



IPSWICH HIGH SCHOOL



ISA National Triathlon - Event Information

Venue: Ipswich High School, Suffolk

Date: Friday 2 May 2025

Online entry password: ISAMEMBER

Schools are limited to 4 competitors per gender, per race.

As a requirement of your entry, schools will be asked to bring a volunteer to help marshal on the day. This can be a parent, staff member, or a responsible student.

Important: Please do not bring nuts on site.

Please find below all of the essential event information in this letter. We will endeavor to keep to time (or gain time where possible) therefore it is vital that the registration time is adhered to. Please be prepared to stay for the duration of the event until the presentations.

THIS EVENT WILL BE RUN UNDER THE BRITISH TRIATHLON FEDERATION RULES. PLEASE NOTE A RISK ASSESSMENT FOR THE EVENT WILL BE AVAILABLE TO SCHOOLS –PLEASE READ CAREFULLY WHEN RECEIVED.

Event Schedule (advisory times these will be updated the week prior to event once registration is closed):

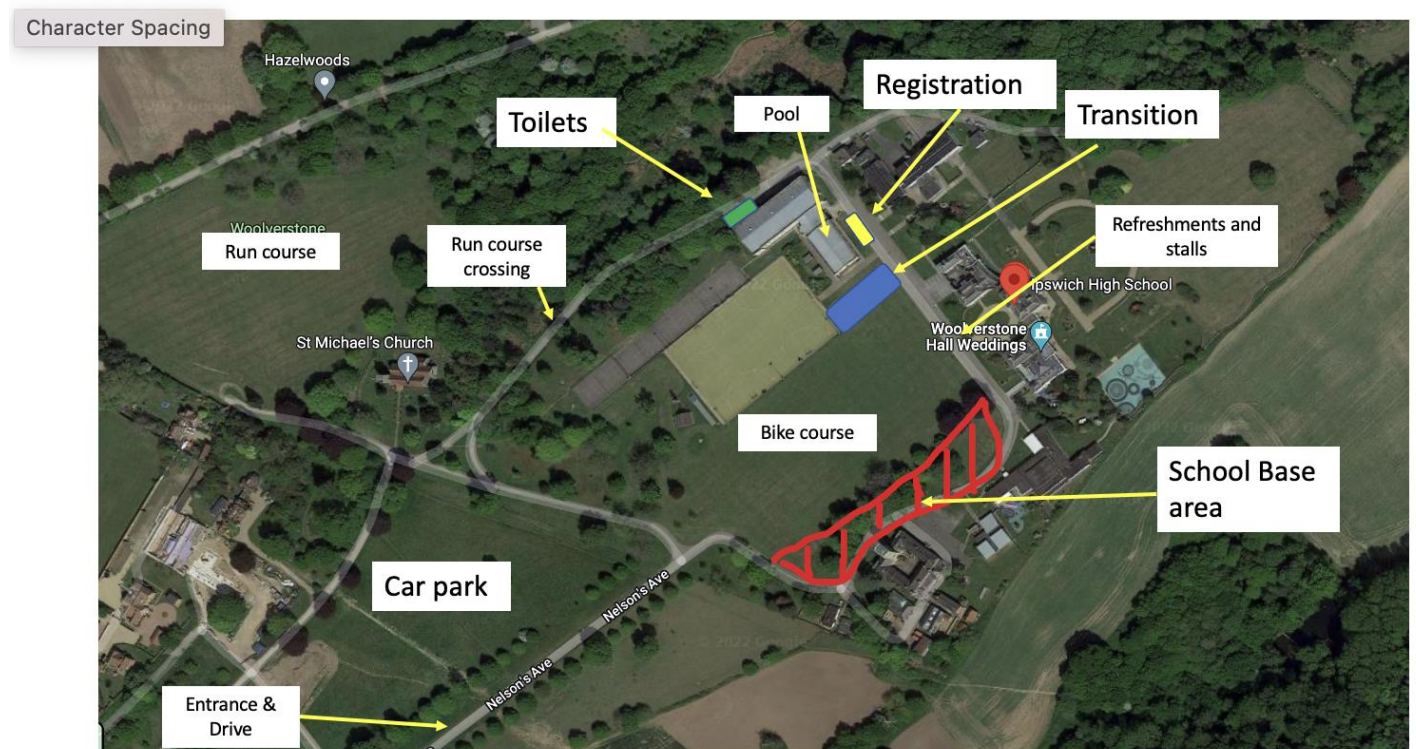
| Race Day Timings | | | | | |
|----------------------|---------------------------------|-------|-------|-------|-------|
| On site | 9:00am earliest NO ENTRY BEFORE | | | | |
| Reg | 9:05am | | | | |
| Marshal Briefing | 9:30am | | | | |
| Transition Open | 9:15am | | | | |
| Transition Close | 10:00am | | | | |
| Race Briefing | 10-am 10:10am | | | | |
| | TSS | TS1 | TS2 | TS3 | Youth |
| Arrive at swim doors | 11:50 | 11:20 | 10:40 | 10:25 | 10:10 |
| Race Start | 12:00 | 11:30 | 10:50 | 10:35 | 10:15 |
| Collect transition | When all races have finished | | | | |
| Presentation | Approx 1pm | | | | |
| Leave Site By | 2pm | | | | |

- Please note no cars will be allowed onsite before 9am & all cars must park in carpark (field) in driveway
- You may wish to walk the edge of the course on arrival, **but please do not enter any of the barrier taped areas.**
- There will be a full race briefing for all only at 10.00am with the race director & BTF next to transition – All teachers & athletes must attend.
- Course and transition areas close for ALL races at 10.00am
- All races will be completed on Ipswich High School site – no public roads will be used.

*Please note that apart from the first race, these times are only approximate. If we are able to start races earlier then we will. Please do not bring kit into the pool area.

- Presentations will take place on the main sports field as soon as possible after the last race finishes with anticipated depart time: 2:00pm

Map of Ipswich High School Event



On Arrival:

- **Parking and Car Parking:** Competitor and visitor parking will be on Ipswich High School site. Cars/Coaches/mini buses will all be directed to the field in driveway where they will be able to drop competitors, staff and bikes off. Please do not arrive before 9am as you will not be allowed onsite.
- **Registration:** A member of staff from each school should immediately go to register their competitors in the marquee (registration can be found outside the swimming pool). Upon registering, you will receive a race pack for each of your competitors. **We will require a list with medical conditions for all competitors, in a sealed envelope to give to the First Aid team. If this information isn't collected once the event has finished, it will be destroyed.**
- **Race Packs:** Each competitor will receive a race pack which will include: 2 numbers, safety pins, an electronic timing chip and stickers for the helmet and the bike (for easy identification). Para Aquathlon competitor will just receive chip timing & race numbers and safety pins. Competitors should attach the numbers, securely with the safety pins, to the front and back of their t-shirt or on race belt that they put on in transition to cycle and run in. If competitors have a race belt, they will only need to attach one number - the racenumber should be worn on their back for the cycle and twisted around onto their front for the run.
- **Base for your School:** There will be enough space around the grounds for each school to set up a base around the bike course. See map.
- **Transition Areas:** After registering, please take all of your competitors to the Transition Area to rack their bikes. The transition areas will open at 9.00am and close at 10.00am. **All competitors' bikes MUST be racked in the transition area by 10.10am regardless of what time their race is.** They will NOT be able to collect their bikes until AFTER the last race has finished (unless there is an exceptional reason that you must leave the event early!). We are stipulating this as we do not have enough time between races for competitors to collect their bikes and rerack bikes ready for the next race. We have enough bike racking for every competitor for the whole day. There is restricted space in the Transition Area and no kit bags all kit should be taken. No parents will be allowed in the transition area – there will be enough marshals around to help your children set up. The area should look something like this underneath or next to the bike.



- **Course Familiarisation:** After racking bikes in the transition area, competitors are encouraged to walk the course prior to the race. The course will be open from 9.00am and close at 10.00am ready for the first race at 10.15am.
- **British Triathlon Race Official:** The British Triathlon Race Officials role is to keep the event safe and fair. They will ensure that all of the safety measures have been taken into account and that there is no outside assistance from parents whilst the competitors are racing. They will also be on hand to help deal with any issues on the day.
- **Race Rules:** The race rules are attached with this letter. Please ensure all competitors read these rules before the event as they will be at risk of time penalties or disqualification if they are broken.

The Race:

Swim:

- The School will be providing qualified life guard cover throughout the swim sessions.
- The School will apply its normal and emergency operating procedures during the course of this event. Please note the following:
 - ❖ **One loud whistle from the lifeguard indicates an instruction to follow.**
 - ❖ **Three loud whistles from the lifeguard requires immediate evacuation from the water.**
 - ❖ **If a full evacuation is required, children and adults will be guided towards the tennis court area next to Event Registration.**
- On arrival in the pool area, the competitor must report to the pool marshal to confirm their name. The pool marshal will also provide a race briefing.
- Competitors will start their swim under the guidance of the starter marshal.
- Competitors must report to the swimming pool 10 minutes before their race begins to check in. (For first race as soon as a briefing is finished) Competitors will set off within the published wave times. Swimmers will be set off every :20 seconds to complete a snake swim. (Up and under lane ropes)
- Competitors must provide their own swimming kit, swimming hat and goggles.
- Competitors must ensure that their electronic chip is securely fastened to their ankle before they enter the pool and begin the race.

Transition Area

- On exiting the swim (from the deep end of the pool) the first transition area will be out the double doors, up some steps and straight in front of you.
- Competitors should bring a small hand towel to leave in the transition area with their equipment in for the cycle e.g. trainers/cleats and a t-shirt. Nothing else can be left in transition.
- Competitors MUST wear a t-shirt to cycle and run in, with their race numbers securely fastened to them (unless they wear a tri suit with a race belt).
- Competitors can wear either cycle shoes or trainers for bike in & must wear trainers for run in.
- Helmets MUST be securely fastened onto the competitor's heads **BEFORE** they touch their bike from the stand.
- Competitors MUST NOT mount their bikes until they have crossed the 'Mount Line'.
- Helmets MUST be on when entering the transition area, with no more than 2 fingers space under the chin strap.
- There must be plugs or tape at either end of any handlebars to cover any metal.

Cycle

- Competitors MUST provide their own bike, preferably a mountain or cyclocross bike as the cycle route is on grass and undulating.
- A road bike is NOT recommended - unless it has cyclocross tyres.
- Competitors MUST wear a helmet to cycle in and wear trainers or cleats.
- Competitors must NOT mount their bikes until they have crossed the 'Mount Line'.
- Competitors MUST dismount their bike before they cross the 'Dismount Line' and enter the transition zone after they have completed their cycle.

No cycling is permitted anywhere on the school site, other than on the course as a competitor. NO HELMET NO RACE.

Run

- Competitors must provide their own trainers to run in. They must be secured before running.

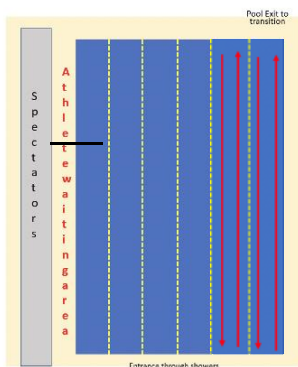
Lap Counting

- Competitors MUST keep count of their own laps.
- There will be an electronic chip timing system in place to help verify results and number of laps completed for bike and run.
- The system for the swimming pool requires competitors to follow the marshal's lap counting. A yellow float will be placed in the water when there is two laps to go and a red float will be shown to stop.
- The table below shows the number of laps that needs to be completed by each age group:

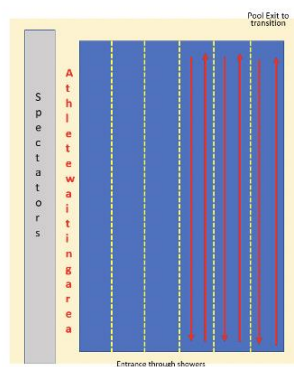
Race Maps:

Please note routes are all approximate on the diagram.

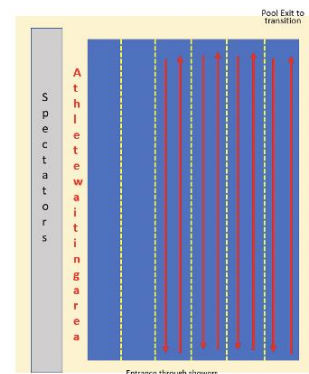
Swim:



Para
Prep/Junior
Tri Star Start
100m

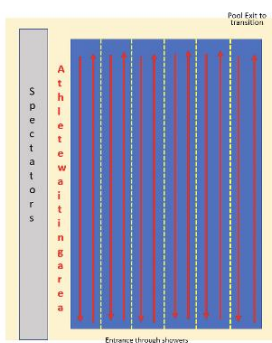


Tri Star 1
150m

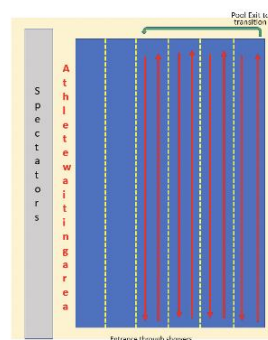


Para Senior
Tri Star 2
200m

Bike



Tri Star 3
300m

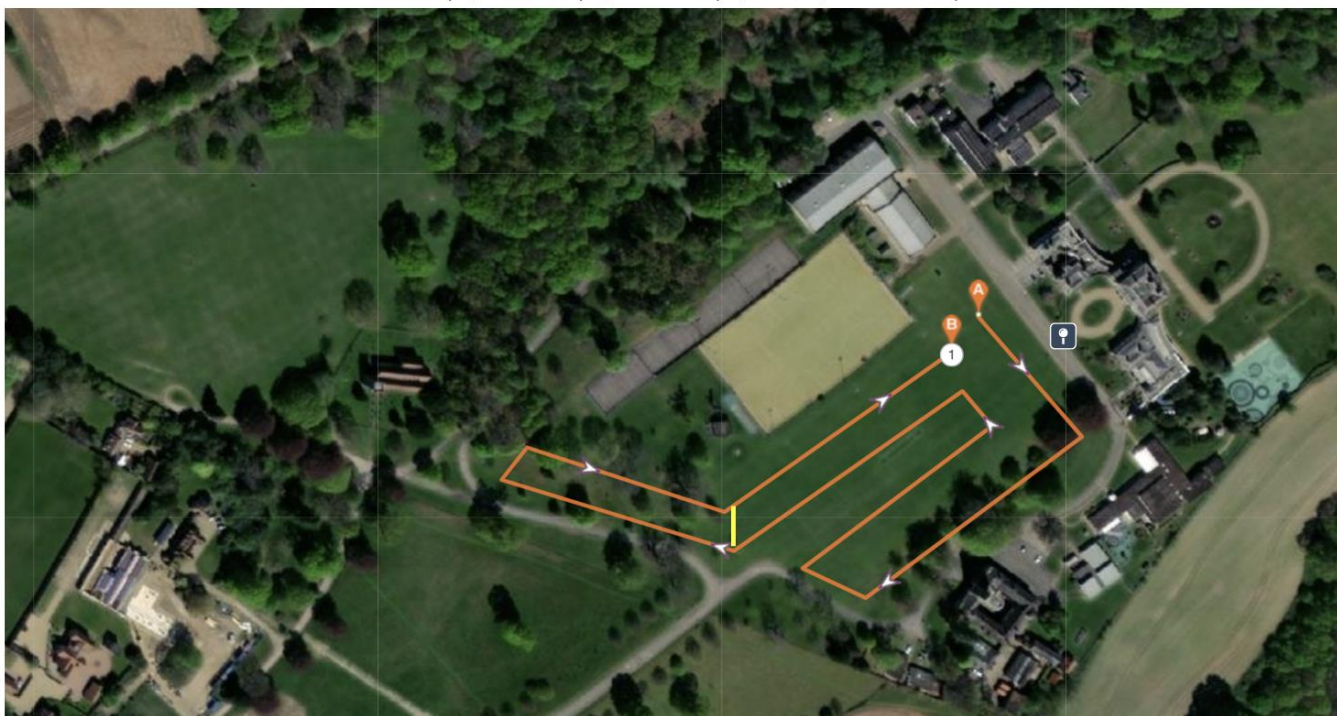


Youth
400m
Swam as 2 x 200 – get out
after 1 x 200m and jump
back in and swim 1 x 200m

Bike Route: 1k

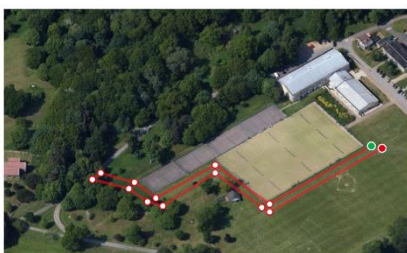
TSS – cut short – Yellow line

TS1 2 laps, TS2 3 laps, TS3 4 Laps, Youth/Junior 5 laps

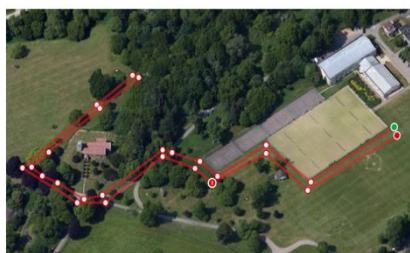


Run

TSS 1 small loop to road
and back up 600m



TS1 1 loop to turn around
point and back up. 1.2k



TS2 1 out and back 1.8k



TS3 2 x Laps of loop Out and back



Youth & Junior 2 x out and back



Results and Officiating:

- The results published on the day may be subject to revision and are only provisional.
- The decision of the race director and the BTF official is final.
- The penalties will be applied by the BTF official.
- The timing system will be used in the event of any discrepancies.

Teachers ONLY, please email in writing to the race director/BTF official if discrepancies are felt by 6pm on race day. They will contact you in the event of an enquiries or discrepancies. Parents will not be consulted.

Extra Event Information:

- **Presentations:** Individual medals will be awarded for the top three finishers in each age group.
- **Insurance** - Each competitor has British Triathlon membership for the day which provides individual insurance for the event. This is either via BTF membership or a day pass purchased when booking event.
- **Results** – Race results will be posted after the event finishes, giving time for the results to be confirmed and calibrated.
- **Catering** – Schools should provide their own packed lunches for their competitors. There will be light refreshments for the at your own expense.
- **First Aid** – (2 x first aiders and a vehicle). Trident Medical will be present on site for the duration of the event.
- **Photographs** – TBC
- **Clothing** – Fine Designs will be selling bespoke event hoodies on the day.

Parents/Guardians – Please be reminded that your sole role is to be your child's chief cheer leader – there will be no outside (your) assistance allowed on the day. Please do not go into transition or run alongside them at any time. You will also only be allowed on the outside of the fields – DO NOT cross the event barriers at any time. Please do not enter any of the school buildings or go behind the main school buildings – stay the front field side.

Any infractions from you could lead to a time penalty or disqualification for your child. For the swim area please do NOT go inside or down the steps to the entrance to the pool.

If you are bringing your child without a teacher – please note all the above rules apply. If you have any questions please do get in touch.

Race Director – Emma Springham

BTF Official – TBC

If you have any more questions about the event, please do not hesitate to contact ISA Sport - isasport@isaschools.org.uk. We look forward to welcoming you and all of your competitors to the race.

PLEASE NOTE ALL RACE DETAILS MAYBE SUBJECT TO CHANGE ON THE DAY IF NEEDED.