



## HARWICH TRIATHLON

### HARWICH JUNIOR TRIATHLON 2024

We are super excited to be able to hold the first ever Junior Triathlon in Harwich this year. Please make sure you fully READ AND UNDERSTAND the information below with regards to the event.

A few key points:

#### JUNIOR TRIATHLON:

- Date: Sunday 9<sup>th</sup> June 2024
- Registration and transition opens: 08:00
- Registration closes: 08:40
- Transition closes: 08:50
- Briefing at 09:00
- First junior start: 09:10

#### ADULT SPRINT TRIATHLON:

- Date: Sunday 9<sup>th</sup> June 2024
- Registration and transition opens: 08:00
- Registration closes: 09:20
- Transition closes: 09:40
- Briefing at 09:30
- First adult start: 09:50



How to find us:

Race HQ is at Dovercourt Bay Lifestyles leisure centre, Low Road, Dovercourt, CO12 3TA. Please note YOU WILL NOT BE ABLE TO PARK AT THE LEISURE CENTRE. Parking will be available at the car park at the end of West End Lane, next to the recycling centre (CO12 3SF). Please follow the marshals who will be able to direct you the correct place. There is a short walk to the race HQ. You can cut across the playing fields (shortest distance as the crow flies) or walk with you bike along the promenade. Registration will open at 08:00, but it may be possible to rack your cycle before that.

Plugging CO12 3SF into a sat nav will take you to the right place for parking, but should you have a handy passenger with you who would like to give directions the old fashioned way...

Take the A120 from Colchester signed to Harwich. At Ramsey Junction roundabout turn right up the hill. Turn right at the mini roundabout by the One Stop shop. At the next mini roundabout turn left (Low Road). Take the third right turn into West End Lane (opposite Hall Lane). Follow the lane to the end and bear left where parking will be on a gravel car park next to the recycling centre. Parking will be open from 07:30. Marshals will be on hand to assist you.

#### Registration

Registration for Juniors will be inside the junior transition area, next to Dovercourt Bay Lifestyles and the Skate Park. Please ask any marshals if you cannot find where you are going, and they will help you. This is a separate transition area to that of the adults in the Sprint Triathlon, so please do make



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sure you find the correct area. Once at transition, you will be able to register there and then go to the allocated racking space to rack your bike.

At registration, you will be given two stickers and written on! One sticker to go on your bike, one sticker to go on your helmet and your race number will be written on your left calf and your right shoulder. We will not be using race numbers so do not require the use of a race belt.

You will also be given two coloured bands. 8 year olds will get yellow bands, 9-15 year olds will get blue bands. Please (if possible), wear one band on your wrist and one band round your LEFT ankle. These coloured bands are important for ensuring the correct distances are completed by the different age groups.

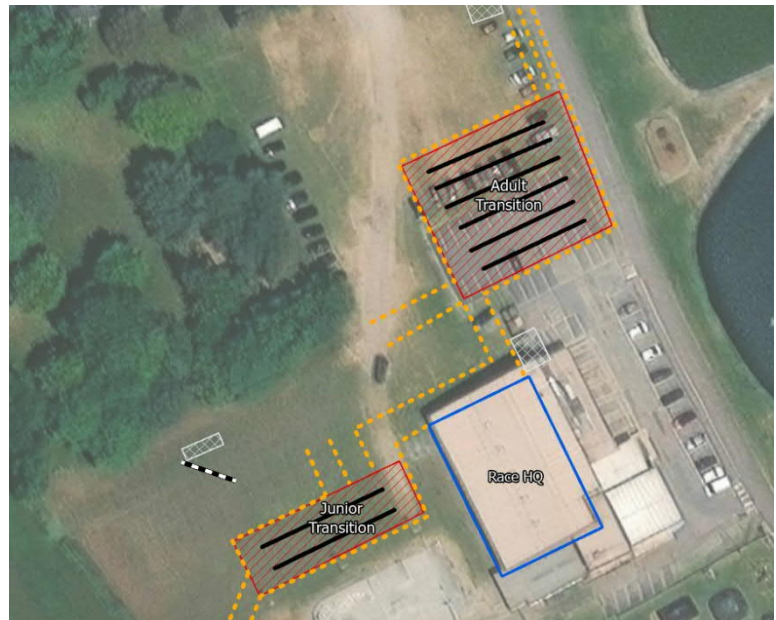
Registration will open at 08:00 and close at 08:40.

After you have registered, feel free to use the swimming pool changing rooms, toilets and lockers to store any belongings. A £1 coin or trolley token is required to lock the lockers in the pool, but you will get this back on retrieval of your items.

We ask that only one adult per child goes into transition, to keep it as calm and uncrowded as possible. Once you have helped your child rack, you will then not be allowed to go into transition for the duration of the race to help them.

### Transition

The transition area is outside the Dovercourt Swimming Pool, adjacent to the skate park. Place your bike and running gear in the transition area. Once your bike is placed within the secured area you will not be able to remove it without proving you are the rightful owner. It is your responsibility to ensure your bike is in a roadworthy condition and suitable for racing.



There will be checks to ensure each cycle is safe to race on. You will need an approved cycle helmet. After you have registered, please stick one of the numbered stickers on your bike and another on your helmet. The transition coordinators will only let you take your bike out of transition if it matches the number written on your shoulder and calf!

When racking your bike – please rack it so your race number (stuck to the bar of the racking) is FACING YOU! Then hook the saddle of the bike over the bar, so your whole bike is facing you, with handlebars close to you, all while you can still see your race number on the racking. There will be lots of friendly marshals around to help you with this, so please don't worry about it! Just wave one of us down and we will give you any support that you need.

### Race briefing:

Race briefing will start at 09:00 inside the swimming pool. We will ask all juniors to head into the pool and sit in the gallery so they can hear the race briefing. This will not last longer than 5 minutes, allowing the first starters to get to poolside ready for 09:10.



#### Swim course:

The swim will take place in the indoor swimming pool.

For 8 year olds, it will consist of a 50m swim, going up one lane and down the other before getting out. For 9-15 year olds, it will consist of a 150m swim, going up one lane, ducking under the rope, and then coming down the next, for all six lanes of the pool.

Each swimmer will set off at 30s intervals and will be able to enter the water once the previous competitor has set off.

Just follow your race start time. We will sort out the sequencing. There is to be no running in the swimming pool building as the floor will be slippery when wet. On completion of your swim, you will leave the pool via the back entrance and head across the grass a short distance to transition.

#### Bike course:

For all ages, the bike course will be on the grass field adjacent to Race HQ. For 8 year olds, they will only bike one lap (1km). For 9-15 year olds, they will bike two laps (2km). The bike route will be marked out with cones and marshals will be on hand to give directions and ensure everyone goes the correct way. Please see below the map attached with the bike route.

For those doing two laps, it is the participants responsibility for keeping tabs on the laps they have done, however we will endeavour to monitor the laps of individuals, to make sure they do the correct distance. Please be mindful when entering the second lap on the bike route as there will be a section where cyclists merge together. Marshals will be on hand to assist.

Please ensure juniors are aware that BEFORE they move their bike in transition after they have swam, they must have their helmet on and done up. Marshals will be around to help if needed.

#### Run route:

For all ages, the run course will be on the grass field adjacent to Race HQ. For 8 year olds, they will run 600m in an "out and back" fashion. For 9-15 year olds, they will run their out and back further, to make 1200m. Please see below the map attached with the run route.

#### Weather:

In the past the Harwich Triathlon has experienced (and gained a reputation for) some quite exceptional weather. High winds, biblical flooding, thunder storms and torrential hail. Hopefully this year it will be nice warm conditions with a gentle cooling breeze, but please do bare this in mind and come prepared.

If on the other hand, it is as warm as it is last year, please can I remind you all to not unzip or undo your trisuits while racing. Following BTF guidelines, it is really important that your trisuit remains done up for the duration of the race.

I hope you enjoy this event and look forward to seeing you.

Good luck!

Jodi Thomas, Race Director





- Legend**
- Swim Out
  - Bike In Out
  - Run Out
  - Racking
  - Orange Plastic Fencing
  - Finish Line
  - ▭ Race HQ
  - ▨ Transition
  - ▧ Chip Timing Tents
  - Junior Run Route
  - Junior Bike Route

0.03 0.01 0 0.03 0.05 0.08 0.1  
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 Kilometers