

Junior Racing Skills Event

Saturday, 11 May 2024 (8am)

Information for Junior participants (13 and under)



AGE GROUPS

DISTANCE RANGE

Distances based on ability and determined on the day

Tadpoles	6 years of age and under	Swim: 15m to 25m, Bike 500m to 1km, Run 100m to 200m
Hatchlings	7-9 years of age	3 consecutive races with a 10-15min gap between each. Riders can have trainer wheels on bikes. Swimmers can use a floatation device of choice.
Frogs	10-12 years of age	Swim: 50m to 100m, Bike: 2km to 5km, Run: 200m to 400m
Junior Triathlete	12-13 years of age	Distance based on ability and determined on the day

The Junior Racing Skills Event is designed to be an inclusive, engaging and an opportunity for young people to experience their first triathlon!

The junior triathlon manager will be accommodating to individual circumstances so there are no barriers to participation, and all distances will be based on ability and determined on the day.

REGISTRATION AND PAYMENT DETAILS

Registration Fee: \$30.00

Registration: 7:15am – 7:45am

Race starts: 8:00am

Any queries regarding the junior triathlon please contact: **Tim Ellison** on ntjuniordevelopment@gmail.com

Children **MUST** have closed in shoes and a cycling helmet.

Please contact Tim (at least a week before the event) if you need to borrow shoes, helmets or bicycles

REGISTRATION AND PAYMENT DETAILS

All participants must read the conditions of entry online before proceeding to register.

No refunds will be provided if you withdraw from the race.



RACE BRIEFING – SATURDAY, 11 May 2024

Race briefing will take place at 7:15-7:45am within the grounds of the Jabiru Public Swimming Pool on Civic Drive. Please be aware that road closures will already be in place and the Triathlon already in progress so please take care entering the Pool grounds.

ARRIVING AT THE EVENT – SATURDAY, 11 May 2024

The start and finish of the race is within the grounds of the Jabiru Public Swimming Pool on Civic Drive.

Parking for competitors and supporters will be in the Jabiru Plaza Carpark as detailed on the map. **DO NOT PARK** in either of the car parks at the Jabiru Public Swimming Pool or Magela Field as these car parks will be closed for the race.

Please advise your supporters that there will be a **road closure** along Civic Drive, Kinchela Road, Jabiru Drive (adjacent to Jabiru Golf Club as well as Aurora Kakadu Lodge and Anbinik Kakadu Resort) and Waterhouse Road from 6.30am until the last bike of the duathlon and triathlon is back in transition (approximately 9.00am).

Hydration drinks will be available near the registration table to assist you through the race and post-race.

AFTER THE FINISH LINE

Head outside of the pool grounds for the medal presentations – you earned it!

Bottled water and free breakfast will be available for all competitors once you have finished.

TRIATHLON RULES – POINTS TO REMEMBER FOR BEGINNERS

General Rules:

The Junior Racing Skills Event is designed to be an inclusive and engaging physical activity experience. With this in mind, it is important to know that the event management staff will be accommodating to individual circumstances so there are no barriers to participation. All participants and carers must behave in a manner which is safe, fair and demonstrates good sports conduct.

Swim Course:

- The swim course length for all participants, regardless of division, is swim competency dependant. This means: If a child is in the Frogs Division and the swim course is designated to be 50m but a participant is competent at swimming only 20m, then 20m is their swim distance. Parents will be asked to provide some guidance on this. If a swimmer encounters difficulty during the swim, they simply reach or swim to the left and hold onto the edge of the pool or raise their hand get the attention of water safety.

Transition Area:

- All participants must have their torso covered on both the cycle and the run - swimmers are acceptable for females.
- Helmets must be fastened securely before the bike is removed from the rack and must be kept done up until after the bike is placed back in the rack. Parents, please be actively involved in policing this.
- No riding in the transition area - There is a mount and dismount line to indicate where competitors can get on and off the bike.
- If you knock over another competitor's equipment, it must be put back to its original state.

Bike Course:

- Do not get too close to the person in front of you on the bike. You must ride single file keeping to the left, and stay four bike lengths behind the competitor in front of you.
- You must keep to the left at all time, unless you are passing someone in front of you.
- The correct way to pass competitors on the bicycle leg is to stay on the left, ride up behind the person in front, when close enough, go around them on the right (checking behind first). Once passed, the participant doing the overtaking immediately moves back to the left side of the road.
- If a competitor is passed, they must drop back to be four bike lengths behind the person that has overtaken them. It is not a safe riding practice or good sportsmanship for a competitor to speed up whilst being overtaken by another competitor.

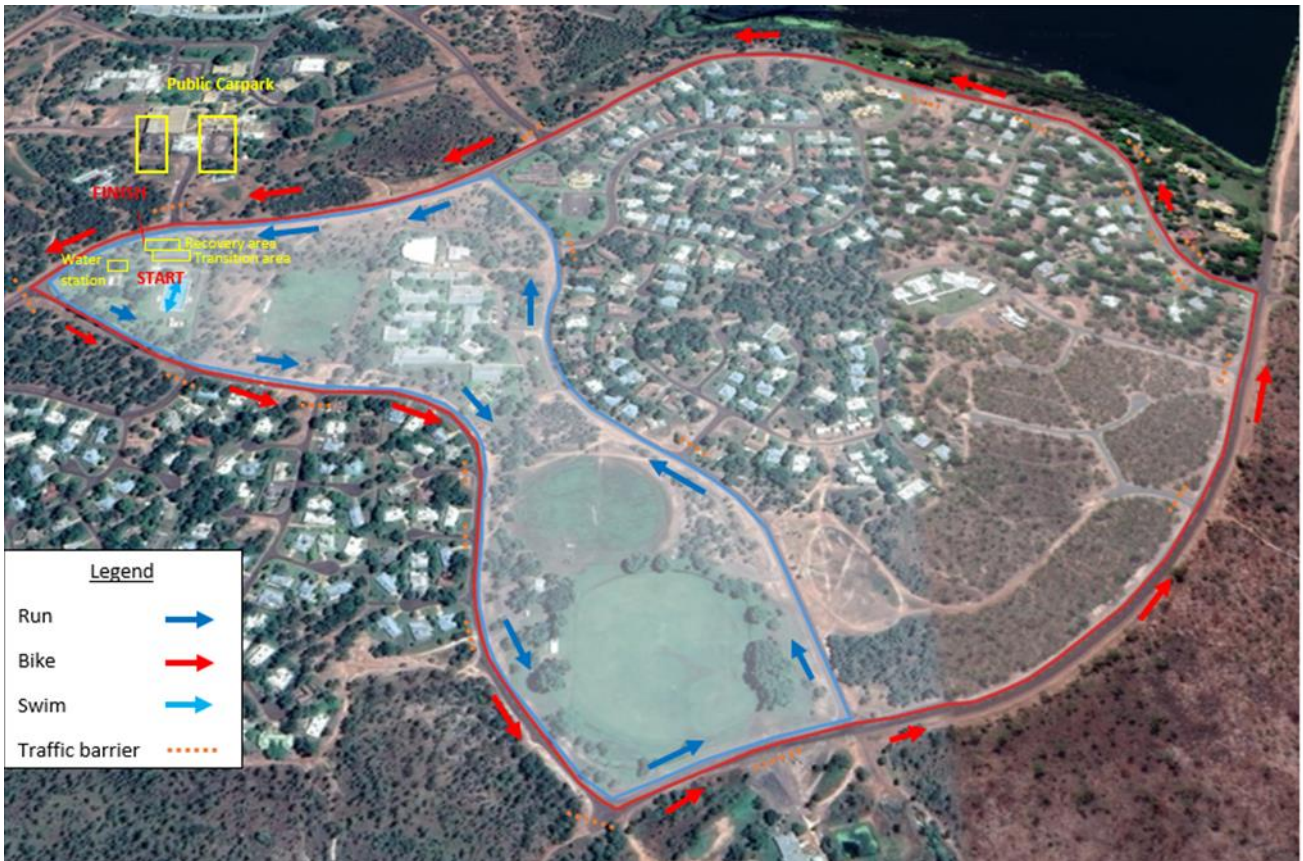
Run Course:

You must keep your torso covered and shoes on your feet until the finish.

COURSE OPTIONS MAP (based on ability)



TRIATHLON RACE ROAD CLOSURES and PARKING



Cycle Helmet Safety

When riding your bike, you must wear a proper bike helmet. It must be properly fitted, securely fastened and approved by a testing authority ie Australian Standards.

Tips for a correct fit

1. Position the helmet so that it protects your forehead (1-2 fingers above your eyebrows).
2. Secure the clip on the strap under your chin and tighten the strap up so you can still fit one finger under it to make sure it isn't too tight.
3. The plastic clips on each side of the strap should be slid up to make a triangle that meets just below your ears.
4. The helmet should fit your head so that it touches on all side and can't be slid forwards, backwards or side to side. Use the extra pads supplied with your helmet to ensure a snug fit.



If you have a crash and bump your helmet, you should buy a new one, even if you can't see anything wrong with it. The foam in your helmet provides protection by absorbing the impact. This impact compresses the foam, reducing its future effectiveness.