

Race Information

Welcome to Exeter Tri Club's Middlemoor Aquathlon, we hope you enjoy our event.

Location

Devon and Cornwall Police HQ, Middlemoor, Exeter, Devon, EX2 7HQ.

Location is on the B3181 adjacent to Middlemoor roundabout, please use the Hill Barton Road entrance at the rear. Parking will be available on site.

Distances

- | | | |
|------------|-----------|--------|
| • Standard | 600m swim | 5k run |
| • Novice | 300m swim | 5k run |

Registration

- This will take place in the Entrance hall to the pool opposite Gym and will open at 8am.
- BTF members must show their valid race licence to receive their refund.
- You will be given your race number, which will also be written on your arm and leg.
- Please inform us of any medical condition you have.
- Please allow sufficient time to register and be ready for your Race Briefing, which will be held Poolside, 10 minutes before your Wave Start.
- Changing and shower facilities are available at the centre.

Swim

- Competitors will be placed in Starting Waves according to their estimated swim times, where possible.
- Wave Start times are available on our web site.

- Please attend the Race Briefing, which will be 10 minutes before your Wave Start.
- You will be instructed as to which swim lane you will be in.
- No swim aids, flippers or wetsuits may be used. Goggles and nose clips may be worn.
- All competitors start in the water, no diving is allowed.
- There will be two or more swimmers in a lane, if a faster swimmer is behind you and touches your foot, you must pause at the next pool end to allow them to pass, before continuing with your swim.
- NOVICE SWIMMERS – 12 lengths.
- STANDARD – 24 lengths.
- Tristart (age 8) 50m – 2 lengths
- Tristart (age 9-10) 100m – 4 lengths
- Tristart (age 11-12) 200m – 8 lengths
- Tristart (age 13-14) 300m – 12 lengths
- No backstroke or butterfly.
- Any swimmer who swims in a dangerous manner or in a way that impedes another swimmer may be disqualified after one warning from the swim judges.
- A float will be placed in the water at the end of the pool when the swimmer has 2 lengths to go.
- On completing the swim, exit at the shallow end and WALK to transition, which is next to the deep end and change into your running kit.

Run

- Exit the pool through the door, as directed; take care not to trip.
- You will cross a road (within the HQ grounds) if there is any passing traffic you must stop and cross when the road is clear.
- You will cross a grass bank and then complete the required number of laps

Standard and Novice 5000m 3 full laps
Tristart (age 8) 600m – 1 lap
Tristart (age 9-10) 1200m – 2 laps

Tristart (age 11-12) 1800m – 3 laps

Tristart (age 13-14) 2400m – 4 laps

It will be your responsibility to check your own laps, the marshals' will also be checking.

- The run course is marshalled and will be signed.
- The running surface is mostly on grass, pavements and roads. Please be aware of traffic and pedestrians – you do not have right of way.
- CAUTION! Please take care not to trip on kerbs and changes of level.
- Finish line is by the side of the road and will be signed.

Prize Giving

- Prizes will be given for 1st, 2nd and 3rd in all Age Groups and Novices. Children will receive finisher medals.
- Prize Giving will be held at approximately 12:15pm in the canteen.
- Refreshments will be available for competitors in the canteen.