



Prestwick Aquathon 2018

Ayrodynamic Triathlon Club

Note: Despite our best efforts we may need to make significant changes even at the last moment depending on the prevailing circumstances at the time of the event. This may include race route, race distances, heats or even the swim and run race format.

Location: -

Prestwick Swimming Pool, St Ninian's Park, Prestwick, KA9 1NW **Start time 14:15**

Registration from 13:00hrs: -

Registration will be within Prestwick Swimming Pool (outdoors if weather permits). You will be given your race number, heat and the lane you will be in. Your race number will be marked on one arm and the opposite leg. If you have questions or concerns don't worry you will be able to get help at registration.

[Tip: Arriving in good time to register, set up transition, walk the run course and warm up; this gives you the best chance of being relaxed to perform at your best.](#)

Transition set up: -

Before the race starts you need to set out your running kit in the transition area. Running shoes and a T-shirt to cover your chest (if you aren't wearing a swimsuit or trisuit) are the essentials. A small towel may also be useful. Pick a clear area to leave your running kit (and remember where it is!)

Changing -

Competitors can get changed in the swimming pool changing rooms from 14:00

Race Briefing: -

*****IMPORTANT – THERE MAY BE MORE THAN 1 HEAT PER AGE GROUP. PLEASE CHECK THE HEAT START LIST – YOU MAY BE RACING OTHERS IN ANOTHER HEAT SO RACE TO YOUR BEST!*****

There will be a short race briefing before the start of each heat. If you have any questions or concerns please ask the race organiser's before, don't wait till the race briefing.

Swim: -

age group	Lengths	distance	race numbers
8 year old	2 lengths	50m	
9–10 years	6 lengths	150m	
11-12 years	10 lengths	250m	
13-14 years old	16 lengths	400m	
15-16 years	16 lengths	400m	

Heat 1 starts 14:15

You must wear the coloured swim cap provided.

Please be ready at the pool entrance and wait until your heat is called in plenty of time.

We will be going through the heats as quickly as possible, so there will be only a 50m warm up before each heat.

[Tip: You should have a good “dry land” warm up outdoors before getting changed](#)

and going to the race briefing. You could wear your swim kit underneath your warm up clothes.

or start with one of the above options and change depending on how the race unfolds.

Transition: -

You climb out of the pool and carefully run out the door to the transition area. As you leave the pool you should shout your number out to the timekeeper. In transition you put on your running shoes and pull on your t-shirt. Leave your goggles and swim cap at your spot in the transition area. **You MUST NOT leave transition or run with a bare chest.**

Run: - The run course is a long loop, the number of loops you do depends on your age.

age group	Laps	distance	race numbers**
8 year old	half lap	600m	1 – 24
9–10 years old	1 lap	1k	125 - 161
11-12 years old	2 laps	2k	262 – 286
13-14 years old	3 laps	3k	301 – 317
15-16 years old	3 laps	3k	418 – 427

As you run always keep tape on your right hand side. At the end of your last lap you fork left to the finish line.

Run Route Map



Remember to high five family or friends as you run up to the finish line

Tip: Why not finish like an elite at a big race. Ask your family and friend to line up alongside the finish straight? Then you can high five them all as you finish, but be careful of celebrating too soon, if someone is sprinting to overtake you for the line, you may regret it.

Changing: -

After you finish get changed in the swimming pool changing rooms before you become cold. Please take you running shoes off before going into the changing rooms, or they could become very muddy. Do NOT go back into the transition area to take your gear out until the transition area marshal has told you that you can. You don't want to get in the way of someone else's race.

Presentation: -

Award presentations will take place close to the finish area, as soon as ALL athletes have finished and the results collated and not before, sorry. If you need to leave early we will make arrangements to get your award to you after the results have been checked and verified. Please do not ask the timers to give you your award early – manual timing requires concentration 😊 There will be a medal for all finishers.

Parents & Guardians: -

The pool only has a small spectator area, if you wait outside until your child's heat begins then enter the spectator area and leave again to watch the run, the greatest number of people will be able to watch their own children swim. **No parents permitted on poolside or in transition area.**

Our results are recorded manually and we are therefore unable to provide you with specific swim or run times – WE RECORD THE RACE AS A WHOLE. If you wish to have a note of specific segments of the race, may we suggest you try and record these for your athlete.

To allow for a safe and fair race, we must stress that **running alongside your athlete is NOT permitted and may result in your athlete being disqualified.** Please position yourself somewhere you feel will benefit your athlete the most – the laps of the course will allow you to move to a variety of locations to see them the maximum amount of times. Please plan ahead and bring extra supporters! The more the merrier -we LOVE encouragement and enthusiastic supporters!

Photography: -

If you plan to take photographs or video at the event you are welcome. However, you **MUST** use sound judgement in what you photograph or video. No photographs allowed inside the swimming pool or of athletes in transition. Please also use sound judgement if uploading images to social media. Kenny Girvan Photography will be taking official photographs at the event. If you do not wish your child to be photographed please let the Race Director know in advance of the event.

Aquathlon Series Points: -

The race is part of the Triathlon Scotland Aquathlon series [you need to be a member to earn points].

Race Results: -

Race results will be emailed to every participant [if we have correct email address] and will also appear on the club website [www.ayrodynamic.org]. Additionally Triathlon Scotland and Tri247 will have the results. The results should appear on

TriConnect so members of Triathlon Scotland should be able to log into their accounts at www.britishtriathlon.org and compare results to other events.

Volunteers: -

We cannot organise anything without volunteers. If anyone would like to volunteer to help out it would be greatly appreciated; there are lots of easy little tasks. Ask at registration or better still contact the organiser's before race day.

Final words: -

That was a lot to take in, but relax. On race day there will be people around to help, if in doubt ask.

Good luck and have fun!

