

Prestwick Aquathon

Ayrodynamic Triathlon Club

Note: Despite our best efforts we may need to make significant changes up to the last moment depending on the prevailing circumstances at the time of the event.

**Location: -
Prestwick Swimming Pool, on 22nd May 2010**

**Registration: -
from 13:15 - 13:50 Basketball area behind Prestwick Swimming Pool**

Registration between 13:15 and 13:50, at the Basketball area behind Prestwick Swimming Pool.

You should turn up at registration, in plenty of time before the race, everything will be much easier if you leave yourself plenty of time.

At registration your name is ticked off.

You are told what time your heat starts and which lane you will be in.

You are given your race number and some safety pins, keep these safe.

If you have any questions or concerns you will be able to get help at registration.

Tip: Arriving in plenty of time to get set up and register, gives you the best chance of getting everything right and keeping relaxed.

**Transition set up: -
behind Prestwick Pool, from 13:15 – 14:00**

Before the race starts you need to set out your running kit in the transition area.

Pick a clear area to leave your running kit and remember where it is.

Your race number is pinned to your t-shirt [or race belt if you are using one]. You need to clearly display your race number on your front during the run.

Remember that you will be putting your shoes and t-shirt on in a hurry before you start running, so think about how you will do it.

**Race Briefing: -
poolside, 14:10**

There will be a race briefing poolside before the first heat. All athletes are expected to attend the race briefing, where there will be an explanation of the

race.

**Changing -
from 14:00 at Prestwick Pool**

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

**Swim: -
heat 1 starts 14:15**

get changed and wait at the side of the pool

You may wear your own swim cap, otherwise we will give you a swim cap, at the start of your heat. [if your cap is like another swimmer in your lane we may need to give you a different cap to make length counting easier].

heat 1 – 8yr girls [2 per lane, start together]
heat 3 – 9-10yr boys [4 per lane, offset start]
heat 3 – 9-10yr girls [4 per lane, offset start]
heat 4 - 11-12yr boys [2-3 per lane, offset start]
heat 5 – 11-12yr girls [2-3 per lane, offset start]
heat 6 – 13-14yr girls [2 per lane, mass start]
heat 7 – 13-14yr boys [2-3 per lane, mass start]
heat 8 – 15-16yr boys and girls [2-3 per lane, mass start]

When the previous heat has finished go to your lane, where your name will be checked.

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

There will be three different swim formats [due to numbers]: -
[1] two per lane
[2] Offset start
[3] Mass start

[1] Two per lane, you swim up and down one side of the lane.

[2] Offset start: swimmers start at 5 second intervals. You swim up one side of the lane and down the other side. If you catch up with someone and want past touch their toes. They will let you past at the end of the length. If someone touches your toes during the swim, stop at the end of the length and let them past. It's important that nobody overtakes in the middle of the lane. When you have two lengths to swim a float will be placed under the water at the end of the pool to show you that you have two lengths still to swim.

[3] Mass start. Each lane will have 2-3 swimmers, who start together. At the end athletes must perform a touch turn [tumble turns are not allowed on this length, athletes performing a tumble turn at the 25m turn may be given a 30 second time penalty]. Following this turn every swimmer should swim down the same side of the lane, and continue the race swimming either clockwise or anti-clockwise depending on the lane [tumble turns can be used after the first turn].

This format means that everyone starts at the same time, so athletes know exactly where they are relative to other athletes [first across the line will be the winner].

It's important that nobody overtakes in the middle of the lane [after first length]. When you have two lengths to swim a float will be placed under the water at the end of the pool to show you that you have two lengths still to swim.

Tip: Athletes should decide on their strategy, whether they wish to lead the swim within their lane, sit in the behind the lead swimmer and gain a drafting advantage 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 need to have your number on and visible when you run out of transition.

Run: -

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

8 years old half lap

will receive a finishers medal after crossing the line. There will be a medal for the 1st athlete in each category.

There are also a few spot prizes, if your number is drawn you need to be at the presentation to receive your spot prize, otherwise it will be re-drawn.

Mum's and Dad's: -

The pool only has a small spectating area, if you wait outside until your child's heat begins then enter the spectating area and leave again to watch the run, the greatest number of people will be able to watch their own children compete

Please be patient as taking everyone's times and working out the results is surprisingly difficult and may take a little time. Please try not to disturb the folk putting times into the computer.

We can not organise anything without volunteers. Anyone volunteering to help out would be greatly appreciated, there are lots of easy little tasks. Ask at registration or better still contact the organiser's before race day.

Photography: - talk to organisers at registration

TriathlonScotland and Aerodynamic Triathlon Club are committed to athlete welfare.

If you wish to take photographs or video, no problem, but tell the organiser's at registration. We will take a note of your name and address and involvement with the event.

This includes photographs and videos taken with a mobile phone.

Do NOT take photographs in the swimming pool or changing areas.

Do NOT take photographs of athletes in the transition area.

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 !