

Chorley Harriers and Tri and Chorley Marlins ASC

Proudly Present

The First Brinscall Junior Aquathlon

Information

A swim and run race to be held at 10am on Sunday 19th September 2010 in and around Brinscall Pool held **exclusively** for members of Chorley Harriers and Tri or Chorley Marlins ASC aged 8 years to 16 years. A small entry fee of £4 will be charged to cover pool hire and other costs.

The event will be held in accordance with British Triathlon Federation rules. The BTF has recommended maximum distances for each age group. The table below shows each proposed age group, the maximum distances that the BTF allow and the distances that will be raced at Brinscall.

Age Category	Age at 31/12/2010	BTF Max Swim	BTF Max Run	Brinscall Swim	Brinscall Run
Tristar Start	8	50m	600m	50yd	500m
Tristar 1	9/10	150m	1500m	100yd	1000m
Tristar 2	11/12	250m	2000m	200yd	1500m
Tristar 3	13/14	400m	3000m	400yd	3000m
Youth	15/16	750m	5000m	400yd	3000m

The Swim:

Athletes will start and finish at the shallow end of Brinscall Pool. No dive starts will be allowed. There will be no more than 3 swimmers in a lane at any time and starts will be staggered to prevent drafting (slipstreaming) in the water. Any turns are acceptable provided that a hand or foot touches the end of the pool.

Brinscall Pool has steps at both the front and back doors. This makes it dangerous to attempt to run out of the building. Therefore, for safety reasons, the race will be timed as two separate legs, with the overall winner having the lowest aggregate time. All athletes will walk safely from the swim finish to the run start. You will not be penalised for taking your time.

The Run

The run route will be around the lodge area behind Brinscall Pool. To comply with Child Protection rules, all athletes will be in view of a marshal at all times and run routes will be traffic free. Since the far end of the lodge has woodland around it (ie no visibility), full laps of the lodge are not possible, so out-and-back lengths around the visible areas will be used.

Swim times will be sorted quickly on the day, so that athletes in each Category can be set off on the run with time gaps based on where they finished the swim. That way both athletes and spectators will be able to tell clearly who is leading the race and the winner will be first past the finish post.

