



## **TRANSITIONING**

There will be a transition area for the bike to run. Transition will 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 stop the clock then change your sports gear and make your way to the transition area. 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 transition to deposit your bike & helmet then stop the clock.

On leaving transition you start the clock run round course to transition and stop the clock. Your friends & 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 encouraging you and directing you around 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 and slopes 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.

## **CONTACT**

Event Co-ordinator: Steven Martin

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**LOCHABER LEISURE CENTRE  
JUNIOR TRIATHLON  
Sat 29th June 2019 10.00am to 3pm**



Cat 1 4-6 Years – 12.5m Swim, 250m Cycle, 150m Run  
Cat 2 7-8 Years – 25m Swim, 450m Cycle, 250m  
Cat 3 9-10 Years – 25m Swim, 900m Cycle, 250m Run  
Cat 4 11-12 Years – 50m Swim, 900m Cycle, 250m Run

**BOOKING**

Visit <https://booking.highlifehighland.com/>

**Cost Cat 1 £3.20 High Life Members and £4.25 Non-Members (Non Timed)  
Cost Cat 2-4 £6.40 High Life Members and £8.55 Non-Members**

**REGISTRATION AND RACE BRIEFING TIMES (Essential)**

10.00am registration ..... and brief 10.30am

**Cat 1 – Guardian may escort round course**

Timed event timing chips will be provided



## CATEGORIES AND DISTANCES

<b>CAT 1 4-6Years</b>	Swim 12.5m (1 width)	Cycle 250m	Run 150m (Non Timed)
<b>CAT 2 7-8Years</b>	Swim 25m (1 length)	Cycle 450m	Run 250m
<b>CAT 3 9-10 Years</b>	Swim 25m (1 length)	Cycle 900m	Run 250m
<b>CAT 4 11-12Years</b>	Swim 50m (2 lengths)	Cycle 900m	Run 250m

## STRUCTURE AND SAFETY

The Triathlon consists of three disciplines; swim, cycle and run. Heats are grouped by age 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.

**Please note:** Scooters, balance bikes and trikes are all welcome for a mode of transport.

**Bike Safety** - It is strongly recommended you have your bike and helmet safety checked at your local bike shop. A good fitting helmet must be worn.

**Swim safety**– Non-swimmers must wear armbands, please bring them with you or purchase a pair from reception. 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

There will be NO Parking at the Leisure Centre as this will be used for transition.

## WHAT WILL I BRING

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