

Brighton Multisport Children's Aquathlon Saturday 15th June 2019

Venue; Virgin Active Brighton, Village Way, Falmer, BN1 9SJ

Arrival; On arrival please use the main Virgin Active car park, as the new car park is being used for our new course. If this is full, please use the overflow car park at the bottom of the hill just before you enter the club

Event Timings; 8.00am – 9am Registration and transition opens.
9.00am – Registration and transition closes.
9.05am – Race brief by outside pool.
9.15am – Race starts with year 1 first.

We anticipate being finished at approximately 11.30am. Prize giving will follow shortly. During this time, we will be holding a fun run for the little ones, this will be 50p entry with a medal and a bag of sweets for all who take part. (all money goes to our chosen charity – This year... (MLD Support Association UK)

There will be a sign-up sheet at the finish area, this will also be where the run will start from.

NOTE; Please try and stay for the prize giving as we have a great selection of spot prizes.

Important notes; Once transition is closed parents are not allowed in this area. No photos are allowed poolside; parents wishing to take photos on the run course must be aware that these are of their children only and for personal use only.

Registration; On arrival please go to registration which will be located through the turnstile, and then to your right in a room that used to be the club shop.

You will be given a goodie bag with number and a coloured wristband. Please note the colour of your wrist band, this will be relevant to your school year.

Once you have collected your goodie bag you need to be body marked with your race number. You will also be given your paper number, this must be pinned to the front of your T-shirt you are racing in or attached to a race belt.

Race Brief; This will take place by the outside pool at 9.05am

First Swim Start 9.15

Please note we are NOT giving swim hats this year, they are optional. If your child wants to wear one please bring your own.

Based on current school year	Wristband	Swim
Year 1	Green	20m (1 length)
Year 2	Purple	20m (1 length)
Year 3	Yellow	40m (2 lengths)
Year 4	Red	80m (4 lengths)
Year 5	Blue	160m (8 lengths)
Year 6	Orange	200m (10 lengths)

Competitors will start in the water; there will be a maximum of six competitors in each race
TUMBLE TURNS ARE NOT ALLOWED

There will be lane counters, who will put a float in the water to indicate when there are two lengths to go. After the swim, competitors will exit the pool to transition

Note; There must be no running on poolside

Important Note; Re weather on the day; If there is any thunder or lightening, the pool will be closed immediately, and proceedings for the Aquathlon cannot restart until it has stopped.

Run; Once competitors have their trainers & race number on follow the directions of the marshall to the run course.

Please note: Trainers/running shoes must be worn – **NO BAREFOOT**

This year's course will include the new car park area and will be well marked and marshalled. Please take caution through the wooded area, as the ground is a little uneven. A drinks station will be available.

As you start the first lap of the run course, you will be given a wristband
At the start of each subsequent lap an additional band will be given to each competitor. When the correct number of bands has been obtained, go in to the finish area.

Once you have finished you will receive a medal. Please return your wristbands to the marshall and help yourself to a well deserved drink.

School year	Run Laps	Wristband
Year 1	1 lap	1 band
Year 2	1 lap	1 band
Year 3	2 laps	2 bands
Year 4	3 laps	3 bands
Year 5	4 laps	4 bands
Year 6	5 laps	5 bands

We encourage competitors to review the course before the briefing.

Note; it is the responsibility of the competitor/parent to ensure the correct number of laps are completed. Number of wristbands will be counted at finish.
Designated spectator areas will be marked and marshalled.

Timings; we will endeavour to give you separate swim and run split times.

Trophies; will be awarded to the top three boys and girls in each age group.

Results; will be available on our website: - www.brightonmultisports.com

Sponsors; we would like to say a very big thank you to our sponsors: -

Virgin Active, Falmer
Tri Store, Eastbourne
Intersport, Lewes

Sainsbury's, Newhaven
Park Farm Shop (Falmer)

Chosen charity; this year our chosen charity is – MLD Support Association UK – Supporting families with children affected by this rare degenerative disorder and helping lead the fight to try and find a cure. If you would like to learn more about this worthy charity please go to their website www.mldsupportuk.org.uk

Food & Drink; Virgin Active offer a full range of food & drinks from 8am in the club lounge.

Note: Our ethos is that this is a fun event and we hope all competitors and spectators have a good time. This event is run purely by volunteers who wish to encourage children in sport.

Wishing you all an enjoyable and successful race,

Sharon Spicer
Race Director and the BMC Team

If you believe in yourself, anything is possible