



Your Event Information: **THE KNIGHT FRANK SCHOOLS TRIATHLON**

**RESTLESS
DEVELOPMENT**

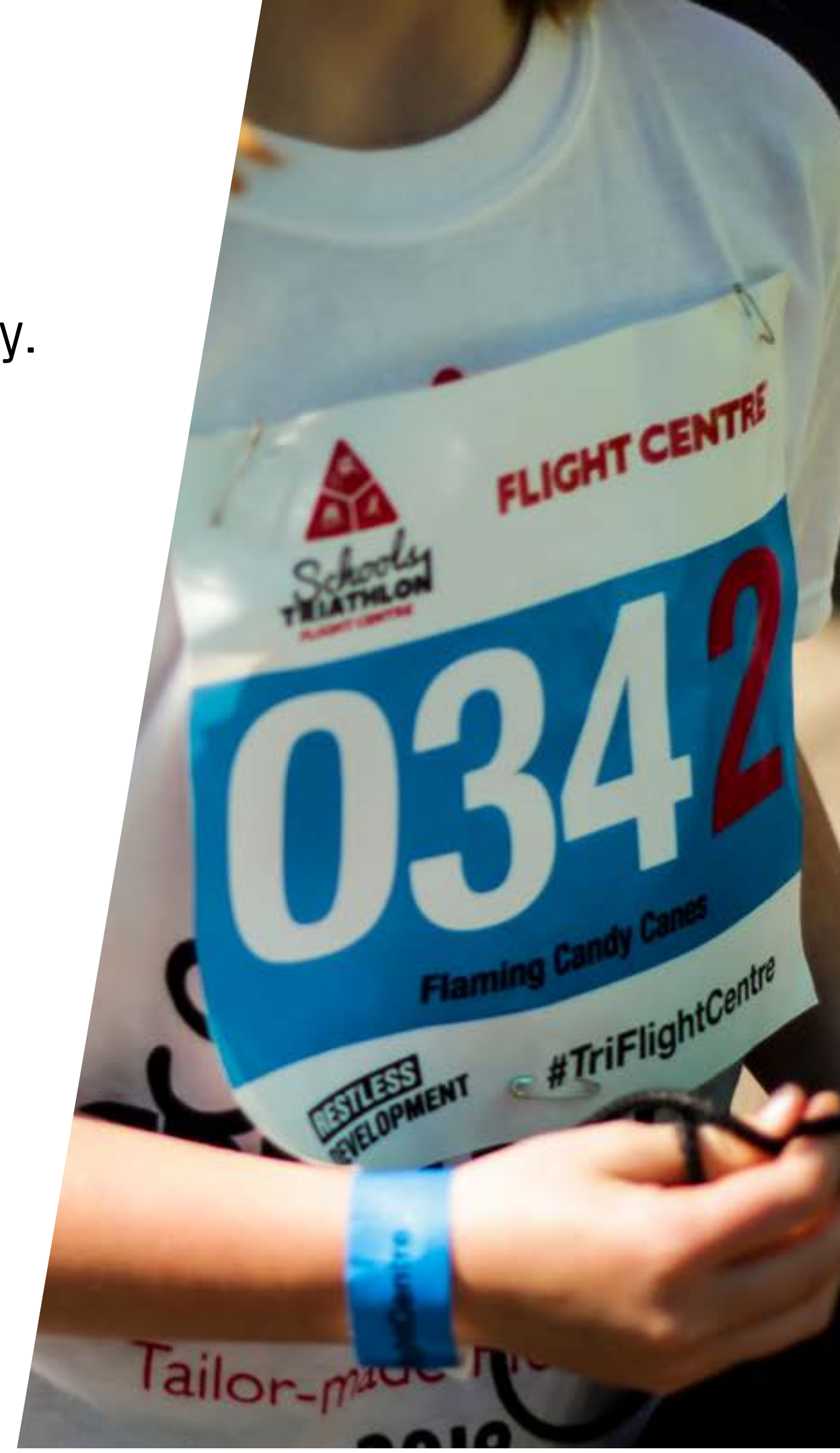
Your Team's Start Time

Every team begins their event with the swim at a specific start time. It's so important you know your start time and arrive with plenty of time to get ready.

Your team's start time has now been finalised and is available to view in the participant start list in the email.

Please aim to arrive and register one hour before your start time to collect your race pack and familiarise yourself with where each part of the event takes place. You'll need to be outside the swimming pool building at least 20 minutes before your start time.

You won't receive anything in the post before the event. One combined race pack for your team will be available for collection on the day, by any one teammate or the whole team.



Kit List

- Your Schools Triathlon t-shirt will be delivered to your child's school soon, or you will be notified by email if it is to be collected from the Restless Development merchandise stall on the Event day.
- Prepare your swim kit including a towel – goggles and swim caps aren't essential but advised.
- Check your bike is ready – seat height, brakes, chain oil, inflated tyres.
- Try on your helmet and adjust the straps and inner frame for a secure fit.
- Bring warm clothes for before, after and any breaks – Schools Triathlon hoodies will be available for purchase at the event.
- Think about your bike and running clothes, especially trainers – and don't forget socks and underwear for after your swim!
- Make sure family and friends bring their charged mobile phones and cameras!



On Arrival

All vehicles will be directed to park in one of the free parking areas. Please park as requested by attendants – this may be different to other school events.

If you're dropping off, let the parking attendant know as you arrive to be directed to the drop off and pick up area.

Take some time at your car to check you have everything before walking to Registration.

If you arrive by public transport, you'll be able to follow the signage along pedestrian walkways to Registration.

Please do not ride your bike until the bike part of your event – no cycling is permitted anywhere else during the event, including to and from the car parks.



Registration

Any teammate can collect the event pack for the whole team, or if you've arrived together you can collect as a group.

Be ready to tell the Registration team your team name, and if needed, the names of you and your teammates, your school and year group.

You'll be given your event pack, which includes:

- Number bibs and safety pins for each teammate
- One timing chip and ankle strap for the team
- Stickers for each bike seatpost and each teammates' helmet
- Wristbands for each teammate

You can also collect special red wristbands if you would prefer to not be photographed or filmed at the event.



Getting Ready to Start

Take your event pack to a space in the preparation area next to Registration.

Here you will need to:

- Pin your number bibs on to the front of the t-shirt you will be cycling and running in
- Stick the small number sticker on to the front of your bike helmet and stick the long sticker around your bike seat post so that it shows over your back wheel
- Thread your timing chip on to your ankle strap ready for the bike section of your triathlon later on, then give the chip to a parent to look after
- Write your team name and your bib number on to your wristband and put it on your left wrist.

It will take you around five minutes to do these things and be ready to go to the swimming pool.



Taking Your Bike to Transition

Once you have prepared your number bib, stickers, wristband and timing chip, you can go to Transition.

You must put on your helmet before you can enter Transition.

Your bike and helmet may be checked by event staff in Transition, who will help you to put your teams' bikes on to racks. All of your teams' bikes should be together on the same rack.

Look carefully and remember which row and at which end of the racks your bikes are on, then you are ready to head to the swimming pool.



The Swim

Every team starts their event with the swim and has a scheduled swim wave time.

It is important that you are outside the swimming pool entrance 20 minutes before your wave time so that you don't miss your wave.

You'll be called in to the swimming pool building 20 minutes before your wave time. The whole team should enter together – you'll be checked in by pool staff.

Spectators, including all friends, family and teachers – should then move to the spectator entrance, just along from the main entrance. Spectators for each wave will wait outside whilst teams get changed, but will be called in ready for the start of the swim.



Once changed, teams go to poolside to see the earlier wave swim and have any questions answered before they start. If any teammates are beginner swimmers or at all nervous about swimming, they can talk to the swim staff who will ensure they're supported throughout.

At the end of the swim, all teams return to the changing rooms, whilst the next swim wave moves around the pool. Spectators are asked to leave via a one way system to meet their teams back at the main entrance.

Swim Distances

Year Group	Individual	Team
Year 3 & 4	50m	200m
Year 5 & 6	50m	200m
Year 7 & 8	100m	400m



Every team completes their swim as a relay:

1. The first teammate gets in the pool, with all teams' first teammate starting together on the sound of the horn.
2. The second teammate can get into the water as soon as the first teammate has started, then begin their swim when the first teammate touches the end of the pool.
3. The first teammate gets out of the pool as the second teammate starts their swim and the third teammate gets in ready for the next handover.
4. When the second teammate finishes and gets out, whilst the third teammate swims, the fourth teammate gets into the pool.
5. When the third teammate finishes, the fourth teammate swims whilst the third teammate gets out of the pool.
6. Everyone keeps cheering until the final of the fourth teammates completes their swim!

Each teams' swim time is recorded by official adjudicators at the side of the pool.



The Bike Zone

All teams should complete the bike zone as the second part of their triathlon.

There is no rush to get from the swim to the bike zone – times between each activity are not recorded. The clock stops for your team at the end of the swim and starts again whenever you begin your bike ride.

Teams can share bikes or have a bike each. If you decide to share a bike, consider any differences in height between teammates and whether everyone will have had chance to practice on the bike before the event.

To prepare for the bike zone, first make sure you have your timing chip and ankle strap – don't forget to get it from a parent if they kept it during your swim.

Go back to Transition – where you put your bikes on to racks after registering.



In transition

- Put your helmet on first and fasten it straight away
- Find your bike and ask for help to take it from the rack if you need to
- The teammate who will go first on the bike course should put the timing chip and ankle strap on to their left ankle
- Walk with your bike to the Transition exit, where someone will check your helmet
- Walk with your bike to the bike zone, where your whole team should arrive together

You'll be checked into the bike pen and have time to ask any questions before you begin

The bike course is on grass and completed as a relay, with each teammate completing their lap before the next teammate goes.



Bike Distances

Year Group	Individual	Team
Year 3 & 4	1000m	4000m
Year 5 & 6	1000m	4000m
Year 7 & 8	2000m	8000m

Each time a teammate hands over to the next teammate, the timing chip and ankle strap has to be transferred – you must stop your bike in the marked area, take off the strap, give it to the next teammate who must have it fastened to their left ankle before they begin.

After all teammates have completed the bike course, walk back with your bikes to Transition and put them back on the racks. Take your helmet off as the last thing you do, leaving it with your bike before you exit transition to go to the run zone.



The Run Zone

Remember, you don't need to rush to the run zone – time between each activity isn't recorded. The clock starts again when your team begins the run.

When you arrive at the run zone, you'll be asked which order your team is running in. Decide who is going first, second, third and fourth. Each team member will complete a lap of the grass run course and hand over the timing chip – still on the left ankle for all teammates.

Run Distances

Year Group	Individual	Team
Year 3 & 4	750m	3000m
Year 5 & 6	750m	3000m
Year 7 & 8	750m	3000m



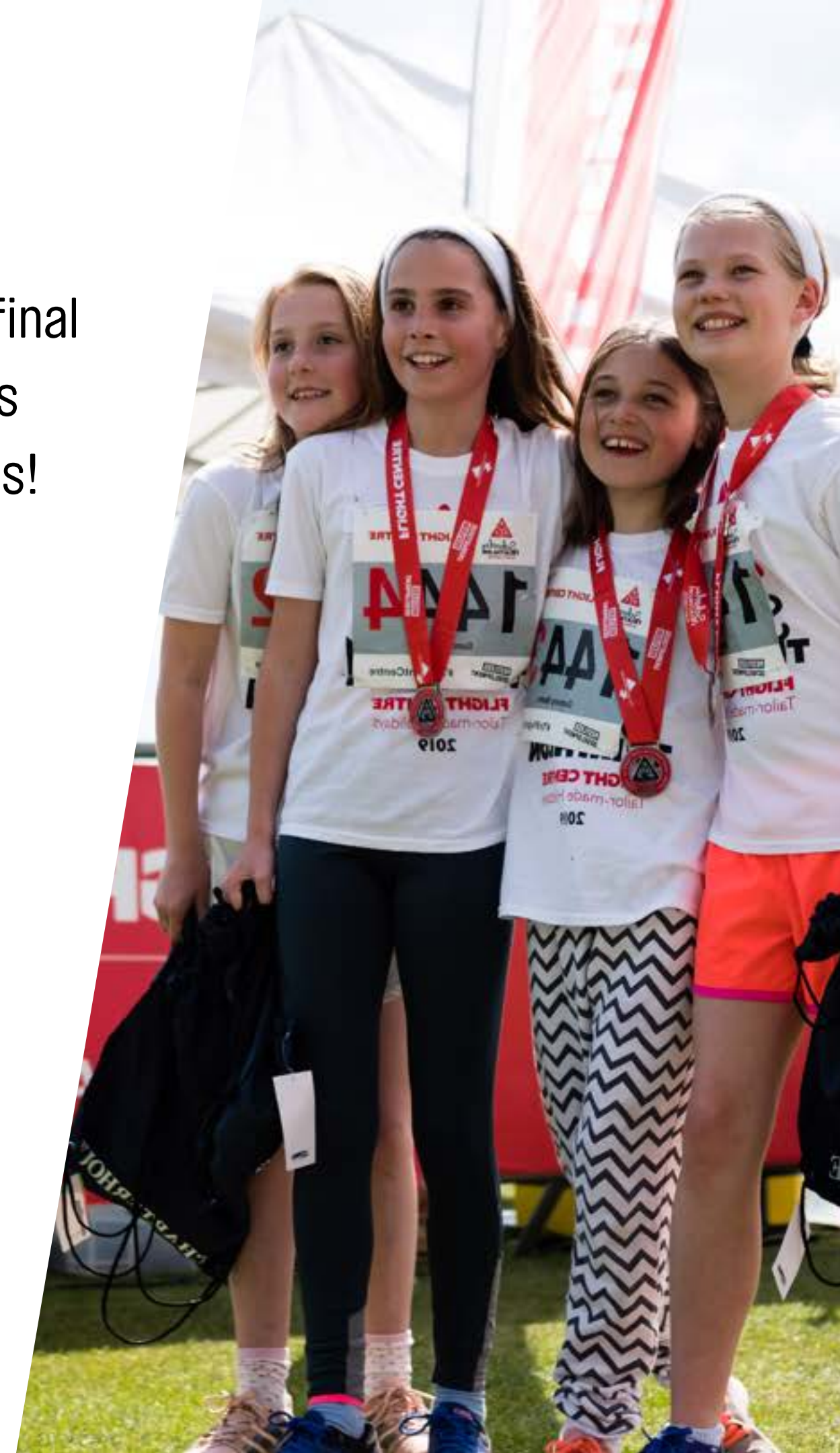
When the fourth teammate begins the final lap for the team, the first three teammates will take a shortcut to wait at the start of the home straight – the final section of run that goes to the finish line. When your fourth teammate reaches you, the whole team should run together to cross the line united and victorious!

The Finish Zone

When you cross the finish line, you'll feel brilliant and will want to high five everyone!

You'll collect your medals from inside the finish zone and take a bow from all the cheering friends and family.

You must take off the timing chip before leaving the finish area, where your family and friends will be waiting to meet you.



After You've Finished

Make sure you get photos of your team with your medals! Share your amazing achievements and fantastic fundraising efforts with us by tagging @SchoolsTriathlon and using #RestLessTriMore.

Go check out the Restless Development stall, we'll have fun and interactive activities for you to join in with.

Don't forget to thank everyone who has contributed towards your fundraising efforts. Use your photos, medal and stories from the day to collect your final donations.

You'll find food and drink stalls close to the finish area. Why not treat yourself before you leave?



You'll receive an email at the end of the event day with the triathlon results for all teams. Results include a swim time, bike time, run time and a total team time. Individual times within your teams are not recorded.

Offline Fundraising

Sponsorship money can be accepted at the event via cash, cheque, debit or credit card. Please head to the Restless Development merchandise stand to hand in your payment to the Schools Triathlon team.

Before You Go Home

Go back to Transition to collect your bikes and helmets! It's easy to forget as you celebrate your way from the event, so make sure someone in your group of adults is responsible for remembering!



Film and Photography

We'll be taking photos and filming all around the Knight Frank Schools Triathlon.

Some photos or film clips will be used in the future to help us promote Knight Frank Schools Triathlon and the work of Restless Development. Photography and filming will also be used by the host school in publications, on the school website and on their social media platforms.

If you would prefer for your child to not appear in images used for these purposes please let us know on the day when you register.

We'll ask anyone not wishing to appear in photos or film to wear an additional wristband (red) so that although we can't guarantee your child's picture won't be taken, we'll ensure those photos or film clips are not used. These wristbands will be available for collection from the registration stand.



Check List

1. Set up your fundraising page and tell everyone about your triathlon challenge!
2. Make sure you've practiced in your swim, bike and run kit before the event and get it all ready for the big day
3. Ask a parent to go through all of this information with you and remind them to bring their cameras, mobile phones and battery packs!
4. Check the weather forecast the day before the event to make sure you have all the waterproof kit or sun protection you might need!

