

Highlife Highland Junior Triathlon Information 2019. **Lochbroom Leisure Centre**

Booking & Payment

Please make sure you have booked your place to make sure that you have the chance to participate! Closing dates for entry is **Friday 13th September 2019**. This allows us time to organize heats and order bags and bottles for contestants.

Bookings and payments should be made online by visiting <https://booking.highlifehighland.com/>.

REGISTRATION AND RACE BRIEFING TIMES (essential)

Mini Triathlon 10.15am registration in the Sports Centre and brief 10.30am in the AV room.

Non-timed event for children aged 3yrs – P2. Parent/guardian escort required and aids encouraged.

Junior triathlon 11.15am registration in the Sports Centre and brief 11.30am in the AV room.

Timed event for P3 – S1's. Race number and timing chips will be provided.

The first mini's heat will begin at 10.15am, and the first junior heat will begin at 11.45am.

Categories and Distances.

T Star mini's (3yrs-P2)	Swim 16m (2 widths)	Cycle 150m (1 laps)	Run 100m (0.5 lap)
T Star Age 7-8	Swim 50m (2 lengths)	Cycle 450m (3 laps)	Run 300m (1.5 Laps)
T Star Age 9- 10	Swim 100m (4 lengths)	Cycle 750m (5 laps)	Run 700m (3.5 laps)
T Star Age 11-12	Swim 150m (6 lengths)	Cycle 1050m (7 laps)	Run 1000m(5 laps)

STRUCTURE AND SAFETY

The Triathlon consists of three disciplines; swim, cycle, and run. Heats are grouped by age and gender based on the numbers we can safely manage on the course and in transitions. Safety is our number one priority. Every stage of the course will be marshalled; marshals will be identifiable by high-vis vests and highlife highland tops.

Please note: Scooters, balance bikes and trikes are all welcome for the Mini's.

Bike Safety – It is strongly recommended you have your bike and helmet safety checked at your local bike store. A good fitting helmet is an essential requirement.

Swim Safety – Non-swimmers must wear armbands, please bring them with you or purchase a pair from reception. Alternatively, if you choose to support your child in the water on a one to one basis, a woggle or other swim aid can be provided by the centre upon request.

WEATHER CONDITIONS

The Triathlon will still be held in wet weather, please ensure children dress appropriately for all weather conditions. Only under extreme conditions would the event be cancelled. Please like us on Facebook to ensure you are kept up to date with the latest information.

PARKING AND ENTERTAINMENT

Parking at the Leisure centre is limited for large events; an overflow carpark is readily available in Latheron Car Park. We have a number of family activities planned to entertain you while you wait for your heat. It will be busy, so please wait and listen to instructions and guidance from the event co-ordinator and marshals.

WHAT WILL I BRING?



- A safety checked bike and helmet
- Suitable clothing and footwear to run, cycle and swim (armbands if needed)
- Socks (optional) for run and cycle
- Towel to dry off after the swim
- Water bottle to stay hydrated
- Pocket money for activities and stalls

In addition to the above, junior competitors will be provided with the following

- Race chip
- Race number to attach to front of t-shirt

It's a good idea to have a small plastic box to keep your items together and also devise a way to make your bike stand out somehow so it will be easier for you to find during the transitions.

TRANSITIONING

There will be 2 transition areas; a swim to bike transition and a bike to run transition. Transitions will be open 5 minutes prior to heat start times and will only be accessible to the starting heat competitors. Transition areas must be kept as clear and tidy as possible.

Once you have completed the swim leg you will run into the first transition area, quickly dry off and put on your sports gear before running to the school pitch to locate your bike. When you pick up your bike make sure your helmet is firmly secured and push your bike to the "Bike Exit" before mounting and starting pedalling.

Once the bike leg is complete you will proceed to the last transition to deposit your bike and helmet. Bikes will be moved from transition to the bike holding area, where they must be immediately removed.

And finally the run, you will really enjoy this bit as it is where you will complete the course and cross the finish line. Your friends and family will be able to cheer you on and watch you getting your well-deserved Triathlon Medal.

RULES TO REMEMBER!

- Participants and spectators must follow race marshals' instructions. Marshals will be in the high-vis tops and highlife highland tops encouraging you and directing you round the course.
- Spectators must keep clear of all parts of the transition paths. One Guardian per participant is permitted to assist with transitions i.e. putting on clothing and helmet.
- Your helmet must be on correctly and fastened securely before you leave transition.
- Closed in shoes must be worn for the bike & run legs of the event. You must ensure that your shoelaces are tied before you leave transition.
- Take care on corners, particularly if conditions are wet.
- Familiarise yourself with the course and be sure to follow signage and directions.

AFTER THE RACE

Once you've caught your breath you might like to cheer on other Triathletes and enjoy the family activities on offer until the prize giving.

AWARDS – There will be a trophy prize giving and photo shoot for the boy and girl, gold silver and bronze winners of each junior category at approximately 14.30pm.

CONTACT – Event co-ordinator: Leisure Assistant, Tom Grant

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