



Swim



Cycle



Run

Try-a-Tri 2017

Saturday 10th June

Aldryngton School – Team event

WELCOME

...Inspiring a Generation...

Message from the Headteacher, Elaine Stewart

"Seven years ago Aldryngton hosted its first Triathlon. Despite some very wet and windy conditions, the event was a huge success. Children from Lower, Middle and Upper Schools demonstrated their skills and talents to work well as part of a team, whilst also raising funds for the development of the school grounds. My thanks go to all the event organisers from the PTA for helping to bring this event together. Without their hard work this event would not be possible. Fingers crossed the weather will be kind to us this year! Thanks also go to everyone who has sponsored the participants. Funds raised will go towards the PTA's nominated school projects."

Message from the PTA

"Thank you for supporting your children and the PTA. As well as organising an excellent sporting event, the Try-a-Tri team have arranged a BBQ and refreshments for you to enjoy all day. This is the 7th year we've run the Try-a-Tri, many of the organising team will not be Aldryngton parents next year, so we are keen to build a new team to ensure that the Try-a-Tri continues to be a key part of the PTA social and fundraising calendar. We are delighted to have some new parents involved this year who will shadow the organisers and we hope these new parents will be part of the core Try-a-Tri team in the future. There is still a need for new leads to take the event on for next year and beyond so if you can become more involved please speak to John Thompson, Barnaby Styer or email pta@aldryngtonpta.com. We hope you all enjoy your day!"

INSTRUCTIONS FOR COMPETITORS

Indicative Programme: Team Triathlon – Saturday 10th June

Team Groups	Arrival & Registration	All Bikes Racked	Race Briefing	Swimmers Line Up	Cyclists Line Up	Runners Line Up	Last Finishers	Medals & Photos	Trophies & Results
Lower	11.00	11:35	11.40	12:15	12:15	12:20	12.50	12:55	16:00
Middle	12.30	13:05	13:10	13:45	13:45	13:55	14:25	14:30	16:00
Upper	14:00	14:35	14.40	15:15	15:15	15:30	15:50	15:50	16:00

Essentials for the day

If you're swimming: Bring goggles, floats (if needed), and a warm towel! Bring warm and weatherproof clothes to wear before and after your swim.

If you're cycling: Bring a bike in a good condition (with stabilisers if needed). Bring your own bike helmet, tagged with your name.

If you're running: Bring a pair of well-fitting trainers, and clothing that is loose and comfortable.

Registration (see map for location)

Team events – Saturday 10th June

	Registration (Mrs Gregory's classroom)	Race Briefing (Hall)
Lower School	11.00	11:40
Middle School	12.30	13.10
Upper School	14.00	14.40

Your whole team should register at the same time if possible. Please arrive on time for your registration. **Please enter the registration classroom from within the school not via the playground as there will only be one entrance door in operation and one queue (see map for location details).** At registration your name will be checked off a list. Your team will be given a race number and we will write this on your arm. Swimmers will also be given a hat showing their team number.



Cyclists: Leave your bike outside while you register. We will give you a sticky label showing your team number, and you should stick this on the handlebars of your bike so that it is easy to see from the front. After registering, collect your bike and take it to the bike checking area. Keep your bike helmet with you.

Next, please make your way to the briefing hall to await instructions for the day. **It is very important that you go to the race briefing so that you will know what you need to do for your part of the triathlon.**

If you can't take part on the day due to illness or any other reason, please let us know ASAP by emailing committee@aldryngtonpta.com and we will try to find someone to take your place.

Sometimes children have to drop out, and teams need stand-ins to take part in an extra event. If you are also happy to be an emergency stand-in for us, please make sure you bring your swimming kit, bike, AND running shoes!

Further Instructions:

Now you must read the following pages for further instructions:

FS & Lower School: Pages 3 & 4

Middle School: Pages 5 & 6

Upper School: Pages 7 & 8

Please read the important notices and general information on pages 9 & 10.

TEAM Triathlon Instructions for LOWER SCHOOL (Years R, 1 & 2)

1: Swimming Start: 12.15

The swim takes place in the Aldryngton School Pool. You should arrive at the pool side 10 minutes before your start time. Make sure you have something warm to wear on pool side while you are waiting to swim. Boys and girls will change for swimming in separate rooms. Parents are not allowed in the changing rooms. Food and drink is not allowed in the pool area. We will provide a swim cap for your race. There will be marshals at the pool to explain the rules if you are unsure, and lane counters to ensure that you complete the correct number of widths/lengths.

Lower School: Swimmers swim 3 widths.

Two swimmers will take part in the swim event at the same time. Each competitor will swim 3 widths of the pool starting in the shallow end by the steps and exiting by the entrance gate of the pool. Help will be at hand to assist the children exiting the pool. The swimmer can choose what stroke they wish to do but we would not recommend backstroke as this may cause collisions in the pool. Once the swimmers have exited the pool they will need to **walk** to the cycle transition point to tag their cycling team member. After completing your swim you should dry off, **quickly get changed**, and head over to the run finish area for a photo with your team and to receive your medal.

2: Cycling Start: 12.15

Whilst the swimmer from your team is competing, you should wait outside the pool area with your helmet already safely secured. Once tagged by your swimmer, you should **walk** to your bike which will have been left in the bike holding area. You should then walk with your bike to the start line (the marshals will instruct you) and start the ride. Marshals will only allow cyclists to ride with their helmet properly secured.

Lower School: Cyclists complete 1 lap only.

At the end of each bike lap, you should dismount and then collect an elastic band which you should place around your wrist before remounting (this is so we can keep a count of how many laps each cyclist has completed). On completion of your 1 lap, you should then tag the runner of your team. After completing the ride, place your bike back in the bike rack and head over to the run finish area for a photo with your team and to receive your goody bag/medal.

3: Running Start: 12.20

You should wait in the bike/run transition area whilst the cyclist in your team is competing. You can only start your run after you have been tagged by your cyclist team member

Lower School: Runners complete 1 lap only and will then be guided to the finish line by a marshal.

Once you have completed the allocated number of laps, a marshal will guide you to the finish line where the team finish time will be recorded. After completing the run, wait in the finish area where the swimmer and cyclist from your team will join you for the team photo and goody bag/medal.

4: Team Photo and Medal Start: 12.55

The swimmer, cyclist and runner will all meet up in the run finish area, and run a short distance together for a photo (this is not part of the timed team event). The team will then receive their medals.

TEAM Triathlon Instructions for MIDDLE SCHOOL (Years 3 & 4)

1: Swimming Start: 13.45

The swim takes place in the Aldryngton School Pool. You should arrive at the pool side 10 minutes before your start time. Make sure you have something warm to wear on pool side while you are waiting to swim. Boys and girls will change for swimming in separate rooms. Parents are not allowed in the changing rooms. Food and drink is not allowed in the pool area. We will provide a swim cap for your race. There will be marshals at the pool to explain the rules if you are unsure, and lane counters to ensure that you complete the correct number of lengths.

Middle School: Swimmers swim 5 lengths

Three swimmers will take part in the swim event at the same time. The swimmers will complete 5 lengths of the pool, starting in the water at the deep end and exiting at the shallow end of the pool. The swimmer can choose what stroke they wish to do but we would not recommend backstroke as this may cause collisions in the pool. Once the swimmers have exited the pool they will need to **walk** to the cycle transition point to tag their cycling team member.

After completing your swim you should dry off, **quickly get changed**, and head over to the run finish area for a photo with your team and to receive your medal.

2: Cycling Start: 13.45

Whilst the swimmer from your team is competing, you should wait outside the pool area with your helmet already safely secured. Once tagged by your swimmer, you should **walk** to your bike which will have been left in the bike holding area. You should then walk with your bike to the start line (the marshals will instruct you) and start the ride. Marshals will only allow cyclists to ride with their helmet properly secured.

Middle School: Cyclists complete 2 laps.

At the end of each bike lap, you should dismount and then collect an elastic band which you should place around your wrist before remounting (this is so we can keep a count of how many laps each cyclist has completed). On completion of your 2 laps, you should then tag the runner of your team. After completing the ride, place your bike back in the bike rack and head over to the run finish area for a photo with your team and to receive your medal.

3: Running Start: 13.55

You should wait in the bike/run transition area whilst the cyclist in your team is competing. You can only start your run after you have been tagged by your cyclist team member

Middle School: Runners complete 2 laps.

At the end of each run lap, you should collect an elastic band which you should place around your wrist (this is so we can keep a count of how many laps each runner has completed – Middle School finishers will have 1 elastic band when they finish).

Once you have completed the allocated number of laps, a marshal will guide you to the finish line where the team finish time will be recorded. After completing the run, wait in the finish area where the swimmer and cyclist from your team will join you for the team photo and medal.

4: Team Photo and Medal Start: 14.25

The swimmer, cyclist and runner will all meet up in the run finish area, and run a short distance together for a photo (this is not part of the timed team event). The team will then receive their medals.

TEAM Triathlon Instructions for UPPER SCHOOL (Years 5 & 6)

1: Swimming Start: 15.15

The swim takes place in the Aldryngton School Pool. You should arrive at the pool side 10 minutes before your start time. Make sure you have something warm to wear on pool side while you are waiting to swim. Boys and girls will change for swimming in separate rooms. Parents are not allowed in the changing rooms. Food and drink is not allowed in the pool area. We will provide a swim cap for your race. There will be marshals at the pool to explain the rules if you are unsure, and lane counters to ensure that you complete the correct number of lengths.

Upper School: Swimmers swim 7 lengths

Three swimmers will take part in the swim event at the same time. The swimmers will complete 7 lengths of the pool, starting in the water at the deep end and exiting at the shallow end of the pool. The swimmer can choose what stroke they wish to do but we would not recommend backstroke as this may cause collisions in the pool. Once the swimmers have exited the pool they will need to **walk** to the cycle transition point to tag their team member.

After completing your swim you should dry off, **quickly** get changed, and head over to the run finish area for a photo with your team and to receive your medal.

2: Cycling Start: 15.15

Whilst the swimmer from your team is competing, you should wait outside the pool area with your helmet already safely secured. Once tagged by your swimmer, you should **walk** to your bike which will have been left in the bike holding area. You should then walk with your bike to the start line (the marshals will instruct you) and start the ride. Marshals will only allow cyclists to ride with their helmet properly secured.

Upper School: Cyclists complete 3 laps

At the end of each bike lap, you should dismount and then collect an elastic band which you should place around your wrist before remounting (this is so we can keep a count of how many laps each cyclist has completed). On completion of your 3 laps, you should then tag the runner of your team. After completing the ride, place your bike back in the bike rack and head over to the run finish area for a photo with your team and to receive your medal.

3: Running Start: 15.30

You should wait in the bike/run transition area whilst the cyclist in your team is competing. You can only start your run after you have been tagged by your cyclist team member

Upper School: Runners complete 3 laps

At the end of each run lap, you should collect an elastic band which you should place around your wrist (this is so we can keep a count of how many laps each runner has completed – Upper School finishers will have 2 elastic bands when they finish).

Once you have completed the allocated number of laps, a marshal will guide you to the finish line where the team finish time will be recorded. After completing the run, wait in the finish area where the swimmer and cyclist from your team will join you for the team photo and medals.

4: Team Photo and Medal Start: 15.50

The swimmer, cyclist and runner will all meet up in the run finish area, and run a short distance together for a photo (this is not part of the timed team event). The team will then receive their medals.

RESULTS AND PRIZES

Teams: 16.00

Medals will be awarded for all entrants even if one of the team is unable to complete their leg. There will be awards for 1st, 2nd and 3rd places in each year group. Additional prizes will be awarded to the team raising the most sponsorship - announced after all the sponsorship forms have been collected.

SPONSORSHIP

Please remember to return your sponsorship forms with your sponsorship money ASAP, the deadline for returns is MONDAY 19TH June 2017. Please post your form and money into the PTA collection post box situated in the office foyer. No change will be given so correct money only or cheques payable to Aldryngton School PTA. Please ensure payments and form are in an envelope.

GENERAL INFORMATION

Refreshments

Aldryngton parents will be serving a BBQ, also a bar serving a variety of alcoholic and soft drinks plus snacks and ice creams will be available for purchase throughout the day.

Lost Children

Any child found to be lost will be taken to the Octagonal wooden gazebo in the playing field to await collection by a parent or guardian.

Toilets

The single outside toilet by the pool will be open. Toilets will also be available inside the school.

First Aid

The First Aid Post will be located at the wooden gazebo on the field. In the event of an accident/injury, please report to the first aider in this location or to a nearby marshal/member of school staff.

Spectators

The field will be busy when the event is in full swing with swimmers in the pool, and cyclists and runners from different teams on the course simultaneously. There will be designated spectator zones for parents and spectators to ensure that we do not have any obstructions for the competitors. Please listen to the marshals' instructions.

Photographs

Photographs or videos will be taken of the event which may appear in the local press/media. Local newspapers may also send photographers to cover the event. Therefore, please be aware that your child may be photographed or videoed. Parents are free to take photographs of their own children, but we will not be allowing any parental photography in the pool area.

Absentees

If a child cannot take part on the day due to illness or any other reason, please let us know ASAP by emailing try@tri@aldryngtonpta.com and we will try to find a stand-in.

What if a team member is ill or unable to complete their leg?

If a child does not complete a section then finishing medals will still be awarded. We will ask stand-ins to replace missing team members where possible.

How is each team's overall time recorded?

The marshals will have synchronized watches before the event. Start and finish times for each stage will be recorded, along with the overall time taken to complete the triathlon.

How far is each leg of the team relay?

Year	Swimmers	Cyclists	Runners
Lower and Reception	3 Widths	1 lap	1 lap
Middle	5 Lengths	2 laps	2 laps
Upper	7 Lengths	3 laps	3 laps