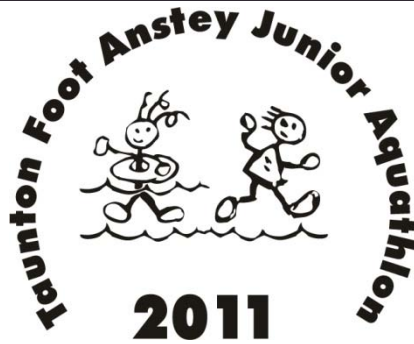


# TAUNTON FOOT ANSTEY JUNIOR AQUATHLON



**Sunday 9<sup>th</sup> October 2011**  
**At**  
**Queen's College, Taunton.**  
Sanctioned by the British Triathlon Federation

Dear Competitor,

Welcome to the ninth Taunton Foot Anstey Junior Aquathlon. This aquathlon involves a continuous race in both swimming and running. The distances are different for each age group. You will race against the clock that starts as you enter the swim and stops as you cross the finishing line after the run.

Please read all the information carefully with an adult. This event has been organised for you to enjoy and it may prove a challenge, so you need to try and pace yourself to complete the swim and run.

Directions to Queen's College, Taunton.

From the M5 Junction 25 for the A358. Follow signs for Taunton Town Centre. Straight over traffic lights by Creech Castle. Filter left at next roundabout and join A38. Follow signs for Exeter, Wellington and Musgrove Park Hospital. After passing the Police Station on your left, take the left fork signed Trull and Blagdon Hill. Compass Hill runs into Trull Rd and Queen's College is just under a mile up Trull Rd on the right hand side.

From M5 Junction 26. Take first left off slip road. At next roundabout take last exit, signed Taunton A38. On reaching Taunton go straight across the small roundabout. Take the next right after the Esso Station into Galmington Rd. Follow this road until the mini roundabout and turn right into Trull Rd. Queen's College is about 500m up on the right.



Actions speak louder.



[www.tauntondeanetri.co.uk](http://www.tauntondeanetri.co.uk)



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## **What to do on Arrival**

Please report to registration in the Sports Hall at least an hour before your start time, which is on the email. This will be open from 8.45--10.45 a.m.

Here you will be given a number and 4 safety pins. This needs to be pinned on the front of the shirt you will wear for your run, or alternatively pinned to a race belt. Your number will also be marked on your right arm and leg. Please collect your goody bag. You will be asked to report back to the Sports Hall 15 minutes before your start time, A map of the run course will be available at registration, and you are welcome to go round the course, but bear in mind others may already be racing so be careful.

## **Parents/Guardians**

Please notify an official at registration if the child in your care has any medical condition. If you wish to take photographs, please complete a form and collect a camera sticker at registration.

The changing rooms are clearly marked outside the Sports Hall. We can take no responsibility for items left in the changing rooms and advise that you keep things with you. Please take anything that your child doesn't need until after the race. Once they leave the Sports Hall with the official they will be taken to the start via the transition area. We regret that it is not possible to watch them swim given the size of the pool and the access that the competitors need to get out to the run.

## **15 Minutes before your start time**

Please return to the Sports Hall. By now you should have changed into your swimming kit. Keep a sweatshirt or top on so you don't get cold. You will need to bring your goggles (if you wear them), and the kit you require for running. Remember to bring your shirt /belt with your number attached. Footwear must be worn for the run. Under BTA rules you are required to have your upper body covered during the run either with swimwear or a shirt. It might be useful to bring a small towel to put with your things in transition. It is up to you if you wish to wear socks, extra shirts etc.

A race official will explain what to do and answer any questions you may have about the event. You will be given a swimming hat to put on.

The official will then take all those swimming at the same time from the Sports Hall to the transition area where each competitor can set out their running kit.

Taking your goggles, you will go into the pool area. You will be given a lane (up to 4 per lane) and told in which direction to swim in.

## **Distance (Age as on 31/12/2011)**

Age	Swim	Run(approx)
8	80 yrds (4 lengths)	600m (small lap)
9/10	160 yrds (8 lengths)	1500m (1sm,1 big lap)
11/12	280 yrds (14 lengths)	2000m (2 big laps)
13/14	400 yrds (20 lengths)	3000m (3 big laps)
15/16	500 yrds(25 lengths)	4000m (4 big laps)

## **Swim**

Your lengths will be counted and you will be told when you have 2 lengths to go, a sign with '2 to go' will be put under the water. When you get out take off your hat and walk out of the main pool exit. This will lead you to the run transition area.

Pool Safety:

The shallow end of the pool is 1.3 m deep therefore enter with care. \*\*15/16 age group to start in deep end.

No diving, back stroke or butterfly is allowed.

Swim in the direction you have been told. If the swimmer in front is slower than you, tap their toes. They must stop at the end of the next length to let you pass. Remember to do the same if someone touches your toes.

No running is allowed inside the swimming pool area.

## **Transition**

Leave the pool area and find your kit in transition. Put on your running kit. Your number needs to be on the front. Leave your goggles there. (Collect them and anything else after the race).

## **Run**

Set off on your run. The run route is a taped course. Your laps will be counted by officials. There will be a drinks station just after the start of the run route and can be used on each lap. There will also be a drinks station at the finish.

Remember to pace yourself and be aware of other runners. There may be several races involving the same age group, depending upon numbers entered, as only 16 can swim at any one time

### **The Finish - Congratulations !**

When you have completed your race your time will be recorded. Once you have recovered and had a drink, please collect your goggles and any other items left in transition. You are now free to change etc. There will be refreshments on sale from the cafe, which is immediately next to transition.

As results become available we will put them on a table near the pavilion. Please only take a copy of those applicable to your race. Full results will be put on the website that evening.

## **Presentation**

We Hope that this can take place about 45 minutes after the last competitor finishes. (Approximately 1pm.). It will take place outside the cricket pavilion, near the finish (or in the Sports Hall if wet).

## **Prizes**

There will be prizes for the fastest 3 boys and fastest 3 girls in each age group, and to the school or club with the most points. These will be awarded at the presentation.

### **Facilities**

Toilets/ changing rooms for competitors are in the Sports Hall building. Girls are upstairs, boys downstairs.

Additional toilets are in the foyer of Queen's Hall.

Refreshments will be on sale from the cafe by the transition area.

### **Code of conduct for Parents/Carers**

- Encourage your child to learn the rules and play within them,
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport
- Use correct and proper language at all times.

### **Thank you**

To Queen's College, Taunton for hosting this event  
The following have also kindly supported this event:

**Foot Anstey Solicitors**

**Somerset RC Tri**

**Tone Leisure**

Also to all the marshals and to those who have helped in any way.



Actions speak louder.



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