



TPRC Aquathlon 2010 Directions

Queenswood School, Shepherds Way, Brookmans Park, AL9 6NS

Registration

All competitors must register prior to the Aquathlon to collect their race number and details of their race wave and start time.

Your race number will also be marked on your left hand.

The registration area will be alongside the swimming pool, it will open at 9.30 on Saturday morning and close before the race starts at 10.00am, please make sure you arrive in plenty of time to register and set up your running kit before the start.

All spectators including parents will be provided with a pass to allow access to the main school area and playing fields, access to the playing fields will be via the security gate near the swimming pool.

After you have registered please set up your running kit in the transition area which will be adjacent to the pool, it will be clearly marked, only competitors and race officials may enter the area.

Please remember to bring a towel to dry your feet and a waterproof bag such as a bin liner to keep your kit dry in case it is raining, you will get wet anyway but it is not easy to put on a wet top during a race.

The Swim

The swim will be in waves of 4, 8 or 16 lengths of the 25m pool depending upon the event you have entered.

The waves will start in this order; Junior 100m, Junior 200m, Adult 200m and Adult 400m. Each wave will finish before the next wave starts.

Competitors, please do not come to poolside by the main door, please use the rear doors which will be clearly marked.

Spectators may use the main door and the staircase to access the viewing gallery, **please wear the overshoes provided or remove outdoor footwear once inside the pool lobby.**

The swim will start at the shallow end of the pool, competitors will line up on the side of the pool and will be allocated a lane in order of estimated swim time, slower swimmers will set off first and be allocated to one of the slightly wider lanes at the side of the pool.

Before you start you will be given a coloured swim hat to wear during the swim, please remove this when you exit the swim and leave it at the end of the lane.

We will have assistants counting the number of lengths you swim, they will tell you when you have 2 lengths left to complete your swim.

You will get out of the pool at the shallow end and exit the pool area using the opposite side to where you lined up prior to the start.

No running is allowed in the pool area as the floor will be wet and slippery, this applies to all competitors, a time penalty may be given if you run before you get completely outside of the pool.

Please call out your number as you exit the pool so that we can record your swim time.

Do not forget to bring your goggles!

Transition

Please set out your running shoes and kit so that it does not impede other competitors.

You can pin your race number to your running top or use a number belt but race numbers must be worn on the front during the run.

You can wear your swimming costume on the run or if you prefer wear shorts over the top of your costume but bear in mind the time you spend in transition adds to your race time, you must wear a top for the run.

Transition entry and exit points will be clearly marked.

The Run

The run will take place entirely within the grounds of Queenswood School.

The grounds are a secure area and only competitors wearing race numbers and spectators with passes will be allowed through the security gate.

Starting from the transition area the runners will pass through the security gate and along the path between the school buildings.

You will cross a service road, this point will be marshalled, we do not expect any vehicles to be using the road but please take care.

The junior run will be two laps of the main fields (see map) approximately 2.2Km, the Adult run will be three laps of the junior course plus two extension loops making approximately 4.5Km.

The course will be marshalled and marked with tape, junior runners will be in sight of marshals at all times.

The finish will be in front of the main school building in the top field.

Please do not leave any rubbish on the course, if you use an energy gel on the run please do not drop the empty pack on the field.

Results

Your time will be taken at the start, after the swim and at the end of the run.

All results will be compiled at the registration desk by the pool.

Results will be announced and trophies awarded by the pool once all waves have completed, they will be published on our web site in the afternoon.