



# Sandwell Aquathlon 2014

## Information

Both an Adult and Children Event



suitable for all the family and a wide range of abilities

An Aquathlon consists of a swim followed immediately by a run.

**IMPORTANT!** Your race age is as you will be on 31 December 2014, not age on race day

Age Group	Swim Distance	Run Distance
Tri Start (8yrs)	50m (2 Lengths)	600m
Tri Star 1 (9-10yrs)	100m (4 Lengths)	1200m
Tri Star 2 (11-12yrs)	150m (6 Lengths)	1800m
Tri Star 3 (13-14yrs)	200m (8 Lengths)	2500m
Youth (15-16yrs)	200m (8 Lengths)	2500m
Adult Novice	200m (8 Lengths)	2500m
Adult Sprint	400m (16 Lengths)	5km
Relay team of two	See note 1	See note 1

### Entry fees:

	early bird	last minute
Adults, Novice-	£10 ( £8 up to 5 <sup>th</sup> Jan, £12 from 2 Mar)	
Adults, Sprint-	£12 ( £9 up to 5 <sup>th</sup> Jan, £14 from 2 Mar)	
Youth, £8	( £7 up to 5 <sup>th</sup> Jan, £10 from 2 Mar)	
Children, £8	( £7 up to 5 <sup>th</sup> Jan, £10 from 2 Mar)	
Relay team, additional	£4	

Plus a registration admin fee of £1

If not a BTF member you will be charged £1 children, £3 adult for a TE day race licence.

### \*note 1 relay teams.

Team of two people any combination of adult/adult or child/child or adult/child.

Both competitors compete in their own age category with overall result being determinate on age category placement. If both in same age category then can do standard relay change over at transition exit.

Need a partner? Then contact [oldburystctriathlon@gmail.com](mailto:oldburystctriathlon@gmail.com)

### Places: ( absolute max for each individual category)

Adult sprint distance	80 places
Adult Novice	50 places
Youth/children	150 places

## Basic Information

**Name:** Sandwell Aquathlon 2014

**Date:** Sunday 6<sup>th</sup> April 2014

**Place:** Haden Hill Park/Leisure Centre, B64 7HA

**Registration + finish:** in front of Haden Hill House

**Registration Opens:** Adult Sprint from 10am  
all others from 12 - 2pm

**Briefings:** Adults Poolside, before start of each heat  
Children at 1pm, & 2pm in Amphitheatre

**1<sup>st</sup> sprint swimmers start:** at 11.10 Haden Hill Baths

**Wave starts:** of 10 total (2 per lane max)

**Transition area:** outside Haden Hill Baths

**Chip timing:** by Stuweb Race Timing (TBC)

Adult sprint distance will go first, then adult novice, youth, TS-3, TS-2, TS-1, TSS

**To enter: go online to "www.entrycentral.com" and type in Sandwell Aquathlon 2014**

**Entry closes Mon 31<sup>th</sup> March,** no on the day entries. Race details posted on the our web site [www.oldbury-stc.co.uk](http://www.oldbury-stc.co.uk)

Please note all times stated are approx at this stage and depend on the amount of entries from each category. If either the run or swim are too far for you, but you would like to participate or are interested in a free training session with us "Oldbury STC" contact our Tri Rep at [oldburystctriathlon@gmail.com](mailto:oldburystctriathlon@gmail.com)

## Additional Information

**Minimum swim times:** swimmers will be seeded into appropriate waves depending on their estimated swim time provided. If time given is greater than below they will be in the last wave for that distance (max of 10) and spaces left out from following wave if possible for them to continue. We will do all reasonably possible to enable even the slowest swimmers to participate, this is only possible if sensible estimated times are given and competitors work with us to make it possible.

On the day every swimmer must have completed their swim distance 30 seconds before the next swimmer starts in that lane position, if not complete they will be stopped.

- 11.5 minutes for sprint waves (16 lengths)
- 9.5 minutes for Novice waves (8 lengths)
- 9.5 minutes for Youth waves (8 lengths)
- 9.5 minutes for Tri star 3 waves (8 lengths)
- 8.5 minutes for Tri star 2 waves (6 lengths)
- 6.5 minutes for Tri star 1 waves (4 lengths)
- 6.5 minutes for Tri start waves (2 lengths)

Of the 188 competitors in 2013 all finished within these stated time. Its important that entrants give a known anticipated time. If when registering a known estimated time is not known enter a guess time and Email the Event Organiser who can make a note of this. When the competitor has had chance to time their swim distance the Event Organiser can make the appropriate changes. This can be done up to Monday 31st March.

All entrants are welcome to participate in a free Triathlon swim session with Oldbury STC. Triathlon swim sessions take place at Tipton Leisure Centre, Alexander Road Tipton DY4 7NZ To take advantage of this offer please Email the Event Organiser.

### Changes for 2014

The 2014 Event has additional places for the Sprint Distance and a separate early presentation for them within 30 minutes of the last finisher.

Registration opens at 10am for Sprint competitors and their immediate family competitors only

### What happens?

The Adults go first, in waves of 10 (2 per lane) each group being made up of a similar swimming ability. The first waves will be doing the normal 16 length sprint distance swim followed by a very tough 5Km Run. After a very short interval the remaining adults will follow swimming 200m which is only 8 lengths of this modern 25m swimming pool. Everyone starts in the water, swimming any stroke except backstroke. Yes you can stop for a rest if need be. When you have 2 lengths to go a marker is put into the water to inform you. When completed, climb out and follow directions to the transition area. Here you put on your running shoes and either a T-shirt or number belt with your race number attached. Next its time for the run which takes place in the adjoining Haden Hill park. As the name suggests the park is on a hill but don't worry as although the course is undulating its more interesting than difficult, that's if not in the Adult sprint waves. For those lucky competitors it's more challenging but still fun. The finish line is in front of Haden Hill house, where you'll be welcomed with a finishers medal, drink, and I'm sure a big round of applause from the spectators. The children go after the adults with the only difference being how far they swim and run being different for each age group.

**This Event is the first of 5 Events forming "The Sandwell Festival of Triathlon"**