



Fingal Triathlon Club Junior Triathlon

Skerries 2019.

Race Brief

Thank you for signing your child up for the Fingal Race in Skerries. It is a club organised race for the promotion of triathlon at junior level. We have endeavoured to ensure that it is a competitor friendly and of course child friendly event.

The Rules and instructions exist for the safety of your children so please ensure that you read this document very carefully and abide by the rules and instructions fully. On race day your child must follow all directions of the gardai and race marshals.

A detailed race briefing will take place at 9:40 on the beach. There is a delay between the briefing and the start of the junior event but in the interest of health and safety it cannot be helped. The path from the transition to the beach is part of the run route and so will

therefore be exceptionally busy as we kick off the junior event. It is most important that we get all our juniors and their support crew down to the beach by 9:40

Once you have completed reading the brief if you have any further questions please contact us at juniors@fingaltri.ie

Please register if at all possible on Saturday the 10th of August.

Safeguarding: This event is being run in accordance with TI safeguarding guidelines. If you have any questions or concerns at the event please contact Mary Crosbie 0879974781 who is the clubs DLP.

Main Points of the safety brief

- When you register you will receive a coloured bracelet for your child. Please ensure that they are wearing their bracelet at all times during the race. This helps everyone to identify very quickly what race they are part of.
- As soon as you receive your child's race number please put your name and telephone number on the back. This information will be used at the finish line to hand children back to parents. The race number is also their timing chip (they won't receive the ankle bracelet) so please ensure that they wear it from the start of the race (inside their wetsuit)

- You must have your TI licence / ODM available at time of registration on Sat / Sun - **no licence - no race**
- If you get into difficulty in the swim **do not panic**, raise your hand and wait for assistance. The junior races will be held in shallow water.
- Each age group has been assigned a colour. Each competitor will receive a bracelet that they must wear at all times during the race day. This will ensure that there is no confusion as to what race the child is doing and also to help them to navigate around the race course. The colour codes are as follows:

14 – 15 year olds – Red route - 400m Swim, 10km cycle, 3km Run

12 – 13 year olds – Yellow route - 300m Swim, 8km cycle, 2.4km Run

10 – 11 year olds – Blue route - 200m Swim, 6km cycle, 1.8km Run

8 – 9 year olds – Green route - 100m Swim, 2.5km cycle, 800m Run (approx)

6- 7 year olds – Orange route - 50m Swim, 2km, 400m Run (approx)

• Swim route

- please note that all swimmers will be within their depth at all times and will swim parallel to the shore.

Bike route

- Please take care as there are a few **dangerous bends** for the first and last 1.5km through Skerries town

14 – 15 year olds – Red route - 10km - Turnaround point is at 5km at the small M1 sign

12 – 13 year olds – Yellow route - 8km - Turnaround point is at 4km at the lady stairs

10 – 11 year olds – Blue route - 6km - Turnaround Point is at 3km at Morne View

8-9 year olds - Green route - 2.5km - turnaround point will be at Hoar Rock

6 - 7 year olds - Orange route - 2km - turnaround point will be at end of harbour road

All these turnaround points will be marshalled and have the appropriate coloured signage.

- **Run Route** - Follow the path along red island and the seafront and look out for the turn around point for your age category
 - o 14 – 15 year olds – Red route - 3km
 - o 12 – 13 year olds – Yellow route - 2.4km
 - o 10 – 11 year olds – Blue route - 1.8km
 - o 8 – 9 year olds – Green route - 800m (approx)
 - o 6- 7 year olds – Orange route - 400m (approx) (all the run will be on red island)
 - o
- All these turnaround points will be marshalled and have the appropriate coloured signage.
- **If you pull out of the race, please inform your nearest marshal.**

Race Licence

In order to race in this event, you need to either

- be a member of TI or
- have a One Day Membership (ODM) for the event which you will have purchased through TI when you were entering the event.

Schedule (please note timings may change slightly due to unforeseen circumstances)

Time	Description
10 th August 2019	
16:00 - 18:00	Registration for competitors at Skerries Sailing Club
11 th August 2019	
6:00 - 9:00am	Registration Triathlon - Skerries Sailing Club (seniors shut at 8:00)
08:15	Marshal Briefing
9:30	Junior Triathlon Transition Shuts (Move down to the Beach)
9:40	Junior triathlon competitor race briefing (Beach)
10:30	Junior triathlon race start 14-15
10:45	12-13 start
11:00	10-11 start
11:15	8-9 start
11:30	6-7 start
12:30	Roads re-open
12:30	Completion of junior races and award ceremony
13:00	Marshal debriefing

Getting to the event

GPS Coordinates for event: 53°35'06.3"N 6°06'08.6"W

If travelling from Dublin take the M1 (direction Belfast) to Junction 4. Follow R127 to Skerries.

If travelling from Belfast direction take the M1 to Junction 6. Follow R122 and then R127 to Skerries.

Parking

Parking is available at Red Island, Skerries, however please note that if you avail of this parking that cars will not be allowed to be moved before the roads have reopened and all competitors are out on the run course (this includes junior athletes).

Alternative parking is also available on South Strand Street and in the town just a short walk from Red Island. These roads will remain accessible at all times during the race.

Registration

Registration will be open from 4pm - 6pm on Saturday 10th Of August in Skerries Sailing Club.

Registration will be open from 6am - 9am on the morning of the event at Skerries sailing club

Race Licence / ID check

It is mandatory for all competitors to hold either a 2019 annual race licence issued by Triathlon Ireland (signed and including photo) or a pre-purchased ODM. Please note that if you cannot produce either the full licence or the ODM we cannot allow you to race. We cannot sell ODMs at registration (due to TI ruling). Associate members wishing to race must also purchase a ODM as per TI.

Timing chip

The timing chip is attached to your race number. You will collect it at registration and it's used to calculate your race time, race position and splits. The chip is also used to verify that you have completed the full course. If you fail to wear the timing chip / race label we will not be able to provide you with your finishing result. The chip must remain in place for the duration of the race (INCLUDING THE SWIM - INSIDE THE WETSUIT). There will be a timing mat at the swim exit, at both entry and exit to transition and at the finish.

- If you lose your race number please let the nearest marshal know

Attaching your race number

Triathlon Ireland rules state that you must display your registration number on your back during the cycle phase of the event and on the front during the run phase of the event.

Please write your name and number on the back of your child's race number to ease handover after the race.

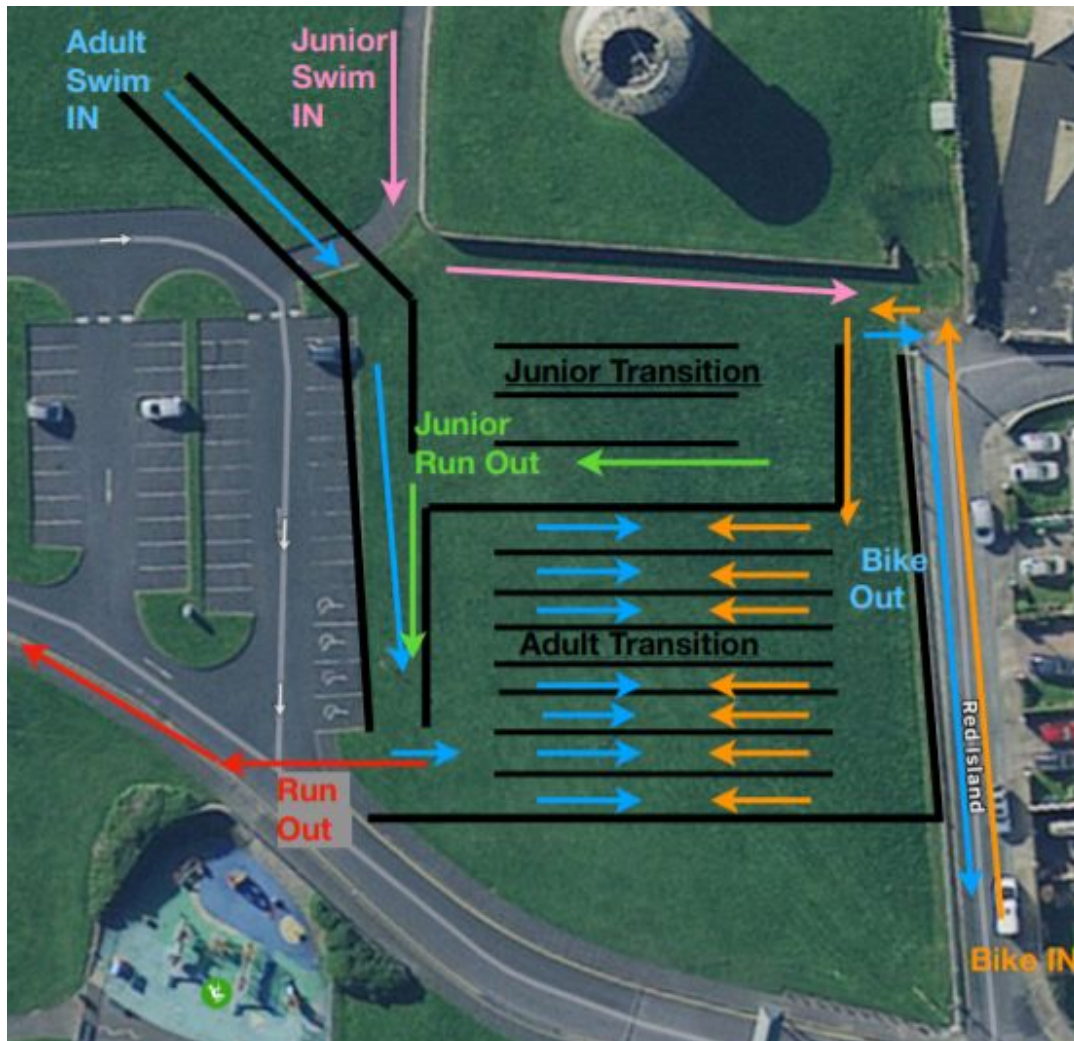
Transition

The transition area is located at Red Island in Skerries. In the interest of safety only competitors will be allowed into the transition area. Transition will close at 9:30am and will only reopen once the last cyclist has returned from the cycle course.

Before entering transition to rack your bike your bike will be checked for roadworthiness. Please ensure your brakes are in good working order and that your handlebars are plugged. Helmets must be worn at this point also. Helmets must comply with one of the following standards: ANSIZ90.4, SNELLB90, EN1078.

Leave any equipment you require for the cycle and run at your transition spot. Please note that bags / boxes will not be allowed to be left in the transition area. There will be a bag drop area adjacent to transition. Parents will not be permitted in the transition area during the race. Marshals are available to help junior with wetsuits.

Transition will reopen for bike collection after the last competitor has finished the cycle. You will be required to prove ownership of your bike when removing it from transition by matching your race number with your bike number, this is for security reasons so please be patient with our marshals.



Race briefing

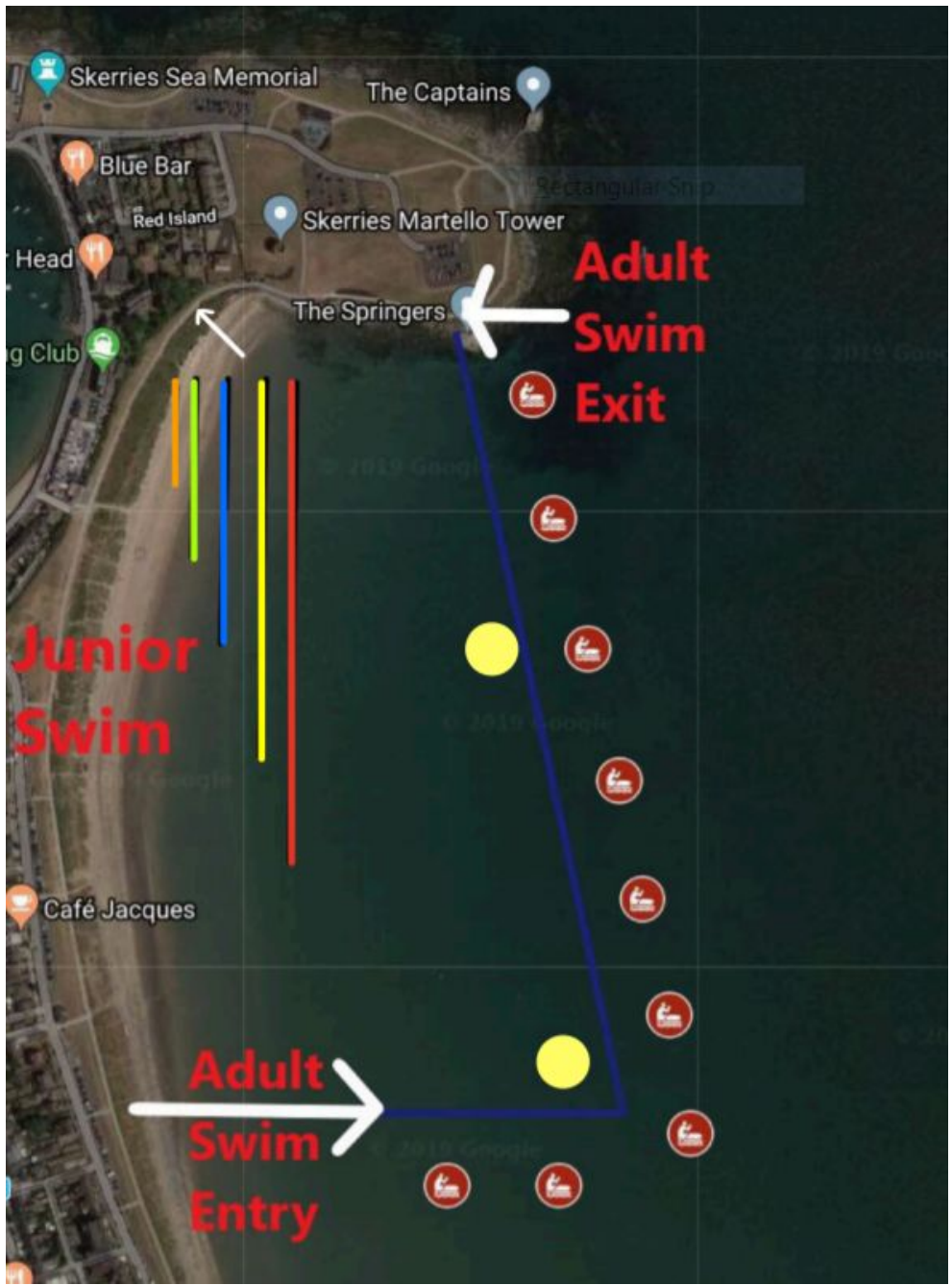
A detailed race briefing will take place at 9:40 on the beach. There is a delay between the briefing and the start of the junior even but in the interest of health and safety it cannot be avoided. The path from the transtion to the beach is part of the run route and so will therefore be exceptionally busy as we kick off the junior event. It is most important that we get all our juniors and their support crew down to the beach by 9:40

It is mandatory for all competitors to attend this briefing as it includes details regarding the route, safety, latest information on course and also any last minute changes to the race. We

respectfully ask that you are ready on time for this briefing. Once the brief is finished we will then walk to the start of the 14-15 swim.

Course Guide Swim routes for junior races

All competitors will swim in a straight line from A to B (see map below) according to their age category. All swimmers will be within their depth and will swim parallel to the shore. From the exit, all triathlon athletes will run up a short path back to the transition area.



Cycle routes for junior races

14 - 15 year old cycle route-10k

12 - 13 year old cycle route-8k

10 - 11 year old cycle route-6k

8 - 9 year olds cycle route - 2.5km (approx)

6- 7 year olds cycle route - 2km, (approx)

It should be noted that during the first 1.5km and final 1.5km of the route there are a series of hazardous bends. Please take care on these turns.



Turnaround will be marked by a marshal and a coloured signage. Please ensure that you are wearing your bracelet at all times during the race.

Run Route

The run route is along a promenade. On exiting T2, follow the signs and the marshal instructions. The following distance per age category:

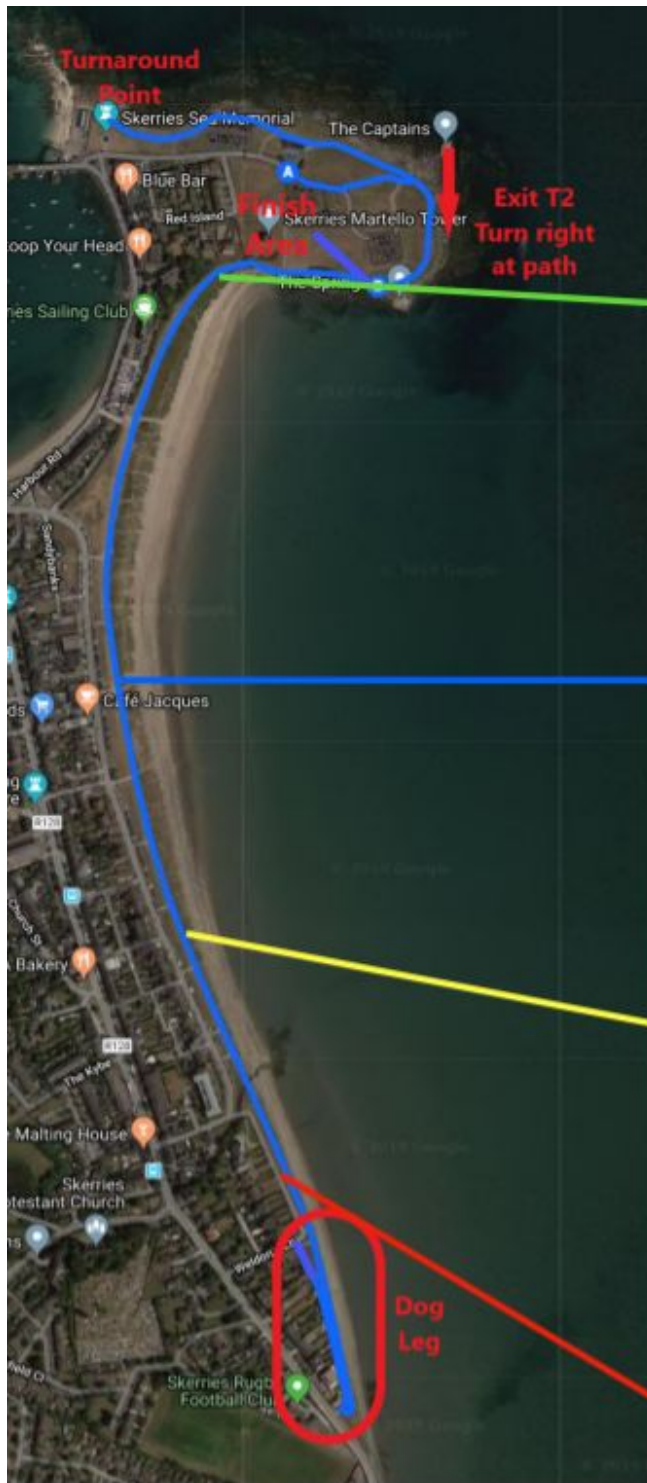
14-15 years: 3km

12-13 years : 2.5km

10-11 years : 1.5km

8-9 years: 800m (approx)

6-7 years: 400m (approx) This is all on Red Island.



8-9 Turnaround



10-11 Turnaround



12-13 Turnaround



14-15 Turnaround

The finish for all competitors is at the main Finish chute as per the adult race.

Finish Line Rules and safeguarding for child handover.

All Children **MUST** be collected by their parents at the finish line.

Parent **MUST** ensure that the race number is handed to the marshal at the finish line.

Transition will re-open once the races are over.

Medals / Prizes will be handed out after the event is fully finished. Parents must be present for this.

First Aid

If at any stage you require first aid or medical assistance, please notify your nearest marshal who will contact the event medical personnel.

St John's Ambulance will provide full medical cover, there will be an ambulance and foot medics on site on the day of the event.

Club first aiders will be located around the course.

Major Incident - in the very unlikely event of the major incident an assembly point will be located by transition, you will assemble there and proceed down the harbour road towards Skerries town.

Results

Results will be provided by Chipit (www.chipit.ie) and will be posted on Sunday afternoon on www.fingaltri.ie

Prize categories

Prizes will be awarded in each age category.

Photos

Photos will be available via www.fingaltri.ie

Tea/Coffees

Tea/Coffee can be purchased via a mobile unit on site.

Lost Child Area

A lost child area will be set up beside the bag drop on red island. This will be signed. Please ensure your child knows where this is on the morning.

Litter

Please do not litter along the course. Please hold on to your gel wrappers and other waste until you reach the finish line where bins will be provided.

Summary of Rules

Swimming Conduct

Athletes must follow the prescribed swim course. In an emergency, an athlete should raise an arm overhead and call for assistance. Once official assistance is rendered, the athlete must retire from the competition

Wetsuits

Wetsuits are mandatory

Cycling Conduct

An athlete is not permitted to block other athletes, cycle with a bare torso

Athletes must obey the specific traffic regulations for the event.

Helmets: The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg.

Mount & Dismount Line: Cycling is not permitted inside the Transition Area. Athletes must mount their bicycles after the mount line and dismount their bicycles before the dismount line. While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands.

Nudity

Nudity or indecent exposure is forbidden

Illegal Equipment

Headphone(s) and headset(s), mobile phones or any other electronic listening communication device. Glass containers are also forbidden.