

CRYSTAL PALACE

TRIATHLON

14 May 2017
TriStar 3 Information

LOCATION:

Crystal Palace National Sports Centre, Ledrington Road, Upper Norwood, London, SE19 2BB.

CAR PARKING

The entrance to the free car park is off Anerley Hill, just below the Crystal Palace Museum, and will open at **07:30**. The route from the car park to registration is marked on the map below.

IMPORTANT REMINDER: Please display a copy of the 'Parking Permit' in your car, this can be found on the last page of this document. The gates to the Event Car Park will be locked at 16:30 and you will not be able to retrieve your car until the next day.



CATERING/REFRESHMENTS

There are cafés in the Sports Centre and within the grounds of the park. We will have a cake stall near the Finish so don't forget to bring cash for some well earned recovery cake.

Please note Crystal Palace Triathletes and all other parties connected with this promotion accept no liability for any damage to equipment or loss of property whatsoever.

GENERAL RULES & RACE CONDUCT

The race is governed by [British Triathlon rules](#).

If you have any questions please feel free to ask at Registration or any of the marshals.

JUNIOR EVENT PHOTOGRAPHY

Crystal Palace Triathletes (CPT) does not want to prevent parents/carers or other spectators being able to take legitimate photographs or video footage of competitors. However, there is evidence that certain individuals will visit sporting events to take inappropriate photographs or video footage of children/young people. As a Club and a race organiser, it is essential that we should be vigilant about this possibility.

CPT will therefore, for the purposes of our event on 14 May 2017, have in place registration for those wishing to take photographs or video footage of children/young people. Please sign the registration form at Registration, where you will be issued with a 'Photographer' sticker to show you have registered to take photographs or video footage at the Crystal Palace Triathlon on the bike and run course.

- **NO** video filming, photography or mobile phones are to be used in the changing rooms or on poolside **AT ANY TIME**
- Where possible your child should be the only one being filmed or photographed
- If a marshal/adult/competitor complains or expresses concern you must respect their rights and stop

We are pleased to announce ProSport Photos have been appointed as the official Professional Sports Photographers for this event. Photos will be available to purchase after the event from their website at www.prosportphotos.com. Images may be published by Crystal Palace Triathletes and or ProSport Photos.



Before the Race

NOTE: Times are subject to change if the previous race overruns.

REGISTRATION & CHECK-IN PROCEDURE

Registration will open at approximately **11:30**. There will be a TriStar 3 race briefing at **12:30**. Please make sure you register in plenty of time to be ready for your race briefing.

Registration is in the indoor track which will be clearly signposted. There you will collect your essentials for the race:

- **1 race number - For your back during the bike leg and your front for the run (you will be given a race belt in your goody bag at registration).**
- **A set of bike/helmet labels, similar to those illustrated below. If this doesn't correspond to your race numbers on your bike you won't get in or out of transition.**
- **Bike number** - Place around your seat post, with the number facing backwards, so the number can be read from the side. Please do not remove, alter or bend as this label contains a timing chip used to verify your bike laps. This number must remain on your bike until you have removed it from transition and it is used to ensure you only remove your bike. Our marshals will check your bike label, race number and body marking to make sure they all match before allowing you to take your bike out transition.
- **Helmet number** (small number on the left) – This number should be displayed clearly on the **front** of your helmet, this will help verify your bike laps and also helps our official photographer identify you, as well as marshals around the course
- **You will also have your number marked on your left arm**
- **Your bike and helmet numbers must be secured and in place before you take your bike into transition.**

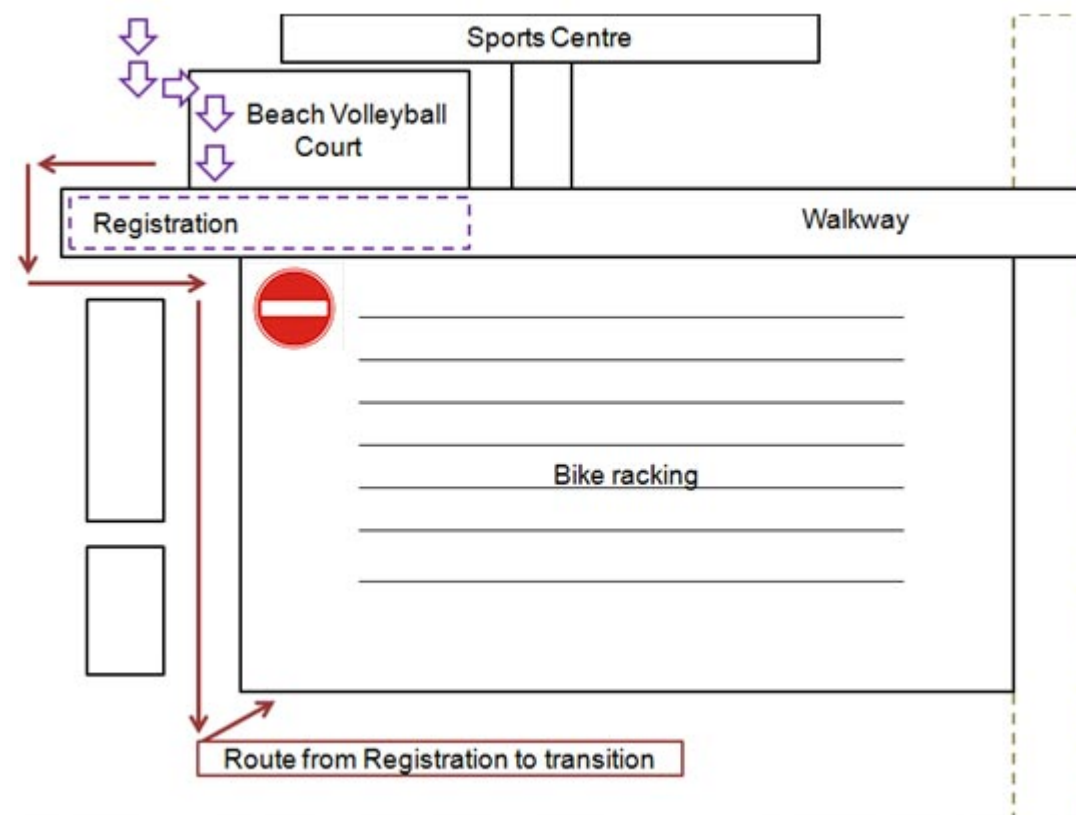
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By their nature, triathlons are physically demanding. By participating in this race you are declaring yourself medically fit to complete the course. In the case of known allergies, etc, we would recommend that details be written on the back of your race number.

Maps are not to scale and are for information only, to give distances and layout of the course.

Members of CPT will be available in Registration to answer your questions. Please don't hesitate to ask, especially if this is your first triathlon!



TRANSITION AREA (Setting up)

The transition area is where you keep your bike, helmet and clothing and where you change into your clothes for the different events.

TriStar 3 will rack bikes in a designated area in the main transition area. **Competitors only in transition - helpers will not be allowed in transition.**

You should set out your kit in a tidy way so as not to get in the way of other competitors. You are responsible for keeping your kit within your space throughout the race. Marshals will be available to assist you. The organisers cannot accept responsibility for any loss.

CHANGING FACILITIES

TriStar 3s will use the changing rooms on the lower floor of the Sports Centre. The lockers in these changing rooms take a non-returnable 20p. If you have a 'better' membership, bring your card along as there are additional lockers reserved for members.

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The Race

Once you start the swim, the clock runs until you go over the finish line at the end of the run. Triathlon is an individual sport, where everyone appreciates your effort whatever your standard. Please enjoy watching others doing the same. Un-sportsmanlike conduct will lead to disqualification.

RACE BRIEFING

Attendance at the race briefing for your age group is compulsory. Please meet in the Registration area at **12:30**, where you will be given your Race briefing and led to poolside.

SWIM SECTION

Please come to the pool wearing only what you are going to swim in, with your swimming hat (if you want to wear one) and your goggles.

You will collect your timing chip on poolside.

Remember: No chip, no time! Secure it with the band provided **around your left ankle** and wear throughout the race (swim, bike and run) until you cross the Finish line.

Swimming hats will **not be** provided so if you wish to swim in a hat please bring your own. Wetsuits, calf guards, or any other items that would aid your swimming, are not allowed!

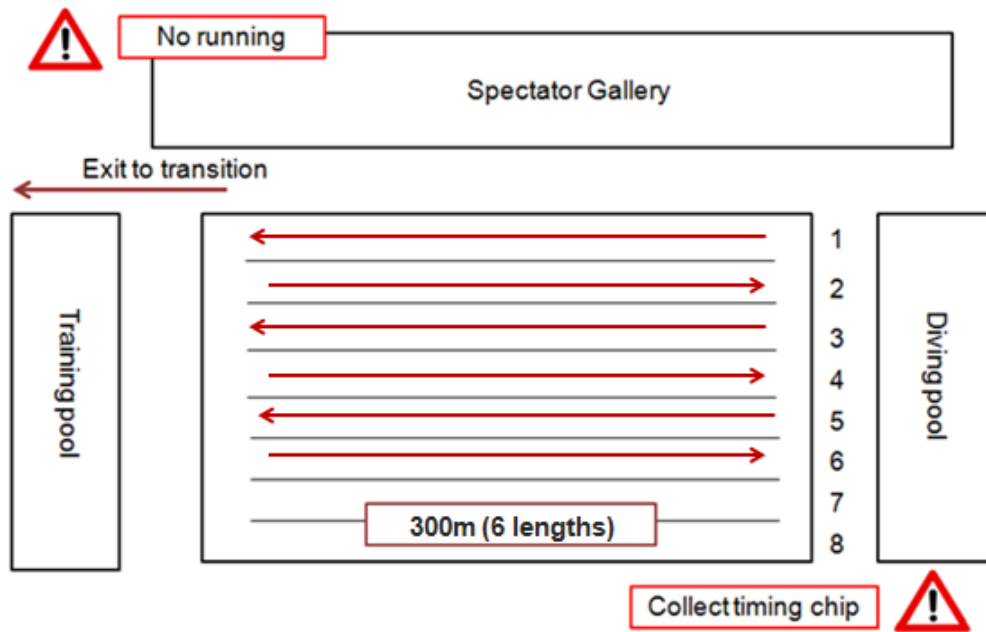
TriStar 3 - You will be swimming in the 50m pool. You will be escorted from your race briefing to poolside in time for the start of your swim, where you will also collect your timing chip. Please queue in race number order. The first TriStar 3 swimmers will start at approximately **13:00**.

You will start in the water and go when the timekeeper says so. Swimmers will be started at 10 second intervals and swim 300m, zigzagging under the lane ropes to complete 6 lengths.

Be courteous to fellow competitors, especially if you find yourself swimming at a different speed to other people in your lane. If you follow these simple guidelines there are rarely problems:

- If you are much slower than the swimmer behind you and they tap you on the foot, please give way at the end of the length.
- If you are much faster than the swimmer in front of you, please tap their foot (gently) to signal that you would like to pass them at the end of the length.
- Try not to swim over the top of fellow competitors!

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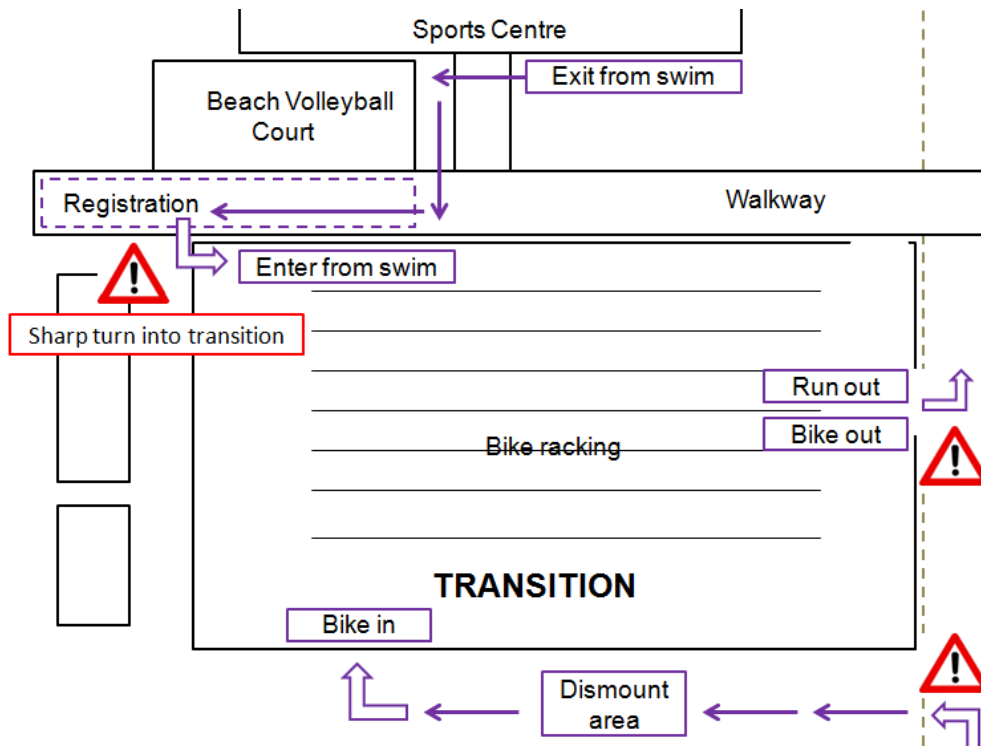


On finishing, please show the race number on your arm to the marshal as you pass them, or shout your number if you can remember it!

NO RUNNING ON POOLSIDE OR ON THE STEPS EXITING THE POOL BUILDING

Competitors will be directed out of the exit doors at the end of the building, down a short flight of stairs then you run alongside the beach volleyball court, through the indoor track and out to the transition area.

There will be a two minute penalty issued to those running on the steps. Please walk down, carefully.



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CYCLE SECTION

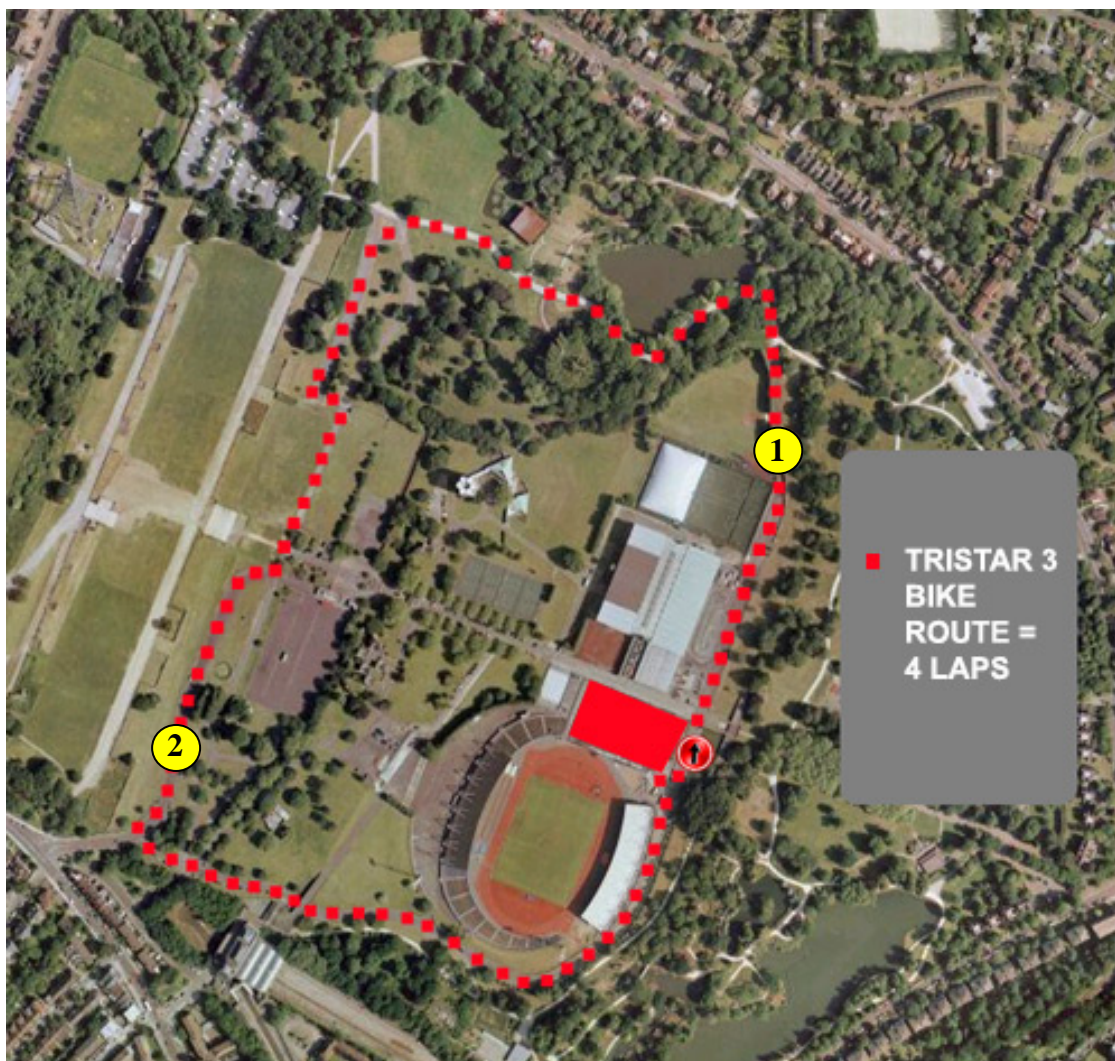
Find your bike, then put on any clothing you want to wear for the cycle section of the race. You **MUST** have your helmet in place and **FASTENED before you un-rack your bike**. You must not cycle in the transition area. Push your bike out of transition to the cycle mount area. Here you get on your bike and cycle round the marked cycle course. Don't forget to put your race belt on with your number on your back.

Tristar 3 - 8k cycle (4 x 2k laps)

Make sure you know how many laps of the cycle course you need to do. Stay on the right hand side of the cones around the course. **Competitors are responsible for ensuring the correct number of laps have been completed**. We suggest competitors obtain the assistance of friends, etc. to count on their behalf or you might consider moving pieces of tape on your handlebars. Please do not throw any such tape onto the course. The laps are on tarmac roads within the confines of the park.

Once you have completed all your bike laps and are approaching the dismount area marshals will instruct you to slow down so you enter the athletics track at a suitable speed to get off your bike **BEFORE** the dismount line. Cyclists must give way to runners passing the far end of the Jubilee Stand. A marshal will tell you to stop if required.

Remember not to undo your helmet until the bike is racked again in your transition area. Please put your bike back neatly in the same place and make sure you don't block anyone else's area.



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1

This gate is just before the bottom of the hill. Bikes will be channelled through the open gate and runners will pass through the gap on the left.



2

This gate is on the road at the top of the park. Bikes will be channelled through the height restriction on the right. The gate on the left will be closed. The speed bump will be removed on the racing line.



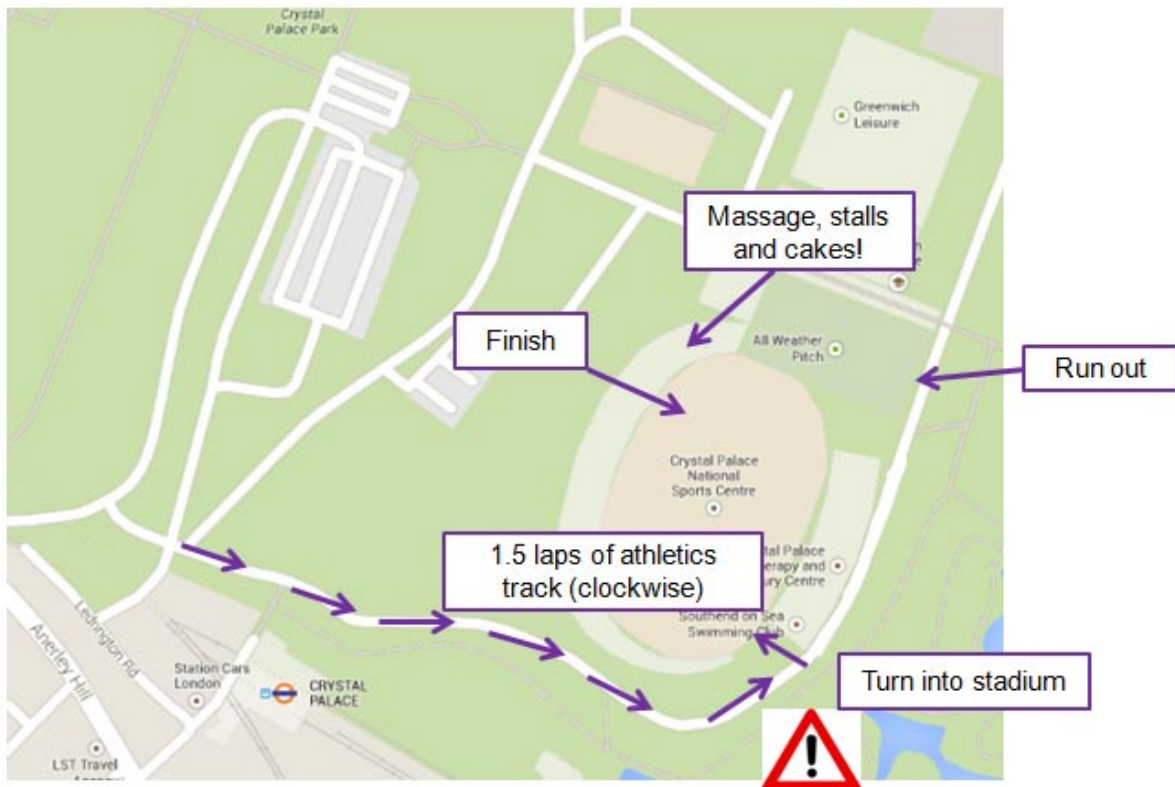
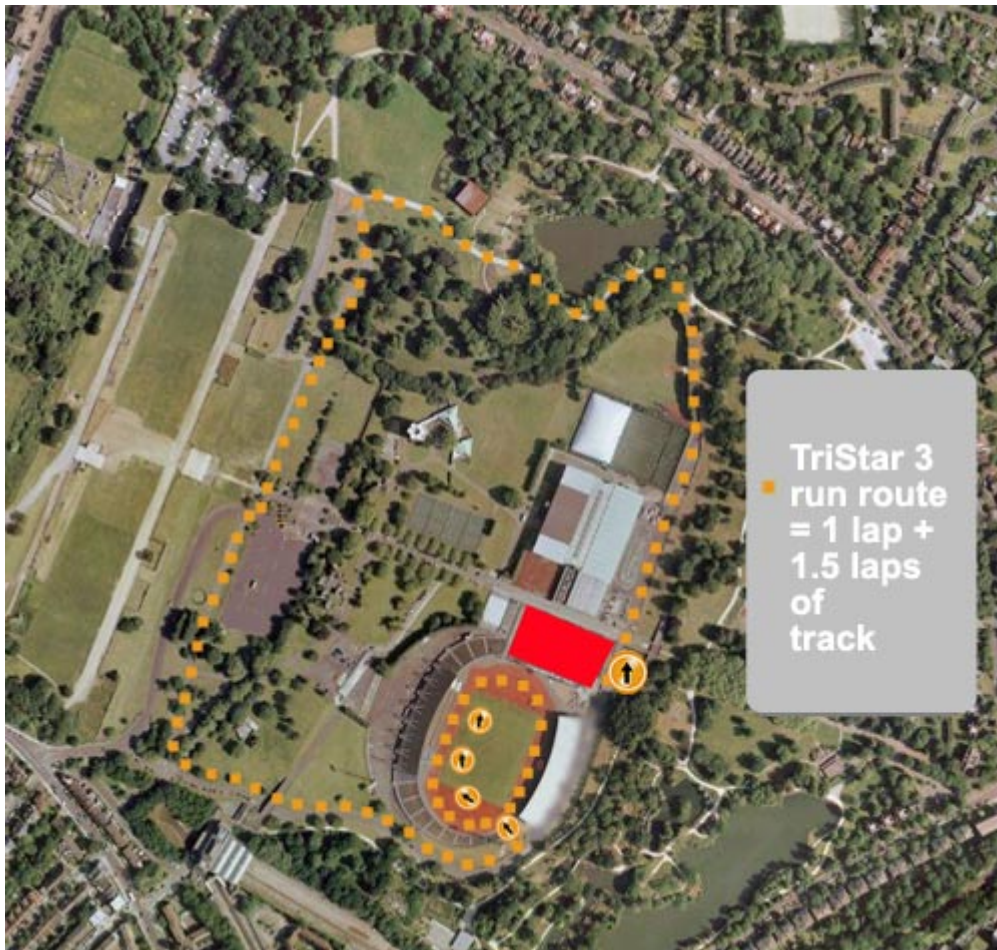
RUN SECTION

Tristar 3 - 2.4k – one lap, finishing with one and a half laps on athletics track

Turn your race belt so your number is on your front.

Exit the transition area at the allocated exit and run on the same course as the cycle route. Runners must keep to the left of the course. The run is on closed tarmac roads within the confines of the park. If it's dry the run will include one short hill on grass, but if it's wet we will keep everyone on the road. When you reach the beginning of the Jubilee Stand you will enter the stadium. From here you will complete **one and a half laps** of the track. The finish line is at the end of the home straight at the transition end.

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You've finished, well done! Collect your medal and pat yourself on the back.

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After the Race

FIRST AID

Paramedics will be on hand during the race as well as lifeguards in the pool hall.

PRESENTATION

The presentation will take place on the day, as soon as the results have been collated and checked.

The race referee's decision is final. Please listen for announcements.

Prizes will be awarded to the 1st, 2nd & 3rd placed male and female TriStar 3 competitors.

Don't forget to bring some money so you can enjoy a post-race cake from our home made cake stall!

RESULTS

Full results will be available on the Crystal Palace Triathletes website (www.crystalpalace-tri.co.uk) and on StuWeb's website (www.stuweb.co.uk).

PARKING PERMIT



**CRYSTAL PALACE TRIATHLON
14 MAY 2017
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I am a competitor or spectator at the above event.

The free car park will open at 07:30. The gates will be locked at 16:30 and cars must be retrieved before this time.

