

CRYSTAL PALACE TRIATHLON

14 May 2017
TriStart Information

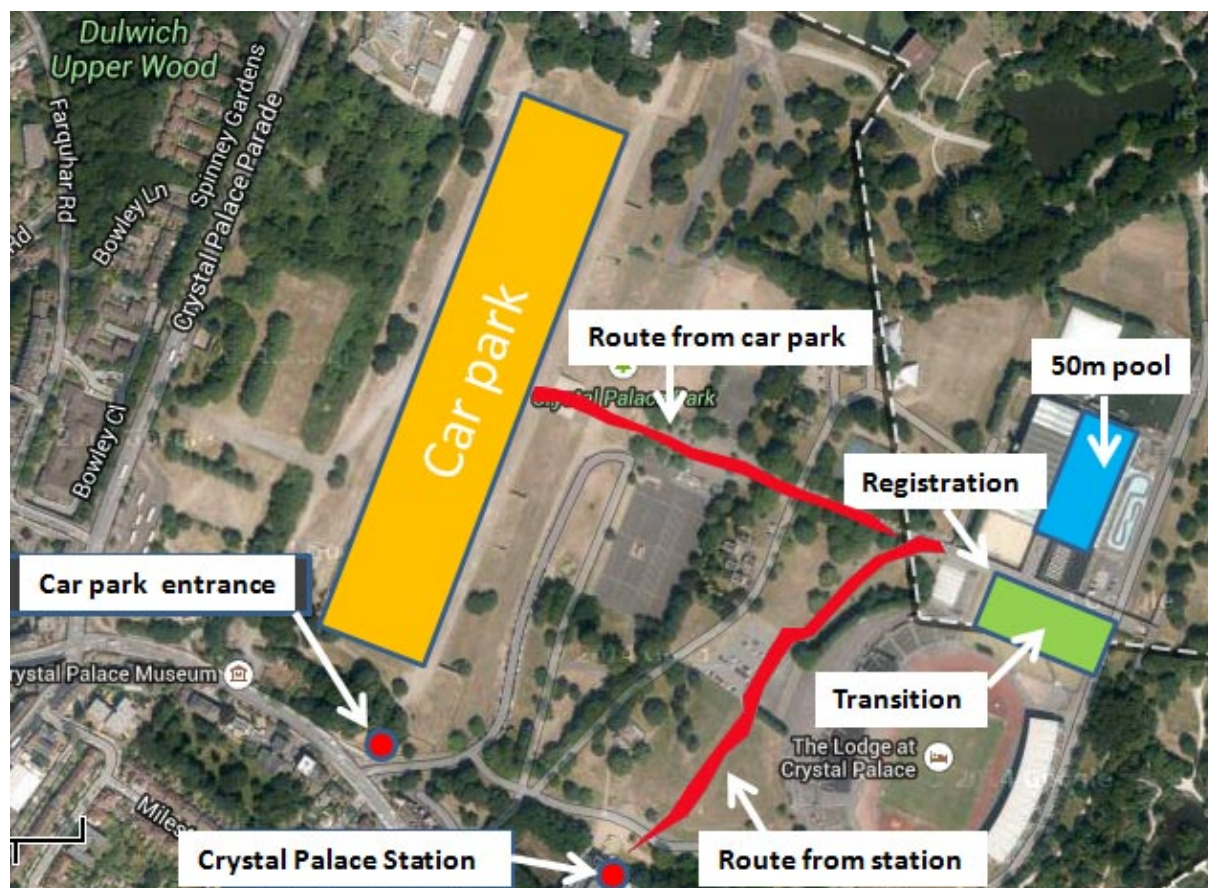
LOCATION:

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 for TriStarts at approximately **14:00**. There will be a TriStart race briefing at **15:00**. 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**

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- **Your bike and helmet numbers must be secured and in place before you take your bike into transition.**



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.

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.

TriStarts will rack bikes in a designated area on the Indoor track (near to Registration). **You will be allowed one helper in transition with you to help you set-up, but no assistance will be allowed once the race has started. Transition closes at 14:50.**

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

After leaving your bike in transition, the swim changing rooms can be found by the 25m training pool. There are no lockers in these changing rooms so you will need to leave your clothes with parents or in transition.

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

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 **15:00**, 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!

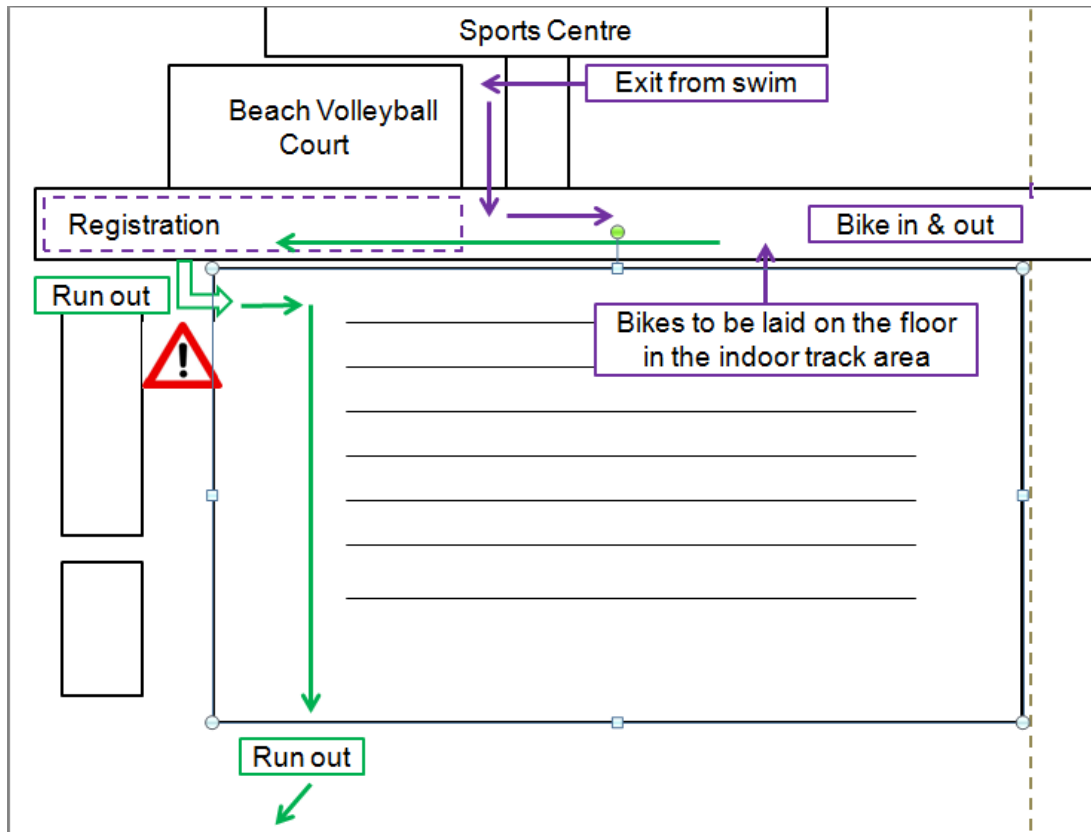
TriStart

You will be swimming in the 25m training pool. You will be escorted from the race briefing to poolside

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in time for the start of your swim, at approximately **15:30**. Please queue in race number order. You will swim 50m (2 lengths).

You will start in the water and go when the timekeeper says so. When you have finished, please get out of the pool quickly as others will be finishing behind you. Leave the pool and run to Transition, alongside the beach volleyball court, there will be a marshal to indicate the route back into the indoor track.



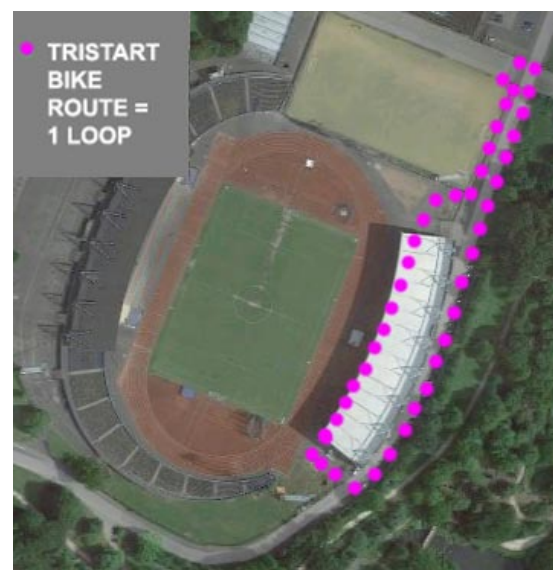
CYCLE SECTION

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.

Your number must be on your back for the cycle.

Tristart - Cycle (1 loop)

The loop is on a traffic-free tarmac road in the park and round the outside of the athletics track. After you have cycled your loop, get off your bike at the cycle dismount area and wheel your bike back into Transition. Put your bike back in its original position **but do not undo your helmet until your bike is back in place**. Then prepare for the run section and follow directions to the run course.



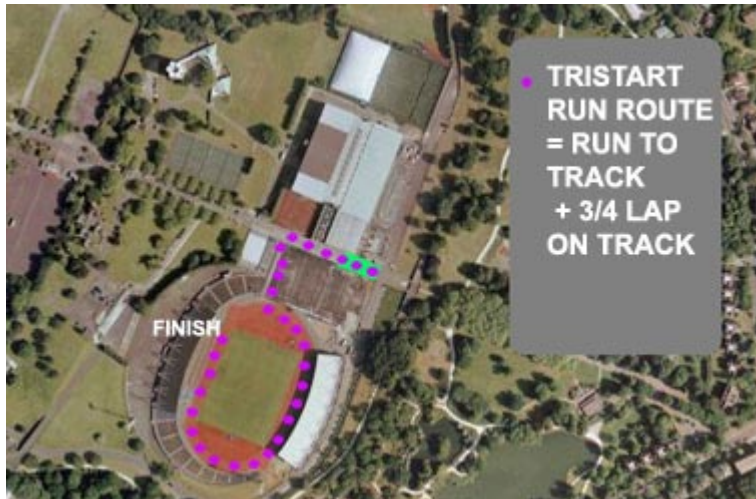
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RUN SECTION

Tristart - 600m

Your number must be on your front for the run.

You will be directed from transition towards registration, through the main transition and onto the track to complete three quarters of a lap.



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

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 TriStarts.

Don't forget to bring some money so that 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/).

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PARKING PERMIT



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

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