

## **Prestwick Aquathon Aerodynamic Triathlon Club**

### **Location: -**

**Prestwick Swimming Pool, on 26th April 2008, race start at 14:00**

Prestwick Aquathon takes place on Saturday, 26th April 2008. The race consists of a swim in Prestwick Swimming Pool, followed by a run in the Oval [park]. Distances range from a 200m swim / 1000m run up to a 400m swim / 3000m run depending on age group.

### **Registration: -**

**from 13:30 - 13:45 Basketball area behind Prestwick Swimming Pool**

Registration between 13:30 and 13:45, 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, some safety pins and a colour coded swim cap: keep these safe. You will also be given a goodie bag ["chittery bite"], please save these until after the race.

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

### **Transition set up: -**

**behind Prestwick Pool, from 13:30 - 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 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.

It's a good idea to put your shoes, and t-shirt etc on top of a small towel which will make your area easier to spot when you come out of the pool.

### **Changing -**

**from 14:00 at Prestwick Pool**

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

**Swimming: -  
heat 1 starts 14:10**

Get changed and wait at the side of the pool

heat 1 at 14:10  
heat 2 at 14:20  
heat 3 at 14:30

*[these times are approximate, the heats will start earlier if things go ahead of schedule]*

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

There will be up to five swimmers in each lane, starting 10 seconds apart. Warm up in the pool will be a short 3 minute swim [you should warm-up on land before getting changed]

Race briefing will be some quick instructions before your heat starts.

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.

**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.

After transition you turn left on to the run course, run to the end of the path and turn at the traffic cone, and then run to the other end of the path, round the traffic cone and back to the beginning. This is one lap.

|                 |            |
|-----------------|------------|
| 8 years old     | half lap   |
| 9-10 years old  | one lap    |
| 11-12 years old | two laps   |
| 13-14 years old | three laps |
| 15-16 years old | three laps |

At the end of your last lap you turn left to the finish line.  
Remember to high five family or friends as you run up to the finish line -  
**WELL DONE !**

**Changing: -**

After you finish get changed in the swimming pool changing rooms before you become cool. Take your 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 someone has told you that you can.

**Presentation: -**

At the transition area, as soon as the results have been processed

**Mums and Dads: -**

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 organisers before race day.

**Photography: -**

**talk to organisers at registration**

**Triathlon**Scotland is committed to athlete welfare.

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

No photography in the swimming pool or changing areas.

No photography 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.

**Good luck and have fun !**