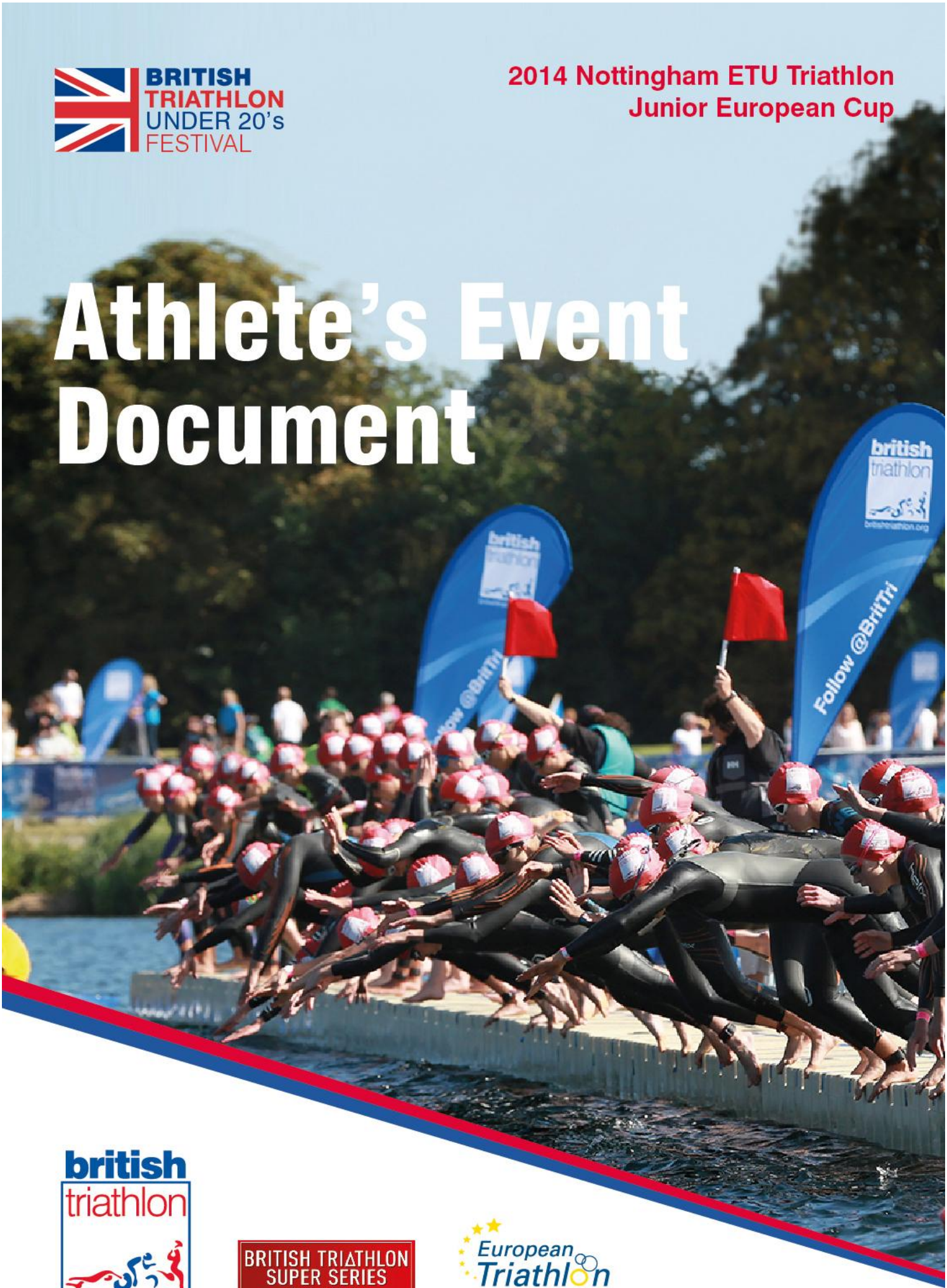
BRITISH TRIATHLON UNDER 20's FESTIVAL

2014 Nottingham ETU Triathlon
Junior European Cup

Athlete's Event Document



british triathlon
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BRITISH TRIATHLON SUPER SERIES
Youth and Junior

European Triathlon Union

1. General Information

The British Triathlon U20's Festival will host the following events:

- The 2014 British Triathlon Inter Regional Championships
- Youth Elite and Open Junior Elite Men
- 2014 Nottingham ETU Triathlon Junior European Cup

The Youth and Open Junior elite races are also incorporated into the Youth and Junior Super Series and will be the final event in the series

1.1. Event Schedule

Thursday 21st August

Time	Race	Activity	Location
14.00-15.00	ETU Juniors	Swim Course Familiarization	Swim Start
14.00-15.00	IRC / Youth / Open Junior	Bike Course Familiarization	Bike Course
14.00-16.00	IRC / Youth / Open Junior	IRC Team Managers and Youth & Open Junior Registration	Watersports Centre
15.00-16.00	ETU Juniors	Bike Course Familiarization	Bike Course
15.00-16.00	IRC / Youth / Open Junior	Swim Course Familiarization	Swim Start
16.00	ETU Juniors	ETU European Cup Briefing	Water Sports Centre
16.00	IRC	IRC Team Mangers Briefing	Water Sports Centre
16.45	Youth/ Open Junior	Youth/ Open Junior Briefing	Water Sports Centre

Friday 22nd August

Time	Activity	Location
08.30	IRC Transition Opens	Transition
09.00	ETU Athletes Lounge Open for Junior Women	Athletes Lounge
10.00	ETU Transition Opens for Junior Women	Transition
10.00	**TriStar 2 Boys - Race Start**	
10.05	**TriStar 2 Girls - Race Start**	
10.30	Swim Warm-up for ETU Junior Women	Swim Start
10.40	IRC Transition Open	Transition
10.50	Line Up for ETU Junior Women	Swim Start
11.00	**ETU Junior Women - Race Start**	
11.50	IRC, Youth, Open Junior, ETU Women Transition Open	Transition
12.35	**Tristar 3 boys - Race Start**	
12.40	**Tristar 3 Girls - Race Start**	
13.20	**Open Junior Men - Race Start**	
13.30	ETU Athletes Lounge Open for Junior Men	Athletes Lounge
13.50	**Youth Men - Race Start**	
14.35	**Youth Women - Race Start**	
14.35	ETU Transition Open for Junior Men	Transition
15.00	IRC, Youth, Open Junior Transition Open	Transition
15.00	Swim Warm-up for ETU Junior Men	Swim Start
15.10	ETU Women & IRC Presentations	Presentation Area
15.20	Line Up for ETU Junior Men	
15.30	**ETU Junior Men - Race Start**	
16.15	Transiton open for bike collection	Transition
17.00	ETU Men, Youth, Open Junior, Super Series Presentations	Presentation Area

1.2 Event Venue and Race Hotel

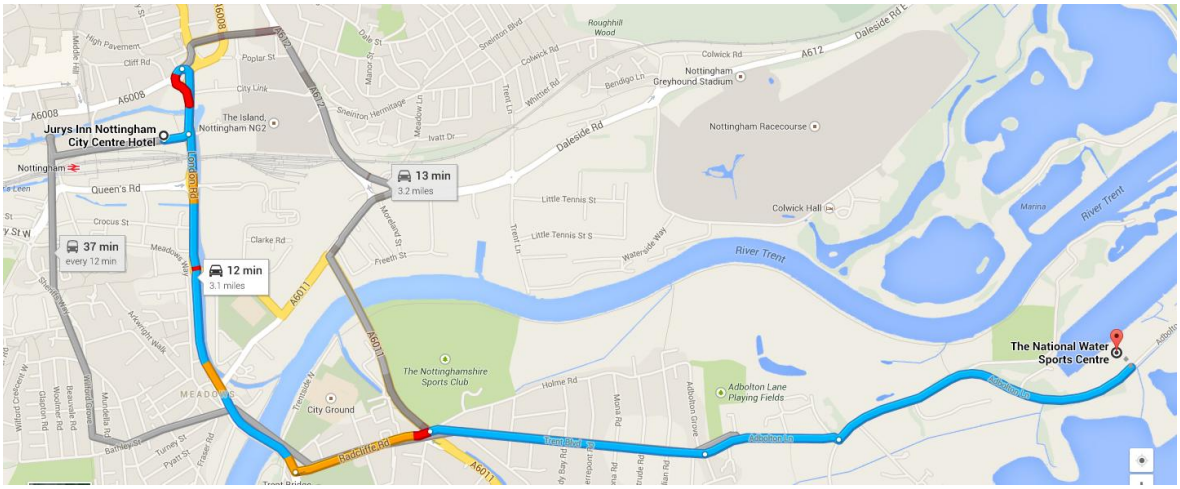
Venue Address

National Water Sports Centre
Holme Pierrepont Country Park
Adbolton Lane
Holme Pierrepont
Nottingham
NG12 2LU

Race Hotel

Jurys Inn Nottingham
Station St
Nottingham
NG2 3BJ

The race hotel is approximately 3.5km from the event venue.



Bike route maps from the Hotel to the Event Venue will be available by emailing majorevents@britishtriathlon.org

1.3 Accommodation and Airport Transfers

Nirvana Europe is the official travel partner for the British Triathlon U20's Festival, for all enquires and bookings please **email:** mail@nirvanaeurope.com or **tel**: 0191 257 1750.

1.4 Key Contacts

ETU Technical Delegate	Michael van Niekerk (NED)
BTF Lead Technical Official	Tom Roberts
BTF Event Director	John Muddeman
OSB Event Director	Iain Hamilton
Accommodation & Travel Manager	Nirvana Europe
Media Manager	Tom Goldspink

For information on this event and race information please visit the website www.britishtriathlon.org/u20festival, if you need further assistance please email majorevents@britishtriathlon.org

1.5 Event Organisers details

National Federation:
British Triathlon Federation
PO Box 25
Loughborough
LE11 3WX
majorevents@britishtriathlon.org

Event Organiser:
One Step Beyond
Unit 7a, Heapham Rd Ind Estate Centre
Sandars Road
Gainsborough
DN21 1RZ

2. Venue Information

2.1. Parking

Free parking is available at the event venue on both familiarisation and race day, please follow the signs and directions from the marshals on entry, there is a short walk from the parking to the athletes village so please arrive in plenty of time.

We would like to encourage all competitors to **car share** where possible.

2.2. Athletes Village

There will be space in the athlete's village for athletes and teams to set up gazebos. However please note that should it be windy then the event organisers, have the authority to ask for them to be taken down on health & safety grounds. Please comply with their requests if asked to do so.

Athletes Lounge

The athletes lounge is for the use of the **ETU European Junior Cup** athletes only. The athletes lounge is the Log Cabin based behind the transition area. All athletes and coaches will need the correct accreditation for entry. The athletes lounge will provide water and fruit for the ETU athletes before and after competition.

Bike Mechanic Service

A bike mechanic service will be on hand throughout race day with a small trade stand for any last minute repairs or purchases.

Catering Services

Catering services will be available in the athlete's village and inside the National Water Sports Centre serving drinks and a selection of hot / cold food.

Toilets & Changing Facilities

Toilets and changing facilities are available in both the athletes lounge and the Watersports centre.

Presentations / Medal Ceremonies

The presentation area will be situated in the athlete's village, please make sure you are there 10 minutes prior to presentations commencing.

Time	Presentation
15.10	ETU Women and IRC presentations
16.00	Medal Ceremony • **Youth** and **Open Junior Men** • Youth and Junior Super Series Winners • **ETU European Junior Cup Men**

If an athlete is unable to attend their presentation their award will be posted to them after the event

3. Race Briefings and Registration

3.1. Race Briefings

All race briefings will take place on Thursday 21st August inside the National Water Sports Centre and will be clearly signposted.

Time	Race Briefing	Athletes
16.00	John Muddeman (Event Director)	**IRC** Team Managers
16.00	Michiel van Niekerk (ETU Technical Delegate)	**ETU European Junior Cup Men & Women**
16.45	Tom Roberts (Race Referee)	**Youth**, **Open Junior Men**

All athletes are expected to attend the race briefing for the Youth Elite or Open Junior Men categories. Competitors cannot attend they must contact at majorevents@britishtriathlon.org by Friday 15th August to let us know.

It is compulsory that ETU European Junior Cup athletes attend their race briefing. Race Packs will be given to ETU athletes following the race briefing.

Please note that for the **ETU European Junior Cup** athletes any entry payments outstanding will be taken at race briefing. If an athlete fails to make payment for entry they **WILL NOT** be allowed to race. Entry fees being paid at race briefing can **only be in GBP (£)**.

3.2 Registration

Registration will take place in the National Water Sports Centre for, IRC Team Managers, Youth Elite and Open Junior Men athletes from 14.00 – 16.00 on Thursday 21st August.

IRC's

Team managers must register for their athletes. To complete registration team managers will need to present all their athletes valid race licences, and a signed consent form for each athlete. No registration packs will be issued for a region until all their athletes have provided both race licences and consent forms.
Consent forms can be downloaded from the website and must be signed by the legal guardian of each athlete.
Athletes cannot register themselves!

Youth & Open Junior

Athletes must register in person. **All athletes** must present a valid and in-date race license at the time of registration to receive registration packs.

ETU European Junior Cup

ETU European Junior Cup athletes will pick up their race pack after the race briefing on Thursday 21st August. Timing chips and swim hats will be given out at the athletes lounge on race morning.

Race packs will include the following items:

Race	Item
IRCs, Youth Elite, Open Junior Men	Race Number, Swim Cap, Bike/ Helmet Stickers, Timing Chip
ETU Athletes	Race Tattoo, Bike/ Helmet Stickers, Accreditation

4. Course Familiarisation

Course familiarisation should only take place during the designated times detailed below, this is for the safety of competitors and members of the public in the park.

		Start	Finish
Swim Course Familiarisation	**ETU European Junior Cup** – Men & Women	14.00	15.00
	IRC / Youth / Open Junior Men	15.00	16.00
Bike Course Familiarisation	**IRC / Youth / Open Junior Men**	14.00	15.00
	ETU European Junior Cup – Men & Women	15.00	16.00

The swim and bike course will be fully marked, along with the run turn points, the pontoon will be in place for dive start practice with a full water safety team in place. Please only attend the familiarisation at your designated times these have been put in place for athletes safety.

IRC athletes must be accompanied by a Team Manager at all times whilst on the bike and run course.

Be aware that the run course uses the same sections of road as the bike course.

Please only ride the bike course during the designated times above, the park is open to the public on Thursday and therefore the bike course will most likely have people on it making it dangerous to ride around the bike course in packs at speed. Please respect this request.

5. Competition Schedule

Friday 22nd August

Time	Activity	Location
08.30	IRC Transition Opens	Transition
09.00	ETU Athletes Lounge Open for Junior Women	Athletes Lounge
10.00	ETU Transition Opens for Junior Women	Transition
10.00	**TriStar 2 Boys - Race Start**	
10.05	**TriStar 2 Girls - Race Start**	
10.30	Swim Warm-up for ETU Junior Women	Swim Start
10.40	IRC Transition Open	Transition
10.50	Line Up for ETU Junior Women	Swim Start
11.00	**ETU Junior Women - Race Start**	
11.50	IRC, Youth, Open Junior, ETU Women Transition Open	Transition
12.35	**Tristar 3 boys - Race Start**	
12.40	**Tristar 3 Girls - Race Start**	
13.20	**Open Junior Men - Race Start**	
13.30	ETU Athletes Lounge Open for Junior Men	Athletes Lounge
13.50	**Youth Men - Race Start**	
14.35	**Youth Women - Race Start**	
14.35	ETU Transition Open for Junior Men	Transition
15.00	IRC, Youth, Open Junior Transition Open	Transition
15.00	Swim Warm-up for ETU Junior Men	Swim Start
15.10	ETU Women & IRC Presentations	Presentation Area
15.20	Line Up for ETU Junior Men	
15.30	**ETU Junior Men - Race Start**	
16.15	Transiton open for bike collection	Transition
17.00	ETU Men, Youth, Open Junior, Super Series Presentations	Presentation Area

5.1 Competition Rules

All races within the British Triathlon U20's Festival will be run under ITU competition rules which can be found at www.triathlon.org

Competitors are asked to pay particular attention to bike legality rules for draft legal races.

Uniform rules will only be enforced for the ETU Junior Cup races only, and are provided as a guide for all other races but not enforced. However, any athlete with a front fastening tri suit **must** secure the zip with a safety pin to ensure it does not come undone during the race.

6. Race Information

6.1 Race Distances

Race	Swim	Bike	Run
IRC - **Tristar 2**	300m	5km (1 lap)	1.8km (1 lap)
IRC - **Tristar 3**	350m	5km (1 lap)	2.5km (1 lap)
Youth	400m	10km (2 laps)	2.5km (1 lap)
Open Junior Men	400m	10km (2 laps)	2.5km (1 lap)
ETU European Junior Cup	750m	20km (4 laps)	5km (2 laps)

6.2 Course Details

Start

The start area can be accessed from the north side of transition, please follow the instructions of the marshals and officials. **All athletes** must be at the start area 10 minutes prior to their start time. All race starts will be a pontoon dive start; athletes will be lined up and asked to stand in a starting position. The race referee with assistance from the technical officials will start each race with an air horn.

Swim Course

All swim courses will consist of 1 lap. Please see swim course map – Appendix C.

Race	Distance
IRC – Tristar 2	300m
IRC – Tristar 3	350m
Youth / Open Junior Men	450m
ETU European Junior Cup	750m

Athletes will dive into the water and swim in an anti- clockwise direction keeping all swim buoys on your left shoulder. The swim exit is a short ramp and will be clearly marked. Athletes will then turn left into transition.

Water temperature will be updated on the event website. An official water temperature will be taken by the chief swim official on the day and placed on the event notice board outside the **European ETU Junior Cup** athletes lounge. Where water temperature may affect wetsuit use, the final decision will be taken one hour before each race start.

Bike Course

Please see Appendix D for full route map.
On exiting transition athletes will turn left and run to the mount line, marked with white tape and by officials with red flags.

The bike course has four tight turns per lap, with two long 2km straight sections per lap. Athletes should be particularly careful at these corners. At the end of each lap athletes will cycle around the back of transition to start their next lap.

Race	Distance	Number of laps
IRC - **Tristar 2**	5km	1
IRC - **Tristar 3**	5km	1
Youth / Open Junior Men	10km	2
ETU European Junior Cup	20km	4

Once the correct number of laps has been competed athletes will be directed back into transition. The dismount line will be marked with white tape and managed by technical officials. Athletes must dismount their bike before the dismount line. If an athlete incurs a time penalty it must be taken on the run course, **please see run course map for penalty box location.**

Athletes are responsible for counting their own laps.

Wheel Station

There will be one wheel station situated on the bike course, positioned approximately 200m into the bike lap. Athletes are responsible for dropping off and picking up their own wheels from the wheel station, which can be accessed from the grandstand area.
There will not be a neutral wheel station available.

Run Course

Please see Appendix D for route map.

Athletes will bear left out of transition and towards the edge of the rowing lake. The run course is a flat out and back course and runs alongside the rowing lake. After the required number of laps athletes will keep left and then straight on to the finish chute, please follow directions of marshals and technical officials.

Race	Distance	Number of Laps
IRC - **Tristar 2**	1.8km	1
IRC - **Tristar 3**	2.5km	1
Youth	2.5km	1
Open Junior Men	2.5km	1
ETU European Junior Cup	5km	2

Athletes are responsible for counting their own laps.

Aid Station

There will be 1 aid station situated on the run course approximately 200m into the lap, this will consist of sealed bottles of water for the ETU European Junior Cup race and cups of water for the **IRC**, **Youth** and **Open Junior Men** races.

Penalty Box

The penalty box will be located 100m from the finish. Athletes doing more than 1 lap will have the choice of entering this on their first or second lap.

If an athlete has a penalty it is their reasonability to stop and serve that penalty. Failure to serve a penalty will result in disqualification.

6.3 Transition Check-In

Transition check-in will take place on **race day only**.
There are 2 transition areas located side by side (please refer to Appendix B):

- **IRC**, **Youth** and **Open Junior Men** transition
- Elite transition for **ETU European Junior Cup Men and Women**

All Athletes are asked to make their way to the Transition Area in line with their scheduled timeslot (please table below).

IRC Team Managers are allowed to accompany their athletes into transition by presenting their accreditation.

IRC, Youth and Open Junior Men Transition Check - In

On entering the Transition Area, athletes must have the following items:

- Bike
- Helmet – must be worn and fastened as you enter transition
- Race number

All athletes will have their helmets, bike and race numbers checked by a technical official on entering the transition area. We therefore ask all competitors to be wearing their helmets and have their race number clearly showing as they enter the transition area. All helmets and bikes must be stickered up with the correct stickers distributed in the race packs during registration.

Bikes will be checked for draft legal compliance at the transition check in. Please arrive at transition check-in as early as possible to allow time to make any modifications if bikes do not conform to ITU rules.

A-frame racking will be used for the **IRC, Youth and Open Junior Men** transition. Athletes are asked to set up their transition space so that it does not infringe on any other competitors space besides them.

IRC, Youths and **Open Junior Men** athletes will be racked according to age group category with race numbers clearly marked on the racking.

ETU European Junior Cup Elite Transition check-In

ETU European Junior Cup athletes will have their helmets, bike and race tattoos checked by a technical official on entering the transition area. We therefore ask all competitors to be wearing their helmets and have their race tattoo clearly showing as they enter the transition area. All helmets and bikes must be stickered up with the correct stickers distributed in the race packs during registration.

Bikes will be checked for draft legal compliance at the athletes lounge.

A-frame racking will be used for the elite transition and each athlete has been allocated 1m, this will be clearly marked. Transition boxes will be available for all competitors.

Transition Check-In and Check- OutTimes

Open	Close	Race
08.30	09.40	IRC Transition Check-In Open (Tri Star 2's and 3's)
10.00	10.50	Elite Transition Open for **ETU European Junior Cup Women**
10.40	11.00	IRC Transition Check In (Tri Star 3's)
11.50	12.25	**Youth** and **Open Junior Men** Transition Open ETU Women Transition Check Out Begins
14.35	15.20	European ETU Junior Cup Men Transition Open

7. Results & Live Timing

Results will be available after each race. Full race results will also posted up in the presentation area. Final rankings for the Youth and Junior Super Series scores will be posted up on the website after the event.

The **European ETU Junior Cup** race results will be posted up outside the athletes lounge.

Live Timing

Live timing will be available online at www.britishtriathlon.org throughout the day.

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For all members of Triathlon England, Triathlon Scotland and Welsh Triathlon, your results will be added to British Triathlon's new membership results service, triconnect.
Login into your TriConnect account by logging into our membership account online at www.britishtriathlon.org
TriConnect goes live on Monday 14th July, login and have a look!

7.1. Protests and Appeals

The race referee will post penalties at the timing area. For either a protest or an appeal, ITU rules will be followed, the appeal or protest has to be submitted to the Race referee. Full ITU protest and appeal rules can be found in the ITU rules at www.triathlon.org

8. Accreditation

Accreditation will be issued at registration to IRC Team Managers, ETU European Junior Cup athletes and their National Federation Coach.

IRC, Youth and Open Junior athletes will not be issued with accreditation and instead need to show their race number to gain access to transition.

9. Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner; failure to do so may result in disqualification of the competitor. As per rule 22.8 of the British Triathlon Rule Book misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening or abusive language
- Failure to obey marshals / officials instruction
- Tampering with equipment of others
- Unsporting impedance

All individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

10. Event Photography Policy

Members of the public or attendees to this event who intend to use photographic or video equipment are required to register their details with the event organiser.

Photo registration will be conducted next to the presentation area.

Any individual found to be taking photographic or video images without having registered may be challenged and asked to stop immediately

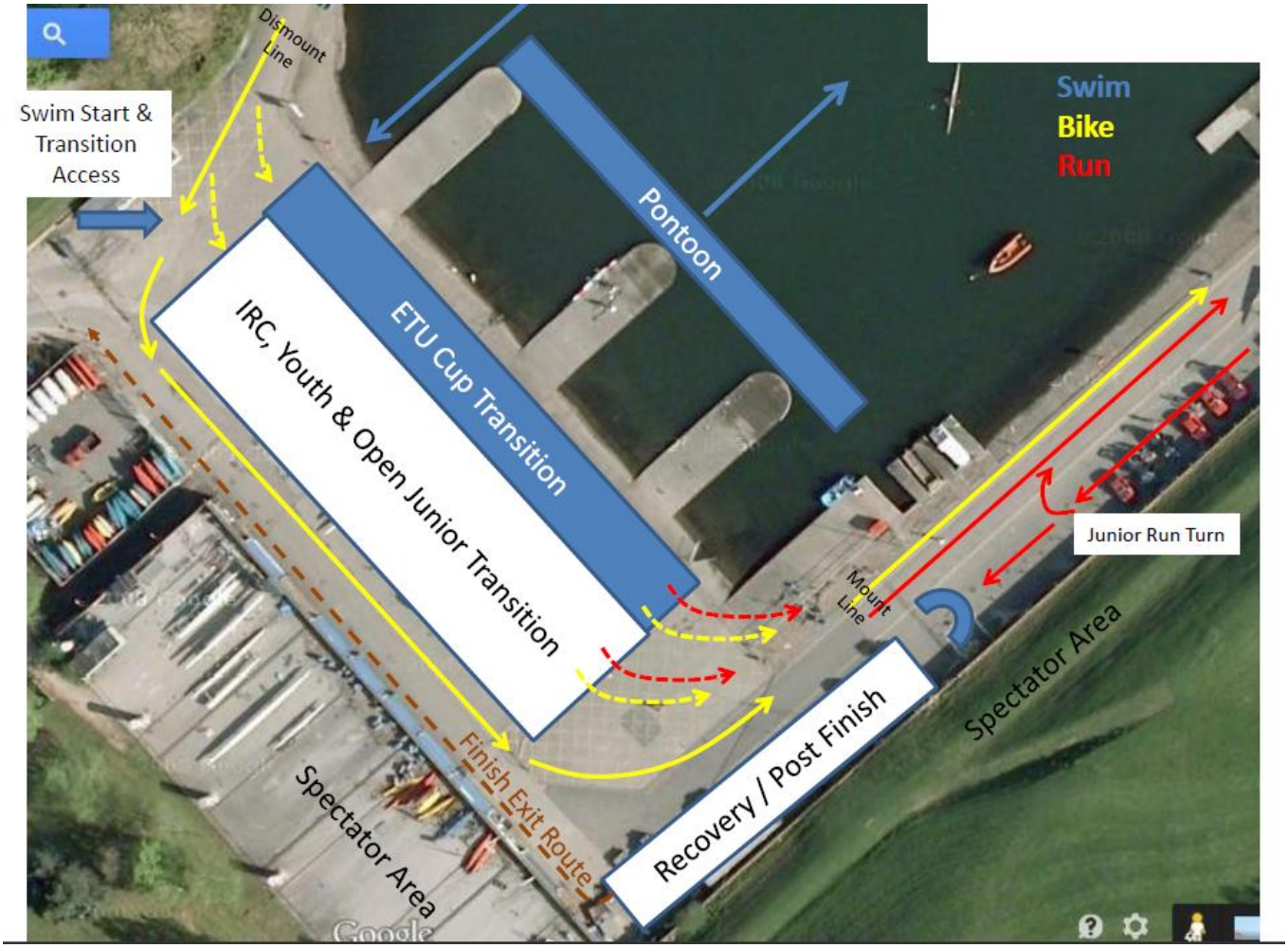
10.1. Event Photography Opt Out

If a parent wishes to NOT have their child photographed at the event they will need to fill out and sign the photography non-permission / opt out form. All team managers would have been sent one of these via email and the form will also be made available at registration.

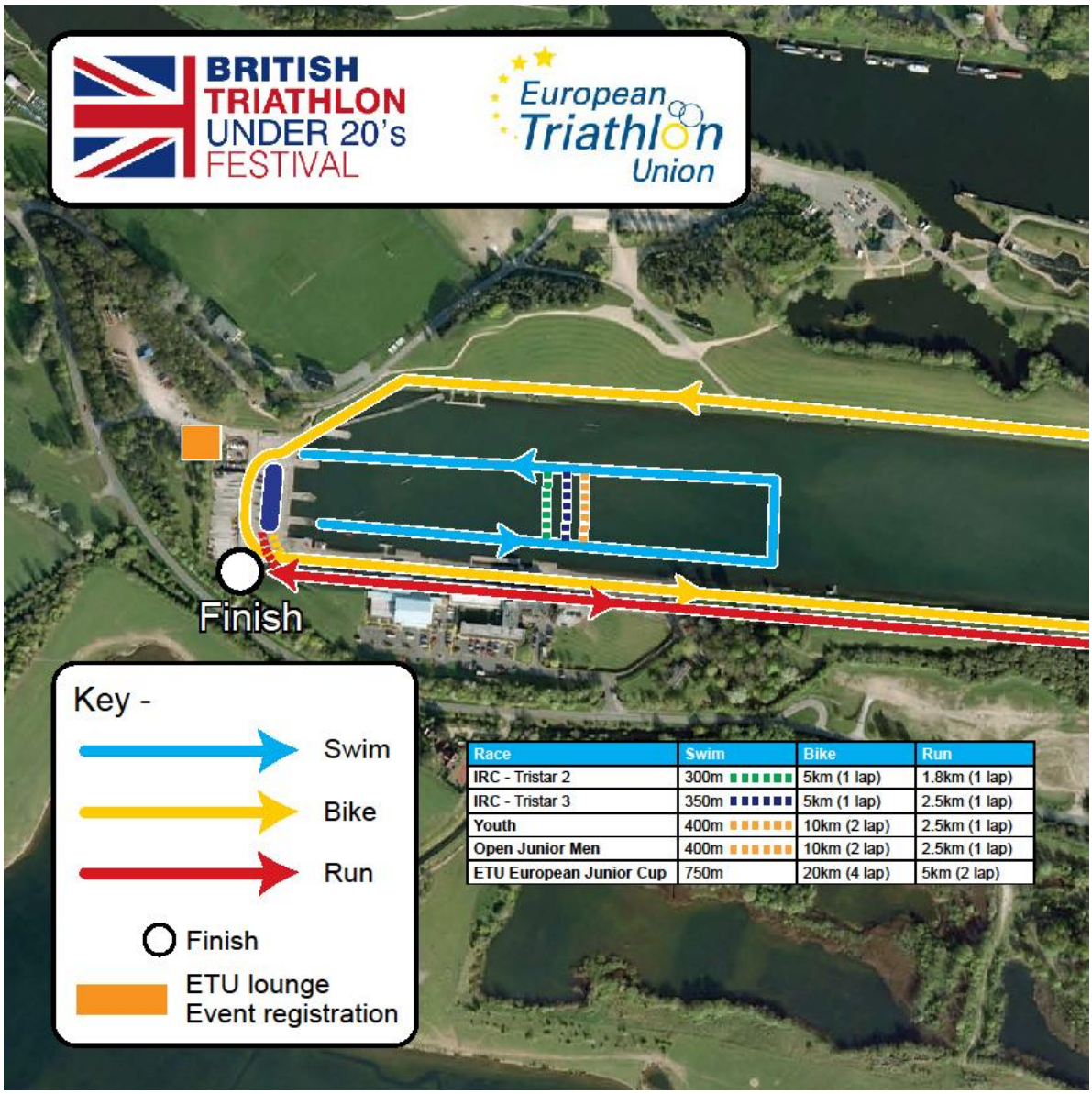
For parents who wish to take their own photos at the event then they will be required to fill out the photography registration form in accordance with the event photography policy as outline below.

Appendix A – Site Map

Appendix B – Transition Map



Appendix C – Swim Course Map



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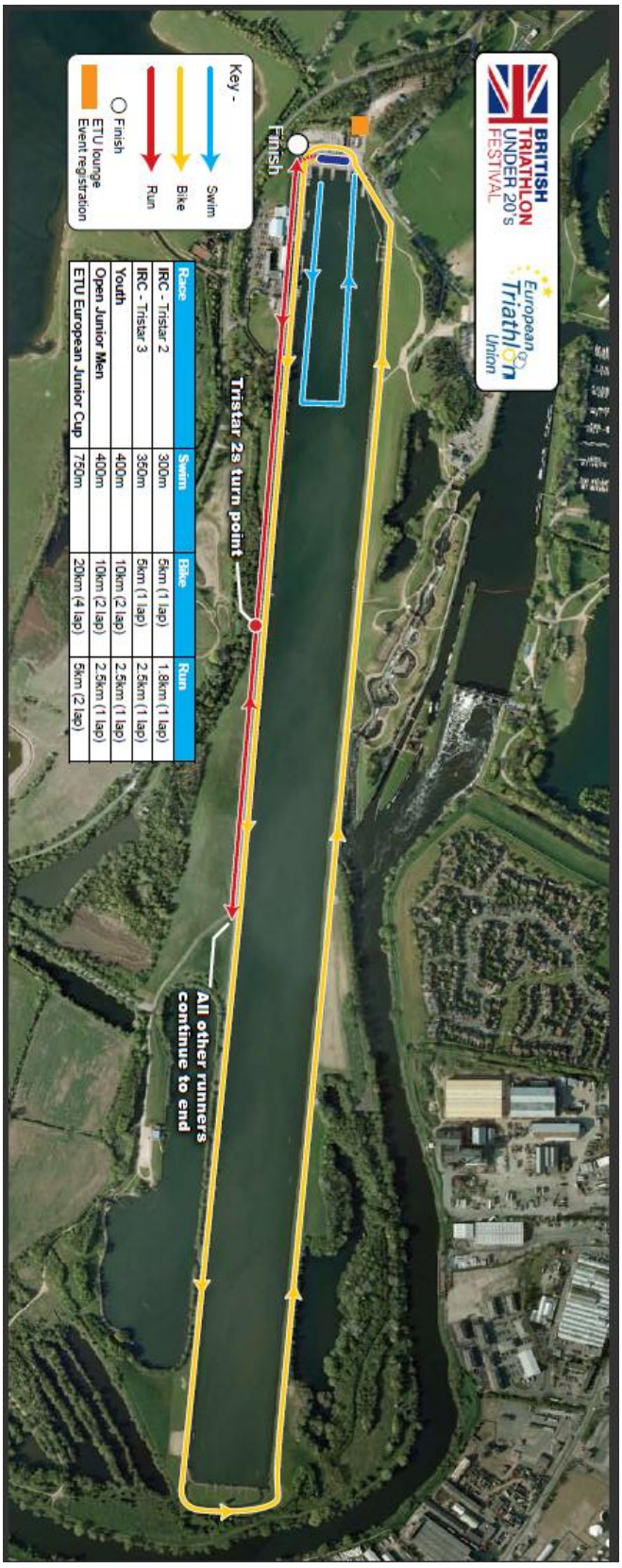
Appendix D – Route Map



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