



DETAILED INSTRUCTIONS FOR NOVICES



If you are new to triathlon, we have written these instructions to try and assist you in preparing for the race. They are written in order of recommended action.

On arrival, make your way to the **Registration Tent** following the signs.

Once you have registered, find a spot outside and open the **Registration Pack**:

- The **Bike Number sticker** needs to be stuck onto the bike – ideally around the saddle post - see image below
- The **Helmet Number sticker** should go on the front of the helmet - see image below

Then take out the **Coloured Bracelet**

- This is for the competitor and the colour is specific to their category.
- The race number for the competitor should be written on the bracelet.
- Please put the coloured bracelet securely around the competitor's wrist (either side).

Then take out the **timing chip**. It is very important not to lose this!

- The timing chip should be attached around the **LEFT ankle** (away from the chain) of the young athlete. Please try and ensure that it is firmly Velcroed on and that any extra strap ends are folded away.

Finally, take out the **big number**.

- If you are using a **number race belt**, you need to attach this number to the belt so you can move it from your back (on



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the bike) to the front (on the run) easily.

- If you don't have a race belt, you need to **pin the number** on the front of your t-shirt, pinning all four corners with safety pins (a plentiful supply will be available at Registration).

Body number marking – this is not required as the race number will be on the bracelet. However, there will be permanent marker pens available should you wish to add your young athlete's race number to their wrists.

Take your bike to Transition – you'll need both the number stickers (bike & helmet) and your race number bracelet on, plus your helmet on and done up - see images below for correct way to wear helmet.

When entering Transition, we will;

- Check that your bike and your helmet is safe
- Check that the ankle timing chip is safely attached to your left ankle. It's vitally important that this ankle chip is returned at the end of the race. We will have marshals at the finish to help remove them.

In Transition find your bike spot (based on number) and lay down or rack your bike.

Check surroundings: Stop for a moment and look to see where you will RUN IN from the swim and try and visualise where your bike will be. Look also at where you will run out with the bike, signed as BIKE OUT.

Walk the course (if time available) to familiarise yourself with where you will exit the pool, enter and exit the Transition area,



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which direction to run and to cycle and where to get on and off your bike. Oh, and don't forget to check where the finish is!

Be ready for the **Race Briefing** that will be held in the prize giving podium area.

For the **Swim** you will need;

- To wear your swimsuit or trisuit
- Your race belt or t-shirt with your number pinned on
- Your pair of trainers
- A towel (optional)
- Socks (optional)
- Shorts (optional)
- Flip flops (optional) to wear as you walk from the briefing to poolside

Please note that your young athlete will need to carry anything that they take to the pool, back to the Transition area after the swim.

Please don't leave anything poolside once your swim is over.



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Please print and cut out the table below to use to help you remember the number of laps that your children should do;

FALMER CHILDRENS TRIATHLON WAVES

Age Group	Tristart (8yrs)	Novice 1 (9-10yrs)	Novice 2 (11-14yrs)	TS1 (9-10yrs)	TS2 (11-12yrs)	TS3 (13-14yrs)	Youth (15-16 yrs)
Swim (25M lengths)	50m(2)	25m (1)	50m (2)	150m (6)	200m (8)	300m (12)	400m (16)
Bike (laps)	600m(1)	600m (1)	1200m (2)	1800m (3)	4000m*(4)	6000m*(6)	6000m*(6)
Run (Laps)	600m(1)	600m (1)	1200m (2)	1200m (2)	1800m (3)	2400m (4)	2400m (4)
Colour	PURPLE	RED	YELLOW	BLUE	GREEN	WHITE	ORANGE
					*Extended cse	*Extended cse	*Extended cse



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EVENT CHECKLIST FOR NOVICES

Please print this and take to the event to help you get through the nervous time before you race!

1. Arrive
2. Get bike off/out of car and check all working and tyres pumped
3. Move round to spectator area
4. Leave bike with friend or family and go to Registration
5. Get Registered and pick up registration pack
6. Move outside and find a spot to settle
7. Apply the stickers to bike and helmet
8. Add the big Race Number to t-shirt or race belt
9. Put on the Race Bracelet
10. Attach your timing chip to your left ankle securely
11. Take bike to transition
12. Get bike checked
13. Get helmet checked
14. Get ankle timing chip checked
15. Rack or place bike down by your numbered peg (Novice 1, 2, Tristarts and Tristars 1) or on the racking (Tristars 2 and above only)
16. Check position of bike in relation to SWIM/BIKE IN and BIKE/RUN OUT entrances
17. Walk course
18. Get changed & warm up
19. Listen to the announcements and be ready for when you are called to the Race Briefing
20. Go with Race Official escort to the pool
21. Set out kit in designated area
22. Line up in required order
23. Enter pool and wait until told to start
24. RACE!



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NUMBER STICKER POSITIONS



HELMET POSITIONING SAFETY

Wrong



Right

