medal but there will be no certificates for 1st, 2nd and 3rd.

The Tots event will not be continuous. The children will do their swim and then have approx 15 minutes to get changed and assemble on the playing fields for the run. Parents should not enter their children unless they can swim 50m unaided and have a certificate to prove it.

Distances and Race Order

The first race will start at 10am and races will be run in the following order. It is a four lane pool and there will be no more than 4 swimmers in a lane. Therefore in some events there are likely to be two waves. However until the closing date for entries has been reached we can not draw up an exact timetable. The times below are an approximate guide to help you plan your day but depending on the numbers of entries in each event start times may be earlier or later. At registration you will be given information about what time you should report to poolside for your event.

Event	Approx Time	Age (at 31/12/06)	Swim	Run
Tristar Start	10:00	8	50m	600m
Novice 1	10:10	8 - 12	50m	600m
Tots Swim	10:20	7 or under	25m	
Novice 2	10:25	13 - 16	100m	1200m
Tots Run	10:40	7 or under		250m
Tristar 1 Boys	10:45	9 or 10	150m	1200m
Tristar 1 Girls	11:00	9 or 10	150m	1200m
Tristar 2 Boys	11:25	11 or 12	250m	2000m
Tristar 2 Girls	11:50	11 or 12	250m	2000m
Tristar 3 Boys	12.15	13 or 14	400m	3000m
Tristar 3 Girls	12.30	13 or 14	400m	3000m
Youth	13:00	15 or 16	600m	4000m
Parents	13:20	99 or less	150m	1200m

All participants will use the same exit route from the pool, which then continues through the car park, around the end of the school building and up

onto the playing fields. From there, participants will complete 1 or more laps of the route.

Maps of the courses for each event will be displayed in the registration hall

Facilities

There are changing rooms, showers and toilets available at the swimming pool. There is also a balcony over the pool, which can be used by spectators.

Security and Photography

To comply with school security all spectators must collect a sticker/stamp at registration which must be worn so it is visible to marshals. In addition anyone wishing to take photographs or video must fill out a form at registration giving their details. You will then be given a sticker which must be worn during the event.

Personnel

There will be a safety officer and first-aiders on site. Marshals will be recognizable by the yellow tabards - in case of emergency - please see any of these.

Parental Consent and Insurance

We have conducted a full risk assessment of the event to minimize any safety risks. However we need to remind you that you have signed the parental consent section of the entry form entrance which states 'I agree that the above named person is fit to take part in this event. I understand that they participate at their own risk, and relieve the race referee and the race organisers/personnel of any responsibility for injury, loss or damage sustained to either person or property as a result of participation howsoever caused. I agree to abide by the rules of British Triathlon and the event organisers.' Please notify the Race Organiser of any health problems or disabilities that we need to be aware of.

British Triathlon (BTA) members should show their BTA card at registration. They are covered by BTA personal accident insurance. Non members will be given a BTA day licence at registration which will give them the same cover for this event only. However children below the Tristar Start age (8 by 31.12.06) are not eligible for a day licence and parents

who are entering their children in the Tots event need to be aware of this. Tots must have a recognized 50m swim certificate.

Rules

1. Only freestyle and breast stroke are allowed whilst swimming. Tots can use any stroke.
2. There will be no diving from the poolside. All competitors will start in the water.
3. You are responsible for your kit.
4. Parents can encourage but must not distract any children. There have been instances in the past where "over enthusiastic" parents/relatives/carers have caused unnecessary stress to their charges. Whilst everyone wants their child to do as well as possible, in the real world, this does not always happen. Remember that the overriding aim of these events is for the competitors to enjoy themselves and continue to participate in sport. To get an idea what it feels like as a competitor why not enter the parents race ?
5. You will be given a number and safety pins for your t-shirt/race belt. You must wear your number at the front so that during the run it is visible to the marshals and time-keepers at all times.
6. Marshals have volunteered to assist with the smooth running of the event. There are not there to be verbal abused. Any such abuse by either a competitor or parent/carer of a competitor will result in the disqualification of the competitor by the organisers
7. It is the responsibility of competitors to count their own laps. Run marshals are there to give directions only. On the swim you will be told when you have 2 laps to go.
8. Depending on how many swimmers are in your lane you may be asked to wear a coloured swimming cap to help the timekeepers distinguish between competitors. We will provide these.
9. NO RUNNING ON POOLSIDE

Penalties

If marshals can not see your race number you may be given a 1 minute time penalty and if your number is not visible to the timekeepers you will not be given a time for the race.

A lap checker will record your number on each lap of the run. If the records show that you have not completed enough laps then you will not be

given a time for the event. Remember it is your own responsibility to count your laps. Don't worry though no one does more than 3 laps on the run.

At the end of your race

All competitors will receive a goody bag and medal and the first 3 finishers in each competitive event will be sent a certificate. Results will be posted on our club website as soon as possible after the event

www.boltonmetrotriclub.com . If you have provided a stamped addressed envelope they will be posted to you.

Hints and Tips

Ensure you have your goggles, put talc inside your trainers and t-shirt - this makes it easier to put on when you are wet. Take a small towel poolside to stand on while putting on your T shirt. Your feet will then be partly dry and easier to get into your trainers. If it is your first aquathlon you could practice this by getting in the bath in your swimming costume, then get out and try putting on your T-shirt and trainers. You don't need to wear anything else. Elastic laces are a good idea if you can get them.

Finally

Finally we hope you have an enjoyable day. We have made strenuous efforts to ensure that things will run smoothly and anticipate that they will. If you have enjoyed your day please tell your friends if not, please tell one of the organizers and we will endeavour to resolve any difficulties promptly. We will continue to run children's events and we would appreciate any feedback, good or otherwise!

BMTC wish to thank Turton leisure centre and Turton High school for permission to use their facilities. Also the help and assistance of the staff at Turton Leisure Centre and Bolton Metro Sports Development Unit is gratefully acknowledged. Thanks also to Melba Products (Bury), Warburtons Bakeries, Leslie's Ices and UNISON the public service union for their contributions.