



# WELCOME TO THE AWARD WINNING KIDSTRIUK BILLINGSHURST MULTI-SPORT FESTIVAL



2nd event in the KidstriUK Series 2024

## Race Information



# KidstriUK Billingshurst Charity Multi-Sport Festival– 14<sup>th</sup> July (updated 19/01/2024)

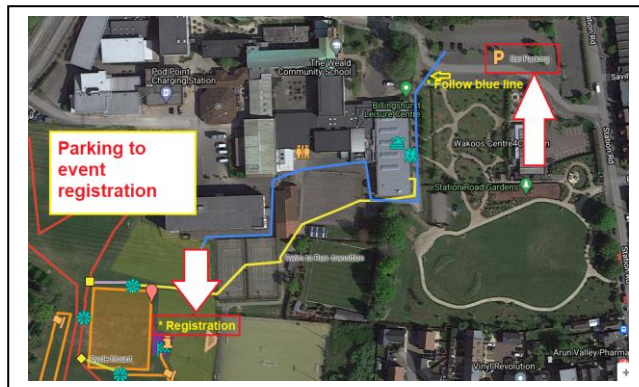


## RACE INSTRUCTIONS

This event is part of the 'KidstriUK' series of event during this year in the Sussex area. The series winners will be determined by 3 out of 5 events best placing in age group.

## VENUE

Weald School  
Station Road  
Billingshurst  
W Sussex  
RH14 9RY



## EVENT TIMETABLE

**ALL Competitors register before racing.**

**09.00** Registration opens.

**09.00** Transition opens - Cycle and run courses.  
open for walking the course.

**09.50** Registration closes

**09.50** Race briefing for all.

**09.50** Course closes for walking around.

**Race Start for Novice Duathlon & Youth in the pool.**

(Order of starting- times are estimates we have fewer entries in 2022 so times will be earlier – please listen for announcements>>)

## BEFORE RACE DAY

Download to your device or print off your 'Registration Ticket' and bring with you. (Instructions on the website – link emailed to you.)

This will speed up your passage through registration.

Please ensure the cycle is safe and has working brakes, has air in the tyres and is safe to ride.

## ARRIVAL

Parking is in the school and leisure centre bays. There is no charge, but you will have to show your time of parking, follow the event signs.

Locate registration – behind the leisure centre on the field - with your competitor and the 'Registration Ticket'!

KidstriUK Billingshurst Triathlon 2023		 <a href="http://kidstri.co.uk">kidstri.co.uk</a>	
Estimated Call-up/start times			
Colour	Race	Call to Assemble	time start in pool (meet finish arch)
Gold/Silver	Novice Duathlons	10:00	10:05
Orange	Youth	10:05	10:10
White	TS3	10:05	10:23
Green	TS2	10:36	10:43
Blue	TS1	10:57	11:07
Yellow	Nov2	11:22	11:32
Purple	TriStart	11:33	11:43
Red	Nov1	11:45	11:55

\* Above is the times to call to the Assembly area and to pool start.  
Based on 168 entries as on 12/07/2023,  
bear in mind not all attend and these are the latest predicted start

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## REGISTRATION

OPENS 0900hrs For all.

Closes: 1000hrs

This will be next to the finish area and each competitor will receive a YELLOW RACE & SWIM BAG with:

- Race information sheet – Please read.
- Race labels for cycle and Helmet
- One race number to be worn on the FRONT of the running/cycling top or on your Tri race belt.
- Coloured wrist band to wear during the event.
- PHOTOS labels to be worn by adults taking picture/video.
- Race timing 'CHIP' attach to the LEFT ankle – Please keep this safe.

## WHAT TO DO NEXT

- Open you RACE PACK and the read instructions- *IF ANY DETAILS ARE INCORRECT, PLEASE INFORM ONE OF THE REGISTRATION TEAM (incorrect name/age/DOB/ sex/ race entered all important & must be correct, BEFORE the race starts)*
- Attach all labels to cycle and helmet.
- Parents to wear PHOTOS labels if taking pics/video.
- Proceed to NON-RACING ENTRANCE of transition, competitor to wear secured Cycle helmet & demonstrate working brakes on cycle.  
09.00hrs Novice Duathlon, Youth, TS2 & TS3 only.  
09.30hrs All others
- ONE ADULT WITH ONE COMPETITOR, all other family members stay in spectator area please.
- Place cycle and helmet into transition on your numbered slot (and cycle clip shoes if using) – Nothing else and no marking position.
- Pin the bib number (Race number) to the front of the top to be worn after the swim OR use a triathlon race belt.
- Then walk the cycle and run course. Course closes at 09.50hrs

## CHANGING

- Changing is available in the leisure centre- either dry or wet changing, please be aware these are public areas.
- We would ask that all Novice Duathlon, Youth/TS3 competitors are changed and ready before the briefing.

## FAMILY PICNIC/CAMPING OUT

- If you are camping out, we ask you keep some distance between groups.
- Please ensure you are not set up within 3 metres of the edge of the course, this is standing area only.

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## RACE BRIEFING

- Cycle / Run course and Transition will be closed at 09.50hrs
- Race briefing at 09.50hrs for all.

## THE RACE

### DUATHLONS

Duathlon competitors will be called to the finish area, a short brief and then start the first run.

- Exit the run course via the marked channel. Alongside transition and join the swim IN channel & enter for Transition 1 (T1).
- Then follow same triathlon briefing below.

### Triathlons

- Triathlon competitors will be called in race groups to assembly area in descending numbered order, then a short brief and timing chip check.
- Then they will be escorted by Hedgehogtri Team member to poolside to lay out kit, in their race groups.
- Parents are asked not to take the competitor there themselves or to accompany the group.
- Kit to be laid out on poolside with the Yellow bag. *These will be spaced out along the side of the pool.*
- This is where the training shoes will be placed, poolside together with the t-shirt and towel etc.
- **As the run to the cycle transition is on rough pathway, shoes MUST be worn, no exceptions.**

## SWIM SECTION



Order of starting from 1015hrs: Novice Duathlons – GOLD & SILVER, Youth 15-16yrs – ORANGE, Tristar 3 13-14yrs – WHITE, Tristars 2 11-12yrs- GREEN, TriStars 1 9-10yrs – BLUE, Novice 2 11-14yrs – YELLOW, TriSTART (8yrs)- PURPLE, Novice 1 8-10yrs – RED.

All Aquathlon & Aquabike competitors will start in the triathlon age groups that are swimming the same distances.

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Race		Duathlon		Duathlon		Triathlon		Triathlon		Triathlon		Triathlon		Triathlon					
Age		Tristar 1 9-10yrs KidstriUK Category		Tristar 2&3 11-14yrs KidstriUK Category		Novice 1 8-10yrs KidstriUK Category		Novice 2 11-14yrs KidstriUK Category		Tristar 8yrs Brit. Tri. category		Tristar 1 9-10yrs Brit. Tri. category		Tristar 2 11-12yrs Brit. Tri. category		Tristar 3 13-14yrs Brit. Tri. category		Youth A 15-16yrs Brit. Tri. category	
Age		laps dist.		laps dist.		laps dist.		laps dist.		laps dist.		laps dist.		laps dist.		laps dist.		laps dist.	
Duathlon		2 (1.2km)		2 (1.2km)		1 (25m)		2 (50m)		2 (50m)		6 (150m)		8 (200m)		12 (300m)		16 (400m)	
Duathlon		2 (1.3km)		3 (2km)		1 (665m)		2 1.3km		1 (665m)		3 (2km)		6 (4km)		9 (6km)		9 (6km)	
Duathlon		1 (600m)		1 (600m)		1 (600m)		2 1.2km		1 (600m)		2 (1.2km)		3 1.8km		4 2.4km		4 (2.4km)	
Trophies		Gold A age as on 31st December		Gold B age as on 31st December		Red		Yellow A		Purple		Blue		Green		White		Orange	
Trophies		Medal only		Medal only		Medal only		Medal only		Yes		Yes		Yes		Yes		Yes	

Open to All abilities									
Aquathlon		Aquathlon		Aquabike		Aquabike		Running event (just like jnr backpack)	
9-10yrs KidstriUK		11-14yrs KidstriUK		9-10yrs KidstriUK		11-14yrs KidstriUK		8-14yrs KidstriUK	
laps dist.		laps dist.		laps dist.		laps dist.		laps dist.	
6 (150m)		8 (200m)		6 (150m)		8 (200m)		-	
-----		-----		3 (2km)		6 (4km)		-	
2 (1.2km)		3 (1.8km)		-----		-----		3 (2km)	
Silver A		Silver B		N. Organge A		N. Organge B		Neon Lime	
age as on 31st December of the racing year									
Medal only		Medal only		Medal only		Medal only		Medal only	

FAMILY FUN RELAY		SWIM BIKE RUN	
RUNNING		Triathlon,	
Min age KidstriUK		8-14yrs on race day	
laps dist.		laps dist.	
2/3 to a Team Max 1 adult per team 1 lap (665m)each.		2 (up to 50m)	
3 (2km)		7 (Up to 5km)	
Proceeds 2 charity		2 (up to 1km)	
age on race day		Neon pink SB, SR, TRI	
Special Prizes		age on race day	
Special Prizes		No ad-ons	

After the main racing the 7yrs & Under DASH, a whole lot of FUN, no advance entry required. Medal to all finishers.

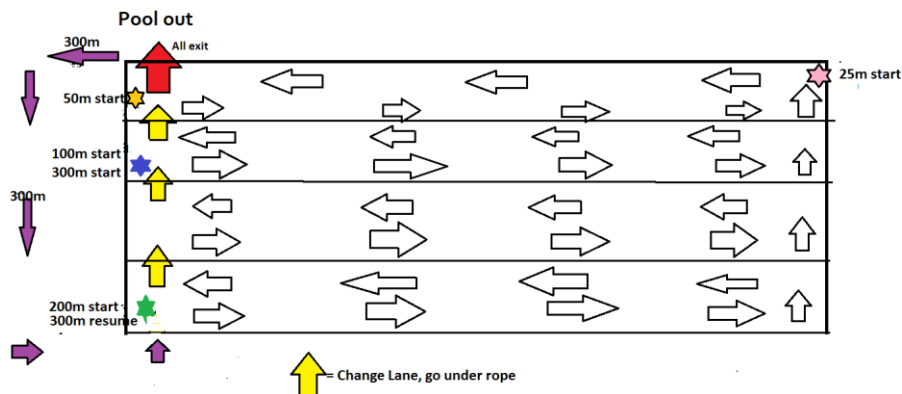
After the Main racing, join us for some MORE FUN with the RELAY. Team can consist of 2 or 3 persons, mixed m/f and can be 1 adult, min age 9yrs. Special prizes for first 3 Teams. Enter a Team leader and form the Team on the day if you like, all proceeds go to the Young Lives vs Cancer charity.

- The children will be divided into groups of their colour start (Colour of wrist band) and will start in the water INDIVIDUALLY. 25/ 30 seconds apart.
- Novice races: 25m and 50m swims will be in the lanes.
- The swim course will be a 'snake swim' for the Tristars 1,2, 3 and Youth.
- Video explaining how the swim will work is on the link:  
[https://1drv.ms/v/s!Ap\\_Teif4mY9xsmDoTiOjD55TItg9?e=z2KM4y](https://1drv.ms/v/s!Ap_Teif4mY9xsmDoTiOjD55TItg9?e=z2KM4y)



**Kidstri Snake Swim starting in 4 lane pool**

Distances: Novice 25m, 50m, 100m. Tristar 100m, 200m, 300m  
[300m = 100m> exit> walk to 200m entry point> enter (no diving)> swim 200m]



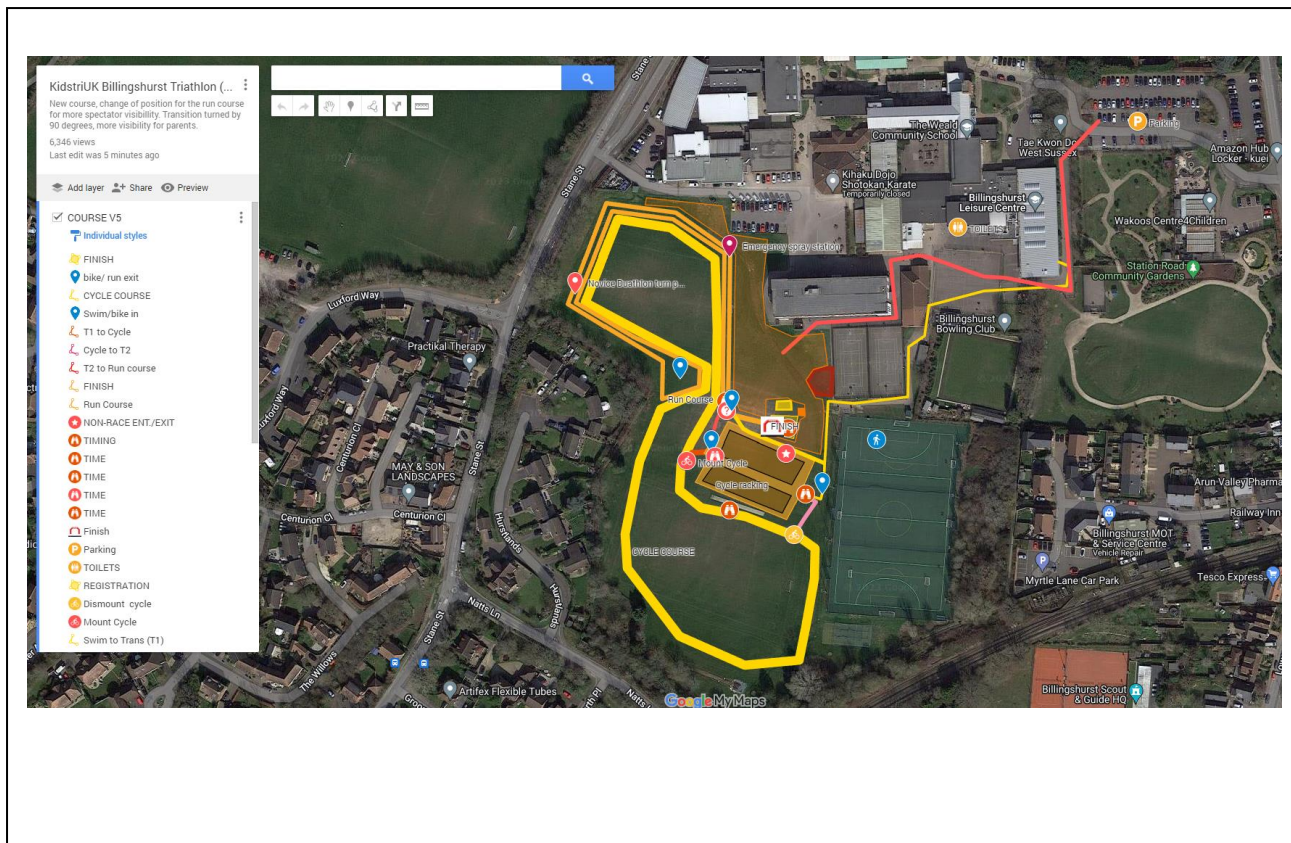
- Start shallow end (except Nov 1)
- Keeping right in the lane swim to the end.
- Swim back on the other side
- Reaching the end of the lane at the shallow end, go under the lane rope to the next lane.
- Swim on the right to the end
- Swim back on the other side of the lane.
- At the end of the lane at shallow end again go under the lane rope to the next lane AND SO ON until you have no more lanes left.
- Climb out.

**During the swim:**

- Front crawl or Breaststroke only
- No Diving
- Give way at the end of the length if feet are touched whilst swimming.
- NO TUMBLETURNS (if by accident a child does TT then a warning will first be given)
- Please note viewing the swim is possible from the public viewing gallery, enter view the rear ramp

**TRANSITION**

- Walk to kit.
- Put on shoes (ensuring laces are tied) and t-shirt fully on with the race number on the FRONT, or tri belt (to the front)
- Place all other kit into the YELLOW Swim Bag, carry it with you.
- Exit via the fire exit, follow the arrows & instructions from marshals.
- Take your Yellow Swim Bag to the cycle transition area to your cycle.
- Run to the cycle transition area along marked path turning right into the track area and to cycle transition. Enter via 'SWIM IN'
- Footwear must be worn between swim and cycle transition.



● **CYCLE SECTION**



- This a lapping course on the grass, each lap is 665m in distance.
- On reaching your cycle **FIRST** put on your cycle Helmet
- Push cycle (not ride) to the 'Bike Out'.
- Mount in the marked box.
- **Cycle the correct number of laps (competitors must count their own -with parent help)**
- Overtaking on the **OUTSIDE** only.
- Dismount in the marked box.
- Push cycle to your original space in transition.
- Lay down/ rack cycle and remove cycle helmet. **ENSURE YOU PARK IN YOUR NUMBERED SPACE.**
- Exit on to the run through 'Run Out'.



## RUN SECTION



- Each lap is 600m- that is an 'Out and Back'= 600m = 1 lap
- **Count and complete the correct number of laps.**
- **Water station on run course – Used cups must be placed in the bins on the run course, not just discarded.**
- On completion of correct number of laps take route to the finish line.

## 2km FUN RUN

- These competitors will be called to the finish arch area to start following a short briefing.
- Complete 3 laps, then into the finish.

## FUN TEAM RUN RELAY

- 2/3 to a Team, one can be an adult. Each run a lap (600m)
- Entry fees £10 per team goes directly to the charity.
- We encourage all those that have raced to come and join in.
- We finish with the ever-popular 7yrs & Under DASH (no advance entry required)

## RETIREMENTS



If a competitor retires from the race OR does not start, we ask the parent/carer to do 2 things:

1. Inform the British Triathlon Technical Official OR one of the KidstriUK Team.
2. Return the Timing Chip & Yellow swim bag before leaving. (a charge will be made for any missing timing 'chips')

## FINISH

- The finish awaits the competitor and a drink, fruit, and the roar of the crowd.
- Collect your medal from the table.
- Timing chip to be removed by competitor and placed in collection bin on finish area exit.



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## TIMING

- Timing CHIP is attached to the LEFT ankle facing outwards, do not remove or damage.
- Manual time taken at start of swim & Finish, remaining times captured by TAG receivers: Transition IN, Transition OUT, Cycle/run Laps and the Finish.

## WELFARE, SAFEGUARDING, TOILETS & CHANGING,

- Changing is available in the leisure centre- note these are public areas and parents/carers are responsible.
- The event **Welfare Officer Jacqui Smith** is based at registration and wearing the red hi-vis marked 'Welfare'. If you have any issues, please speak to her or the **Race Director (Paul)** in the first instance.  
**Contact her on 07999 667684 (during event only)**
- Children changing – using public swimming changing area, not exclusive use.
- Parents taking pictures/video please wear the 'PHOTOS' numbered label.
- If you do not want any individual pictures of your child used for promotional purposes then please collect a GOLD coloured wrist band (NO PICS), from registration, to be worn by the competitor.
- Toilets will be outdoors next to the tennis court behind the leisure centre (follow signs) and in the changing area a reminder that they are open to the public, we do not have exclusive use.
- The event is run in-line and within the Safeguarding guidelines/ policy set by British Triathlon.
- All spectators must stay in the taped area and not enter any part of the course, including poolside.
- If a child goes missing, please report to the Welfare Officer (in person or by Mob) ASAP.
- We ask all carers to celebrate all competitors' achievements in the event and not to be too over enthusiastic in supporting your own young person.
- Other information on Safeguarding is on the event poster at registration and around the venue.
- **Please note: There is very little shade on this field so please bring your gazebo, umbrellas etc.**

## RESULTS

- The correct number of cycle and run laps must be completed, failing to do so will mean the competitor will not receive a placing in the results. Their times will be placed at the bottom.
- Winners of the Tristart, Tristar & Youth categories 1st, 2nd, 3rd, will be presented with winner's trophies after each category race.
- INTERIM RESULTS will be posted on the website hopefully by 7pm, There will be no full results posted at the venue & individual results are not possible, sorry.
- Any comments regarding the results please email [info@kidstri.uk](mailto:info@kidstri.uk)
- Results will be declared final on THURSDAY by 7pm.

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## FIRST AID

- Supplied by WANT Medical Services and will be positioned in and around the finish area.

## PUBLIC ADDRESS

- Commentary through the event will start at 9.30am, please listen out for announcements that may affect the race, we will try and give you a name check around the course.

## EVENT PHOTOGRAPHY (INCLUDING FROM THE AIR)

- The race Organiser or a member of the Team will be taking video/still pictures during the event.
- These images will be used in the following ways:
  - The organisation's printed publicity
  - The organisation's online publicity (including Facebook and Twitter)
  - Shared with group members for personal use only.
- Drone photography will also form a part of this but only flying under the following conditions:
  - i) Weather conditions permit flight
  - ii) A qualified operator and flight Team is available.
- That there is no objection from any parents/guardians/ carers that cannot be dealt with through the risk assessment process.
- All flying will not be over persons, landing & take offs will be in a marked area that must be always kept clear.
- All flying is carried out within the guidelines of the CAA.

## COLLECTING EQUIPMENT AFTER RACE

- Competitor to collect cycle and helmet via the non-racing entrance, under marshal control.
- Whilst the race is on ONLY competitors are allowed in the cycle transition area.
- The numbered YELLOW swim BAG- Please remove all personal contents and leave the bag by the non-racing exit bin ready for reuse.

## WEATHER CONDITIONS

- The weather conditions may play a major part in the race from delay race starts, cancelling sections of the race, shortening race distances, affecting the collation of race times that may mean no prizes can be presented on the day. The decision of the Race organiser, in consultation with the BTF Technical Race Officer will make changes if necessary for the safety of the competitors if the weather looks to threaten the race.

## VOLUNTEERS

The event is run with the help of volunteers to help direct children around the course. Parents helping will be able to claim a free children's race event for later in the year. If you can assist, please email [info@kidstri.uk](mailto:info@kidstri.uk)

QUESTIONS? Please email [info@kidstri.uk](mailto:info@kidstri.uk) or check out the novice information on the link below.

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## LINKS

[Race information on the website, including maps and BTF Day Licence receipt.](#)

[Novice information for all newcomers](#)